

## School Sport Australia Cross Country Rules and Guidelines

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## 1. EVENT ORGANISATION

### 1.1 General

- a) This Cross Country event includes individual, teams and relay competitions. In odd numbered years it also includes an individual school competition.
- b) The event will be conducted on either the second or third weekend in August but never on the 4<sup>th</sup> weekend unless otherwise approved by School Sport Australia and Athletics Australia.
- c) The event shall be conducted over a four- (4) day period as described in Schedule F. All states must attend all event activities.

### 1.2 Course Requirements

#### CROSS COUNTRY EVENTS

- a) The course chosen for the event must conform to the requirements set out in the AA Competition Manual and appropriate for the skill level of the athletes concerned (Schedule B).
- b) The Organising Committee shall submit a plan of the proposed course to the appointed Technical Delegate and/or the School Sport Australia National Cross-Country Secretary for approval.
- c) Wherever possible, the course is to be fully bunted by 1pm on the day prior to competition i.e. prior to walking the course. Persons from the Host State should be available to walk the course with teams to answer any questions on the day prior to the event.
- d) Downhill starts to be avoided for safety reasons
- e) All Cross-Country events shall be conducted on the same day prior to Relay events.

#### RELAY EVENTS

- f) The course shall be relatively flat and conducive to fast running times.
- g) A road surface is preferred but not essential.
- h) All relay events shall be conducted on the same day and shall be held on the day after Cross-Country events
- i) The 2kms course and the 3km courses in the relays should be 2 laps and the 1500m and 1000m courses one lap.

### 1.3 Organising Committee

- a) Composition of the Organising Committee is the responsibility of the host state and should include a representative of that state's AA affiliate.
- b) The Organising Committee shall meet regularly to organise the conduct of the event
- c) Information bulletins, including an invitation to submit entries, details of venues and courses being used for the event, as well as other administrative matters e.g. Accommodation, transport, social activities, educational tours, souvenirs, financial obligations, meeting venues, should be forwarded regularly by the Organising Committee to each participating state. as well as the Technical Delegate, SSA Executive Officer, and School Sport Australia National Secretary.
- d) The Organising Committee shall appoint an Event Convener and all event officials.
- e) Duties of the Organising Committee include (Schedule H):
  - invite and receive entries
  - arrange a race schedule in conjunction with the School Sport Australia National Cross-Country Secretary, provide and issue identification numbers to athletes in conjunction with AA/School Sport Australia, acquire and present medals/awards
  - print and distribute event programs, arrange for teams to preview the courses, distribute results before teams depart, entertain sponsors, VIPs, etc.
  - in conjunction with the School Sport Australia National Cross-Country Secretary liaise with the media regarding publicity and results.
  - prepare an event budget to be approved by School Sport Australia
  - arrange and conduct an educational experience for all school competitors and officials
  - arrange an effective communication system to link course officials
  - be responsible for other matters as required

### 1.4 Accommodation

- a) Refer to School Sport Australia Policy 7 (Schedule A)
- b) It shall be the duty of the State/Territory conducting the event to arrange accommodation bookings for any managers on request.

### 1.5 Documentation

- a) Athletes must be bona fide school students.
- b) School Sport Australia procedures to verify athletes' eligibility should be followed. These procedures involve the submission of documentary evidence to the School Sport Australia National Secretary prior to the event.

### 1.6 Management Meetings

- a) A delegate from each state will be required to attend two meetings, which will be arranged by the Organising Committee.
- b) The Pre-event Meeting will address all organisational and technical aspects of the event and will be held before the event program commences. The Technical Delegate must attend this meeting. (Schedule C)

- c) The Post-Event Meeting, will be held after the completion of the excursion (Schedule D).
- d) States without competitors at the event may have a delegate attend both meetings.
- e) Decisions relating to changes to Rules of Competition shall be regarded as being recommendations to School Sport Australia to implement such changes.

**1.7 Referees/Officials**

- a) The host state in consultation with the School Sport Australia National Secretary shall appoint a Technical Delegate to attend the event. Duties of the Technical Delegate to be specified by AA.
- b) The host state shall prepare an event report which includes a report from both the Technical Delegate and National Secretary within six weeks of the completion of the event.
- c) This report is to be forwarded to School Sport Australia. Further distribution of reports is the responsibility /School Sport Australia.
- d) Implementation of any recommendations arising from the reports is the responsibility of School Sport Australia.

**1.8 Injury Prevention and Treatment**

- a) Adequate water will be made available to competitors at the end of the race. Water is to be provided on the course for multiple lap races. Further stations may be established on the course if considered necessary by the Organising Committee due to warm/hot weather conditions.
- b) Water is to be supplied in call-room.
- c) Some toilets will be located in the marshalling area.
- d) A suitable vehicle should be available for athletes requiring emergency assistance.
- e) First aid should be available immediately at the finishing line.

