

Section 3 Playing Regulations - Men's - Women's Cross Country Running

3.1 Rules

The CCAA National Championship Tournaments shall be governed by the rules as specified by the voting membership at the Annual General Meeting.

Proposed Rule changes must be forwarded to the national Sport Convenor for presentation to the Annual General Meeting.

3.1.1 Rule Changes from NSO's

Rule changes received from the NSO's, following the CCAA AGM and therefore approval of the year's playing rules, shall be accepted for that season up until September 1 of each year. These rules will be approved and clarified by the Program Committee and circulated to the participating conferences by October 1st. Rule changes received after September 1 will be submitted for approval at the next CCAA AGM.

3.2 Team Composition

The CCAA Cross Country Running Championships shall include both conference Championships and College Championships, which are independent of each other. Individual runners may compete on both or either of a Conference team and/or a College team and/or as individuals.

3.2.1 Conference Teams

Each conference team shall consist of a maximum of seven (7) starters with a minimum of five (5) starters. The placing of the first five shall be totalled to determine the team score and the 6th and 7th runners count as displacers.

3.2.2 College Teams

Each College team shall consist of a maximum of six (6) starters with a minimum of four (4) starters. The placing of the first four shall be totalled to determine the team score and the 5th and 6th runners count as displacers.

3.3 Team Funding

Each school is responsible for their own funding. See also Article 10, Section 4, Open Championship Travel Subsidy.

3.4 Participants

3.4.1 Teams

The CCAA Championship will be an open Championship. Each conference may send one male and one female team (team is composed of 5 to 7 runners). In addition, member institutions may send one male and one female College team (team is composed of 4 to 6 runners) and/or individual runners. Individuals may be on both their conference team and their college team (as per Section 3.2, Team Composition).

3.4.2 Identification

Competing athletes shall wear numbers for identification purposes. A program line-up is to be available for spectators.

Numbers shall be worn on the front only.

Uniforms of athletes representing a team (i.e. an institution with at least four (4) starters) will have exactly the same colour and style of uniform top (i.e. singlet). Short or long sleeve shirts may be worn by individual members if they wish. Team shorts must be similar colours and team members wishing to wear tights may do so provided they match the colour of their teammates' shorts.

3.4.3 Player Eligibility & Conduct

3.4.3.1 Only players who are on a CCAA Eligibility form and have been confirmed to be eligible by the MC are permitted to participate in the National Open Cross Country Running Championship. See CCAA eligibility rules.

3.4.3.2 As CCAA members, all players and coaches are expected to follow the standard guidelines and principles as per the CCAA Code of Ethics. Failure to comply will result in disciplinary action.

3.4.4 Individual Eligibility

Any individual who is not a member of a team shall be eligible only for individual awards and their respective finish places will not count in the team scoring.

3.4.5 Individual Entries/Team Entries

Entries must be received by the host institution organizing committee (telephone, e-mail, fax or mail) on or before the Monday preceding the Championship. Changes from the original entries submitted will be considered at the Technical meeting in the case of injury and exceptional reasons only.

3.4.6 Technical Committee

The Technical Committee will be made up of the following members Host Convenor, the CCAA Convenor, the CCAA Executive/Staff Representative and Meet Director. The Technical Committee will serve as the scoring, rules and protest/grievance committee (see Article 9 Section 9 for Protest/Grievance committee process). All individual, college team and conference entries will be filed with this committee at the Coaches meeting. The host committee will produce a printed list of the respective runners, for the technical Committee.

3.5 Competition

3.5.1 Type of Event and Event Administration

The location of the Championship meet shall be decided at the appropriate meeting of the CCAA and in accordance with CCAA regulations regarding bids for national championships. The Championship is to be held on the 2nd Saturday in November.

The length of the course for men shall be 8,000 metres +/-50 metres and shall be marked every 1,000 metres. The length of the course for women shall be 5,000 +/-50 metres and shall be marked every 1,000 metres except on relatively small loop courses where minimal kilometer markings will suffice.

3.5.1.1 Back up Venue Plan

The Host site must have an alternative course plan in the event of extreme weather conditions and damage. The technical committee will make the final decision on the course to be used. Whenever there is a grievance about the course prior to the competition it will be filed with the technical committee who will make the final decision to either render the grievance not valid or render the grievance valid and when possible take the immediate action to ensure orderly completion of the championship.

3.5.2 Schedule and Order of Events

The men's and women's races shall be run the same day with the women's event scheduled first.