**1.9 Opening & Closing Ceremonies**

- a) It shall be the responsibility of the host State/Territory to organise Opening and Closing Ceremonies, which, where practicable, includes a March Past of all competing States and Territories

**1.10 Excursions/Social Activities**

- a) These will be included in the format of the Event and conducted under SSA Policies and will be unique to each State or Territory and be held early in the day. The host state may consider grouping competitors by age group rather than by state or territory during the excursion.
- b) The host state may consider organising a social event for competitors on the Saturday evening.

**2. RULES OF COMPETITION**

**2.1 Rules, Protests & Disputes**

- a) The rules as specified by IAAF and IPC shall apply unless stated otherwise.
- b) In the event of a dispute or grievance arising during event, the matter will be referred in the first instance to the Event Referee for resolution. Initially they are to be made orally then confirmed in writing and handed to the Technical Delegate within twenty (20) minutes of the completion of the race. The Event Referee will then deal with the protest.
- c) Appeals against the decision of the Event Referee will be referred to a Jury of Appeal comprising three members: Technical Delegate (or nominee), School Sport Australia National Secretary (or nominee) and the Host State Event Convener (or nominee). Decisions of the Jury of Appeal are final.
- d) The host state provides an appropriate MULTI-CLASS co-ordinator for the championships. That this person not be Qld or NSW unless the event is in those respective States – (If someone is asked to be a MULTI-CLASS co-ordinator from a different state then it is something that would need to be negotiated with that person, their principal and the requesting state).

**2.2 Team Size**

- a) Each state/territory is entitled to enter six (6) athletes in each age/gender division in the 10 years, 11 years and 12 years events.
- b) Each state/territory is entitled to enter six (6) athletes in each age/gender division for the 13 years, 14/15 years, 16/17 years and 18/19 years age group events and, with the inclusion of additional athletes, up to a maximum team size of sixty (60).  
Amended March, 2017
- c) In the year prior to the ISF World Cross Country Championship each state / territory may nominate a representative school of up to six athletes of each gender in the school team competition. This is in addition to the maximum team size of (60). These athletes will be eligible to contribute to the team point score.
- d) Each state/territory is entitled to enter three (3) athletes in each age/gender division in the 10 years, 11 years and 12 years and 13 years, 14/15 years, 16-19 years MULTI-CLASS events provided the qualifying standards and classification standards have been met. In the event that an age/gender division doesn't have three (3) qualifying athletes, athletes in another age/gender division may be selected if they meet the qualifying standard to make a total of 18

athletes across 10 – 12 years and 18 athletes across 13 – 19 year teams.

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## 2.3 Ages

- a) Ages of athletes will be determined as at December 31<sup>st</sup> in the year of competition
- b) In individual events, competitors may only run as defined by their year of birth, except in the year of the International Schools Selection trial where students may move up to the 16/17 years age group.
- c) Athletes representing their school during the international selection trial MUST turn either 14 or 15 or 16 or 17 years of age in the year prior to the ISF World Schools Cross-Country Championships.

## 2.4 Competition Format

- a) Events shall be conducted for boys and girls as follows:

|   |                     |                  |
|---|---------------------|------------------|
| Girls 10 years                                      | 2000m Individual    | 5 x 1000m Relay  |
| Girls 11 years                                      | 3000m Individual    | 5 x 1500m Relay  |
| Girls 12 years                                      | 3000m Individual    | 5 x 1500m Relay  |
| Girls 13 years                                      | 3000m Individual    | 5 x 1500m Relay  |
| Boys 10 years                                       | 2000m Individual    | 5 x 1000m Relay  |
| Boys 11 years                                       | 3000m Individual    | 5 x 1500m Relay  |
| Boys 12 years                                       | 3000m Individual    | 5 x 1500m Relay  |
| Boys 13 years                                       | 3000m Individual    | 5 x 1500m Relay  |
| Composite (1 athlete from each age/gender division) |                     | 6x 1500m Relay   |
| Composite for MULTI-CLASS 10-12 years               |                     | 4x 1000m Relay   |
| MULTI-CLASS 10-12 years                             | 2000m Individual    |                  |
| MULTI-CLASS 10-12 Years not in a relay              |                     | 1000m Time Trial |
| Girls 13 years                                      | 3000m Cross Country | 5 x 1500m Relay  |
| Girls 14/15 years                                   | 4000m Cross Country | 5 x 2000m Relay  |
| Girls 16/17 years                                   | 4000m Cross Country | 5 x 2000m Relay  |
| Girls 18/19 years                                   | 6000m Cross Country | 5 x 2000m Relay  |
| Girls 13 years not in a relay                       |                     | 1500m Time Trial |
| Girls 14/15, 16/17, 18/19 not in a relay            |                     | 2000m Time Trial |
| Boys 13 years                                       | 3000m Cross Country | 5 x 1500m Relay  |
| Boys 14/15 years                                    | 4000m Cross Country | 5 x 2000m Relay  |
| Boys 16/17 years                                    | 6000m Cross Country | 5 x 3000m Relay  |
| Boys 18/19 years                                    | 8000m Cross Country | 5 x 3000m Relay  |
| Boys 13 years not in a relay                        |                     | 1500m Time Trial |
| Boys 14/15 years not in a relay                     |                     | 2000m Time Trial |
| Boys 16/17 and 18/19 years not in a relay           |                     | 3000m Time Trial |
| MULTI-CLASS Boys 13/19 years                        | 3000m Cross Country |                  |
| MULTI-CLASS Girls 13/19 years                       | 3000m Cross Country |                  |
| Composite for MULTI-CLASS 13 – 15, 16 -19 years     |                     | 4 x 1000m Relay  |
| MULTI-CLASS 13/19 Boys & Girls not in a relay       |                     | 1000m Time Trial |

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- b) The Organising Committee in consultation with the National Secretary and the Technical Delegate will determine the program order of events.
- c) Starting positions for each race will be determined by the Organising Committee conducting a draw for Race 1 and rotating positions for other races. Position 1 will be on the left of the starting line facing the direction of running. Teams will be allocated a particular starting box.
- d) An elevated banner will mark the finish line along with a thick white line on the ground surface that is clearly visible to all athletes.
- e) Judges are required to record the finishing order of all athletes. It is recommended that a dictaphone and/or video camera be used to determine accurately athletes final placing's.
- f) A Cross-Country race shall not commence unless the previous race is finished. This rule may be waived by the Event Referee in the event of severe weather conditions or special circumstances.

## 2.5 Cross-Country Team Scoring

### 2.5.1 Able Body Events

- a) 'Scoring team' means a state having at least four athletes completing the race.
- b) 'Scoring members' includes up to the first six athletes from each state completing the race.
- c) In determining the finishing positions of scoring members of scoring teams, the race result will be adjusted so that the finishing positions of non-scoring members of scoring team (i.e. more than six from any state) and members of non-scoring teams (ie. less than four from any state) shall be eliminated.
- d) If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally amongst the competitors involved in the tie.

- e) The winning team will be the state, which scores the least number of points by aggregating the positions in which its first four scoring members finish.
- f) In the case of a tie on points, the team whose fourth scoring member finished nearer to first place shall be declared the winner. If placing remains equal this principle applies to the third scoring member, and so on, until a winner is obtained.
- g) Athletes representing overseas teams will be eliminated from the team scoring process.

#### 2.5.2 Multiclass Events

- a) For multiclass events "scoring members" include up to the first 3 athletes from each state completing the race.
- b) In determining the finishing positions of scoring members of scoring teams, the race result will be adjusted so that the finishing positions of non-scoring members of scoring team (i.e. more than three from any state) and members of non-scoring teams (ie. less than two from any state) shall be eliminated.
- c) If two or more competitors tie for any place, the points for the places concerned shall be aggregated and divided equally amongst the competitors involved in the tie.
- d) The winning team will be the state, which scores the least number of points by aggregating the positions in which its first two scoring members finish.
- e) In the case of a tie on points, the team whose second scoring member finished nearer to first place shall be declared the winner. If placing remains equal this principle applies to the third scoring member.

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## 2.6 Relay Event Rules

- a) Age relay teams for 10 years, 11 years and 12 years shall comprise five (5) athletes from the same state who are eligible for that event. If in any given relay, should there be insufficient numbers, a team replacement can come from a younger age group, however, a team must contain at least half of the correct age group. Composite relay teams shall comprise six (6) athletes from the same state who are eligible for that event. MULTI-CLASS composite 10-12 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.
 