3.5.3 Meet Start Times:

12:30 PM and 1:30 PM

3.5.4 Practice Times/Warm-ups --- *Course walk day before*

3.5.5 Scoring and Standards

a) CCAA National Cross Country Championships host shall use the Chip Timing System as the primary method of timing with a secondary timing system in place.

b) The Host for shall provide a stationary (on tripod) digital video camera at the finish line for video frame by frame re-play."

c) Provisional results will be posted immediately after each race

d) Each runner shall wear a tag with his/her name and affiliation (to be provided by the Host technical committee), which will be taken from him/her by the meet scorers in the finish chute and posted on a place board.

e) The final printed results will indicate each runner's overall place, as well as, his/her team place. Any finisher not on a team (i.e. a Conference with less than five starters or a College with less than four starters) will be given only an overall place.

f) If a conference team starts with 5 or more runners but less than 5 finish or a College team starts with 4 or more runners but less than 4 finish, no team score will be given to that team and each member of that team will be considered as an individual finisher.

g) In the case of a tie in team points, the tie shall be broken by the finish place of the last scoring finisher (i.e. 5th for a conference team or 4th for a College team) from each of the tied teams.

h) In the case of a tie among runners, the average of their respective finish places will be taken and given to each tied runner.

(i.e., tie for 10th place $10 + 11 \div 2 = 10.5$. 10th place assigned to each runner with the next finisher, after the tied runners, given 12th place).

3.5.5.1 Scoring Validation

The Technical Committee will immediately review the final results and make any necessary changes. Results will include a print out of individual, college team and conference results as per the CCAA Scoring standards listed above. These results will be circulated to each Coach to review, within 1 hour after receiving the results. Discrepancies will be filed with the Technical committee. The final results will then be made public.

3.6 Equipment and Facility

3.6.1 Every precaution in relation to the course and its risk management will be exercised by the host college. The safety of the runners will be paramount in the course design and set up.

3.6.2 Spotter Phones

Radio communication will be supplied by host at points throughout the course.

3.6.3 Water Feeding

The Race Directors and course Marshals must supply water to runners during CCAA cross country races but only in a 200 m long zone designated by the Host Convenor and only in such a way that the process of supplying water does not interfere with other runners on the course.

3.7 Rules

The course shall conform to IAAF Rules for Cross Country Running (eg. Section 250 in the 2008 IAAF Competition Rules.)

The general characteristics of the race course used for the championship should be as follows: rolling terrain suitable for racing in spiked shoes (minimum amount of pavement), ample passing areas, the starting area reasonably close to toilet facilities, the finish area easily accessible to spectators and news media personnel, well marked and/or marshaled on race day to avoid runners being misdirected.

The starting area should be approximately 25 to 30 metres wide and laid out so that any point on the starting line is equal distance from the first turn or narrowing in the course. It is strongly recommended that the 25 to 30 meter width continue a minimum of 150 metres from the starting line into the course before narrowing of the course occurs.

Starting boxes a minimum of one metre wide will be provided for all qualified teams and at least one for the individual representatives on the starting line. Positions for starting boxes will be randomly drawn.

The finish area should be at least 5 metres wide and it is strongly recommended that the finish line be no further than 200 metres from the starting line. It is further recommended that the finish area be no less than five (5) metres wide for the final one hundred (100) metres of the race course with no turns. Only sweeping, gradual turns that would not be a hindrance to fast finishing contestants. The finish line should be well defined, clearly visible to approaching runners, and carefully marshaled in order to ensure all runners a fair and accurate finish.

The finish chute shall begin at the finish line with a minimum width of approximately five (5) metres and gradually narrow over a distance of approximately 15 metres to a width of approximately one (1) meter and continue from there approximately another fifteen (15) metres to the scorer's area. The sides of the finish chute must be constructed of suitable materials such as firmly grounded stakes joined by rope or caution tape in order to ensure that all runners remain in their respective order of finish when passing the scorer's area at the end of the chute.

3.8 Officials

3.8.1 Funded Officials

The meet director will be selected locally and will co-ordinate all aspects of the meet. A degree of neutrality will exist in the appointment of a qualified meet director.

3.9 Awards, Trophies and Banners (All Awards Responsibility of Host)

3.9.1 CCAA Banner

Presented to the CCAA College Team champions (Men's - Women's)

3.9.2 CCAA Medals

- a) Gold, silver and bronze medals presented to the top 3 conference teams (7 athletes). Subject to the (N-1) rule.
- b) Gold, silver and bronze presented to the top 3 males and top 3 females and
- c) Gold, silver and bronze medals presented to the top 3 College teams (up to 6 athletes and 1 coach) in each of the women's and men's competitions.

3.9.3 All-Tournament Team

The top 7 male and the top 7 female finishers shall be designated as the CCAA All-tournament team.

3.9.4 Award Recognition Event

All awards will be presented at the Championship Banquet the evening of Race Day.