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- b) Age relay teams for 13 years, 14/15 years, 16/17 years and 18/19 years events shall comprise five (5) athletes from the same state who contested Cross-Country events in that division. If in any given relay, should there be insufficient numbers, a team replacement can come from a younger age group, however, a team must contain at least half of the correct age group. MULTI-CLASS composite 13 – 15 and 16 -19 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.
- c) The name of athletes representing each state, in their correct running order, will be supplied to the Referee (or nominee) not less than twenty minutes prior to the scheduled start of the race. Changes to the nominated running order can only be made with permission of the Referee (or nominee).
- d) Each runner will wear a large coloured patch supplied by the School Sport Australia National Secretary on the front and back of the running singlet/top to indicate the age/year group they are competing in. Computer labels with athlete details will be supplied and bib numbers used in the individual event will also be required in the time trials.
- e) After completion of each relay leg, athletes will establish clear, physical contact with the outgoing runner within a marked 20m zone.
- f) All age relay teams running the same distance shall be conducted simultaneously at the discretion of the organising committee.
- g) For Age relay teams 13, 14/15, 16/17 and 18/19 years events, States may substitute athletes from another age group into its nominated relay team provided that:
  - the relay being contested is for an older age group than that contested by the athlete in a cross- country event.
  - the substitution does not affect the representation of the state in the younger age group.
  - the athlete being included was not one of the first five representatives of that state to complete the cross-country event for his/her division except where that state is unable to be represented by a relay team in the younger division.
- h) Athletes not nominated to represent their state in their official age relay teams will be given the opportunity to compete in a Time Trial, which shall consist of a race half the individual race distance.
- i) The Time Trial for each age group shall be conducted simultaneously with other age groups of the same gender. All time trials will be conducted after the relay events.
- j) Athletes competing in Time Trial events must compete in the same age group as they did for cross-country events, EXCEPT in the year of the international selection trial when the time trial will be split into two competitions. A school team time trial (all school team members except those members selected in the top 6 of their state) and a 16/17 and 18/19 school sport team member time trial.
- k) Relay events for a particular gender shall be scheduled prior to the Time Trial for that gender

and the Composite Relay.

- l) A relay or time trial shall not commence until all competitors have completed the previous event.
- m) The Organising Committee shall determine starting positions for each relay and time trial.
- n) Each age group MULTI-CLASS 13 – 15, 16 -19 and 13, 14/15, 16/17 and 18/19 years events contesting a relay will be provided with a start/finish line and changeover zone. In the MULTI-CLASS 10-12 years, 10 years, 11 years and 12 years relays a single start/finish line will be used depending on how the event is organised.

## 2.7 Uniform

- a) Each athlete must wear the correct uniform of his/her state when competing and when being presented with a medal/award.
- b) States may wish to designate a selected group of athletes to wear the principal uniform of that state. If so, the state concerned must make arrangements for other athletes representing that state to be uniformly attired i.e. individual, school or club costumes are not permitted. This does not apply to athletes representing their school only during the international selection trial. Suggested options include the wearing of different coloured shorts, reverse singlet colours, etc.
  - (i) All athletes representing their School Team in the ISF WorldSchools selection trial will wear the full running uniform of their school.
  - (ii) If a School team athlete finishes in the first 5 athletes for their state in the 16/17 Boys or Girls they will be bound by the selection rules for the relays and MUST wear the uniform of his/her state.
- c) To permit officials, spectators and competitors to identify athletes properly, each state should ensure that its competition uniform is designed in such a manner that it is clearly distinguishable from other states.
- d) School Sport Australia will maintain a register of state competition uniforms. States are required to notify their current uniform design.
- e) The Host State will allocate each competitor a unique registration number.
- f) The Host state will provide each competitor with two bibs, each bearing the registration number of the athlete, and pins, etc. to attach the bibs to the athlete's uniform in accordance with IAAF requirements.
- g) Any regulations concerning footwear or length of spikes, which may be applicable to the course/venue, must be notified to competing states. Athletes in events 12 years and under are not permitted to wear spikes.
- h) The host state should provide baskets for each state/territory in the call room for the easy transfer of runners' gear.

## 2.8 Specific Rules and Guidelines for Athletes with a Disability (MULTI-CLASS)

- a) **Selection:** Each MULTI-CLASS must complete the selection criteria as determined by their School Sport Australia member body (e.g. participation at school, district, and regional level).
- b) **Team Size:** Each member body will be allowed 3 competitors per gender in each of the following age groups – 10years, 11 years, 12 years, 13 years, 14/15 years and 16-19 years providing the qualifying and classification standards have been met. In the event that an age/gender division doesn't have three (3) qualifying athletes, athletes from another age/gender division may be selected if they meet the qualifying standard to make a total of 18 athletes across 10 – 12 years and 18 athletes across 13 – 19 years teams.

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- c) Distances:

### Individual Cross-Country:

All MULTI-CLASS's in the 10-12 years individual cross-country be conducted as a combined event over a distance of 2kms. Medals will be presented as per age group and gender. MULTI-CLASS's at the secondary level will run in a combined event over a distance of 3 km for all ages.

**Rule 2.8c: Team Relays:** MULTI-CLASS's to run a distance of 1000m for all ages and gender. Each state may enter one (1) primary relay team (10-12 years) and one (1) secondary relay team in each of the following ages 13-15 years and 16-19 years, consisting of 4 members. Gold medals to be awarded as per current age groups and genders. Must have 4 athletes to field a team. The team points for medals will be calculated by averaging all competitors' percentages, and medals awarded using the method as used with the individual races. There will be Primary medals and Secondary medals given. Medals (based on the points score) will be presented to the first 3 states  
**Time Trials:** MULTI-CLASS's not in a relay will run a time trial distance of 1000m for all ages and gender. A gold medal will be awarded to the winner of 10 years & 11 years & 12 years of each gender (the same scoring system will be used as per the individual event). Gold medals will be awarded to 13 years, 14/15 years and 16-19 years of each gender (the same scoring system will be used as per the individual event)

- d) **Qualifying Standards:** ALL athletes MUST meet a qualifying time set for each disability class in each gender.

**The qualifying times for MULTI-CLASS athletes will be according to a table of standards attached below at Schedule G.**

- e) NOTE: An MULTI-CLASS must choose prior to competing whether they will compete as an MULTI-CLASS or with their peers. If competing as a MULTI-CLASS they must complete the classification documentation.
- f) Results: Placings for all MULTI-CLASS events will be determined using the multi-disability set by AA for 1500m races in relation to the distance run for each even (individual cross-country, relays and time trials).
- g) Eligible Classifications:
- Intellectually Disabled – ID (T20)
  - Hearing Impaired – HI (T01)
  - Physical Impairment (PI). This will be restricted to
    - Cerebral Palsy – T35, T36, T37 or T38 or;
    - Amputee T 44, 45, 46 or;
    - Amputee T 60 (Medical clearance is required prior to competing) or;
    - Amputee T 63 (Medical clearance is required prior to competing) or;
    - Visually Impaired – T11, T12 and T13. T11 athletes must run with a guide and T12 and T13 athletes can elect to have a sighted guide runner. See Sighted Guide guidelines.
    - Dwarfism – T40 and T41 are both subject to a medical clearance.
- Amended November, 2018  
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- h) Hearing aids will be removed on the line one minute prior to the start or after all final instructions have been given, whichever is the latter.

### 3. NATIONAL SCHOOLS & REPRESENTATIVE TEAM SELECTION

#### 3.1 International Tour

- a) Occurs every 2 years and the selection will be held in the year prior to the ISF World Cross-Country Championships (odd year).
- b) School Sport Australia must be represented by a boys and girls school team BEFORE representative teams can be nominated.
- c) An application for this tour to proceed must be submitted 18 months prior to the ISF World Schools Cross Country Championships and a management team be in place 12 months prior to the ISF World Schools Cross Country Championship.

#### 3.2 Selection Policy

- a) School Team Selection
  - A team of 4-6 students who MUST turn either 14 or 15 or 16 or 17 years of age in the year prior to the ISF World Schools Cross-Country Championships and still be enrolled at a school in the year of the ISF World Schools Cross Country Championships.
  - Each state will decide on their own selection procedure for a schools team to represent that state at the School Sport Australia Championships in the year prior to the ISF Words Cross-Country Championships
  - If the states trial is held as an U18 event, athletes in such a school team challenging for selection in the ISF World Cross-Country Championships must adhere to (I) above.
  - The successful team will contest the School Sport Australia 16/17 year's event at the School Sport Australia Cross Country in the year prior to the ISF World Cross-Country Championships in order to challenge for final selection.
  - Each school must verify that each athlete in their team is a bona fide student at their school and that their birth date is correct.
  - Athletes will meet all costs incurred
  - The school Principal must endorse that if their school team (the 4-6 athletes who contested the School Sport Australia Cross Country) wins selection then they, unless due to illness or injury, will represent School Sport Australia at the ISF World Schools Cross-Country Championships in the year following selection and shall appoint a member of their school staff to accompany the team.
  - Only members of the winning individual school team will not be eligible for selection in the School Sport Australia representative teams for the ISF Cross



Country Championships.

b) Representative Team Selection

Only students in the School Sport Australia member body teams will be eligible for selection in the School Sport Australia Cross-Country team. The first six (6) runners eligible by age to complete the 16/17 years events at the School Sport Australia Cross Country in the year prior to the ISF World Cross-Country Championships will be invited to represent School Sport Australia at the ISF World Schools Cross-Country Championships in the year following selection.

3.3 Selection of National Team Officials

- a) Where an Australian team is to be represented at the ISF World Schools-Cross-Country Championship the selection of the tour officials shall be done in accordance with School Sport Australia policy and guidelines (Schedule A).
- b) Once it has been confirmed that an International Tour is to take place, nominations shall be called from all participating States/Territories

4. PRESENTATIONS /TROPHIES

- a) One each of gold, silver and bronze medals will be presented to athletes finishing first, second and third in each cross-country race in 10 – 12 years age groups. One each of gold, silver and bronze medals will be presented to athletes finishing first, second and third in each cross-country race in 13 – 19 years age group irrespective of whether an athlete belongs to a SSA State team or a AA MA State team.
- b) Gold, silver and bronze medals shall be presented to all teams including multiclass events finishing first, second and third in each age cross-country race without discriminating between whether an athlete belongs to a SSA State team or a AA MA State team.  
All athletes will be eligible to score points for their state (regardless of their selection by School Sport or Member Association), based on rule 2.5.

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- c) Gold, silver and bronze medals will be presented to teams finishing first, second and third in each relay race. Five (5) each of gold, silver and bronze medals shall be presented to teams finishing first, second and third in the 13 years to 18/19 years relay & six (6) each of gold, silver and bronze medals shall be presented to teams finishing first, second and third in the 10-12 years Composite Relay race. For 10 years, 11 years, 12 years, five (5) each of gold, silver and bronze medals shall be presented to teams finishing first, second and third. For Primary and Secondary Composite MULTI-CLASS relays four (4) each of gold, silver and bronze medals shall be presented to teams finishing first, second and third in each age division.
- d) In the 13 years to the 18/19 years a gold medal will be presented to the athlete from each age/gender division who completes the Time Trial course faster than other competitors in that age/gender division. For the MULTI-CLASS time trials a gold medal will be presented to the athlete from each of the 10 years and 11 years and 12 years of each gender and 13 years, 14/15 years and 16-19 years who completes the Time Trial course faster than other competitors in that age/gender division.
- e) Gold, silver and bronze medals shall be presented to members of individual school teams finishing first, second and third in the years when this event is held.

f) **Cross Country Trophy**

A perpetual trophy will be awarded to the SSA Member body state aggregating most points in all age groups in the Cross- Country team races.

Points will be awarded according to the number of teams competing in a particular race – the table below shows the scores for 8 teams competing in one race:

|                             |                     |
|-----------------------------|---------------------|
| 1st place = 8 points        | 2nd place = 7       |
| points 3rd place = 6 points | 4th place = 5       |
| points 5th place = 4 points | 6th place = 3       |
| points 7th place = 2 points | 8th place = 1 point |

Points will be reduced by one if there are only 7 teams – 1<sup>st</sup> place will receive 7 points. If 6 teams – 1<sup>st</sup> place will receive 6 points and so on.

In the event of a tie, joint winners will be declared.

g) **Relay Trophy**

A perpetual trophy will be awarded to the SSA Member body state aggregating most points in relay races. Points will be awarded according to the number of teams competing in a particular race – the table below shows the scores for 8 teams competing in one race:

|                             |                     |
|-----------------------------|---------------------|
| 1st place = 8 points        | 2nd place = 7       |
| points 3rd place = 6 points | 4th place = 5       |
| points 5th place = 4 points | 6th place = 3       |
| points 7th place = 2 points | 8th place = 1 point |

Points will be reduced by one if there are only 7 teams – 1<sup>st</sup> place will receive 7 points. If 6 teams – 1<sup>st</sup>

place will receive 6 points and so on.

**In the event of a tie, joint winners will be announced.**

h) **Aggregate Trophy**

A perpetual trophy will be awarded to the SSA Member body state aggregating most points in both Cross- Country and relay races.

Scores for each state will be obtained by totaling points awarded for the Cross Country Trophy and the points awarded for the Relay Trophy.

In the event of a tie, joint winners will be announced.

i) **Placings for MULTI-CLASS events**

Placings for all MULTI-CLASS events will be determined using the current Athletics Australia multi-disability formula relation to the distance run for 1500m events. In both the individual cross-country, relays and time trials. All percentages for all disability classes will be calculated and the highest percentage wins, second highest second etc.

j) **Point Scoring for MULTI-CLASSEvents**

MULTI-CLASS points to be worked out using the following process:

- Each team has a maximum of 2 scoring competitors per age and gender for the individual cross country event. (3<sup>rd</sup> will be eliminated for team scoring calculation).

- Points are awarded for each age and gender.

Scoring to be based on the following for Teams' event:

- Each athlete will be awarded the following points based on their finishing time and then having the disability percentage calculation applied. Highest percentage will be placed 1<sup>st</sup>, second highest 2<sup>nd</sup> etc.

1<sup>st</sup> -16, 2<sup>nd</sup> -15, 3<sup>rd</sup> -14 .....

16<sup>th</sup> -

1.

The points are then added together and allocated as follows:

- Highest points – 8 to

- Lowest points – 1.

Points will be reduced by one if there are only 7 teams – 1<sup>st</sup> place will receive 7 points. If 6 teams, 1<sup>st</sup> place will receive 6 points and so on.

These points will then be added into the calculations for the Cross Country and Relay Trophies.

- k) Improvement Trophy – Three (3) additional three perpetual trophies for the individual cross country, team relays and aggregate categories. The measure of improvement to be calculated mathematically with relation to the past 3 year's average results in each category. The team with the highest improvement in each category would win that award.

## 5. FINANCE/BUDGETS

51 Event Levy - An event levy per competitor as determined by School Sport Australia is payable to the host state prior to the commencement of the event.

52 The Organising Committee will prepare and submit a budget for approval for the conduct of all elements of the event for consideration by School Sport Australia. This budget must be acquitted and re-submitted to School Sport Australia at the conclusion of the event.

53 The resources of AA/School Sport Australia will be utilised to try to secure sponsorship opportunities for the event.

## 6. APPENDIX

### 6.1 SCHEDULE A: POLICIES - SCHOOL SPORT AUSTRALIA

1. General Policies
2. Codes of Behaviour
3. Competition Statement
4. Competition Roster
5. Affiliation with Other Organisations Conducting School Sport Activities
6. Team Documentation
7. Championship Levies
8. Drugs in Sport
9. National Secretaries and Primary Management Committee
10. Student Officials
11. Selection of Overseas Tour Officials
12. Introduction of New Sports
13. Provision of Alternative Forms of School Sporting Competitions
14. Participation in School Sport Australia Championships by Non-Affiliated Organisations
15. Sun Protection
16. Age Dispensation

Copies of these policies are available from School Sport Australia or School Sport Australia member bodies.

**6.2 SCHEDULE B: POLICIES - ATHLETICSAUSTRALIA**

Includes policies contained in: Competition Manual for Athletics Australia Distance Running Championships - available from Athletics Australia and affiliates.

**6.3 SCHEDULE C: AGENDA - PRE-EVENT MEETING**

Chair: \_\_\_\_\_  
 Meeting Venue: \_\_\_\_\_  
 Meeting Date: \_\_\_\_\_  
 Meeting Time: \_\_\_\_\_

- Business:**
1. Introduction of Chair/Welcome
  2. Accreditation of Delegates
  3. Previous Event Reports
    - Technical Delegate
    - School Sport Australia National Secretary
  4. Event Organisation
    - Event Convener
    - Course Manager
    - Referee
    - Other
  5. Verification of team documentation and athlete eligibility
  6. Business relating to Post-Event Meeting
  7. General Business

**6.4 SCHEDULE D: AGENDA - POST-EVENT MEETING**

Chair: \_\_\_\_\_  
 Meeting Venue: \_\_\_\_\_  
 Meeting Date: \_\_\_\_\_  
 Meeting Time: \_\_\_\_\_

- Business:**
1. Introduction of Chair/Welcome
  2. Review/evaluation of current Event
    - Event Convener
    - Technical Delegate
    - National Secretary
    - Competing States
  3. Business on Notice
  4. Business arising from Pre-event Meeting
  5. Recommendations for submission to School Sport Australia
  6. Next Event
    - Preliminary details re venue, dates etc.
  7. General Business

**6.5 SCHEDULE E: TIME LINE Year before Event:**

June Organising Committee established  
 August Preliminary details provided at event i.e. venue, dates etc.  
 Nov-Dec School Sport Australia deals with reports recommendations

**Year of Championships:**

March Event Rules confirmed by School Sport Australia Budget submitted to School Sport Australia for approval

April Courses confirmed. Invitations to compete issued  
 Details of courses and itinerary provided  
 Details re travel, accommodation, ground transport supplied  
 Proposed costs e.g. souvenirs, provided

May States respond to invitations  
 States notify travel and accommodation details  
 Costs to states finalised

June Official personnel appointed, equipment organised  
 Entries close  
 July Medals, awards, certificates, souvenirs, obtained  
 August Program printed Event conducted  
 Sept – Oct Reports (Host State, Technical Delegate, National Secretary) distributed  
 Acquitted budget statement supplied to School Sport Australia

**6.6 SCHEDULE F: EVENT ITINERARY**

|          |    |  |        |    |                        |
|----------|----|--|--------|----|------------------------|
| Friday:  | am | Arrival of teams<br>Courses and personnel<br>Available for preview | Sunday | am | Education Excursion    |
|          | pm | Pre-event Meeting  |        | pm | Post-Event Meeting     |
| Saturday |    | Cross-Country Events   | Monday | am | Relays and Time Trials |
|          |    |  |        | pm | Teams depart           |

**6.7 SCHEDULE G: QUALIFYING STANDARDS – MULTI-CLASS COMPETITORS**

**Cross Country Multi-Class Qualifying Standards - Girls**

| CLASS                           | 2km        |          |          |          | 3km      |          |             |             |
|---------------------------------|------------|----------|----------|----------|----------|----------|-------------|-------------|
|                                 | 2000 MDS   | 10 YEARS | 11 YEARS | 12 YEARS | 3000 MDS | 13 YEARS | 14-15 YEARS | 16-19 YEARS |
| <b>Hearing Impaired</b>         |            |          |          |          |          |          |             |             |
| <b>T01</b>                      | 05:15.96   | 12:38.30 | 12:06.71 | 11:35.11 | 05:15.96 | 17:54.26 | 17:22.67    | 16:51.07    |
| <b>Visually Impaired</b>        |            |          |          |          |          |          |             |             |
| <b>T11</b>                      | 07:09.90   | 17:11.76 | 16:28.77 | 15:45.78 | 07:09.90 | 24:21.66 | 23:38.67    | 22:55.68    |
| <b>T12</b>                      | 06:13.50   | 14:56.40 | 14:19.05 | 13:41.70 | 06:13.50 | 21:09.90 | 20:32.55    | 19:55.20    |
| <b>T13</b>                      | 05:35.9144 | 13:15.46 | 12:42.31 | 12:09.17 | 05:31.44 | 18:46.90 | 18:13.75    | 17:40.61    |
| <b>Intellectually Impaired</b>  |            |          |          |          |          |          |             |             |
| <b>T20</b>                      | 05:14.93   | 12:35.83 | 12:04.34 | 11:32.85 | 05:14.93 | 17:50.76 | 17:19.27    | 16:47.78    |
| <b>Cerebral Palsy</b>           |            |          |          |          |          |          |             |             |
| <b>T35 - 36</b>                 | 07:17.84   | 17:30.82 | 16:47.03 | 16:03.25 | 07:17.84 | 24:48.66 | 24:04.87    | 23:21.09    |
| <b>T37</b>                      | 06:34.19   | 15:46.06 | 15:06.64 | 14:27.22 | 06:34.19 | 22:20.25 | 21:40.83    | 21:01.41    |
| <b>T38</b>                      | 06:24.41   | 15:22.58 | 14:44.14 | 14:05.70 | 06:24.41 | 21:46.99 | 21:08.55    | 20:30.11    |
| <b>Amputee &amp; Les Autres</b> |            |          |          |          |          |          |             |             |
| <b>T42(T63)</b>                 | 11:45.88   | 28:14.11 | 27:03.52 | 25:52.94 | 11:45.88 | 29:24.70 | 28:14.11    | 27:03.52    |
| <b>T43(T62)</b>                 | 07:24.27   | 17:46.25 | 17:01.82 | 16:17.39 | 07:24.27 | 25:10.52 | 24:26.09    | 23:41.66    |
| <b>T44 (T64)</b>                | 07:24.27   | 17:46.25 | 17:01.82 | 16:17.39 | 07:24.27 | 25:10.52 | 24:26.09    | 23:41.66    |
| <b>T45 - 46</b>                 | 06:13.89   | 14:57.34 | 14:19.95 | 13:42.56 | 06:13.89 | 21:11.23 | 20:33.84    | 19:56.45    |
| <b>Short Stature</b>            |            |          |          |          |          |          |             |             |
| <b>T40 - T41</b>                | 12:26.91   | 28:37.89 | 27:23.20 | 26:08.51 | 12:26.91 | 31:07.27 | 29:52.58    | 28:37.89    |
| <b>Transplant</b>               |            |          |          |          |          |          |             |             |
| <b>T60</b>                      | 06:01.85   | 14:28.44 | 13:52.25 | 13:16.07 | 06:01.85 | 20:30.29 | 19:54.10    | 19:17.92    |

Amended May, 2019

**Cross Country Multi-Class Qualifying Standards - Boys**

|                                 | 2km       |          |          |          | 3km       |          |             |             |
|---------------------------------|-----------|----------|----------|----------|-----------|----------|-------------|-------------|
|                                 | 2000m MDS | 10 YEARS | 11 YEARS | 12 YEARS | 3000m MDS | 13 YEARS | 14-15 YEARS | 16-19 YEARS |
| <b>CLASS</b>                    |           |          |          |          |           |          |             |             |
| <b>Hearing Impaired</b>         |           |          |          |          |           |          |             |             |
| <b>T01</b>                      | 04:46.49  | 11:56.22 | 11:27.58 | 10:58.93 | 04:46.49  | 17:40.01 | 17:11.36    | 16:42.71    |
| <b>Visually Impaired</b>        |           |          |          |          |           |          |             |             |
| <b>T11</b>                      | 05:48.02  | 14:30.05 | 13:55.25 | 13:20.45 | 05:48.02  | 21:27.67 | 20:52.87    | 20:18.07    |
| <b>T12</b>                      | 04:19.90  | 10:49.75 | 10:23.76 | 09:57.77 | 04:19.90  | 16:01.63 | 15:35.64    | 15:09.65    |
| <b>T13</b>                      | 04:32.081 | 11:20.20 | 10:52.99 | 10:25.78 | 04:32.08  | 16:46.70 | 16:19.49    | 15:52.28    |
| <b>Intellectually Impaired</b>  |           |          |          |          |           |          |             |             |
| <b>T20</b>                      | 04:26.16  | 11:05.40 | 10:38.78 | 10:12.17 | 04:26.16  | 16:24.79 | 15:58.18    | 15:31.56    |
| <b>Cerebral Palsy</b>           |           |          |          |          |           |          |             |             |
| <b>T35 - 36</b>                 | 05:54.27  | 14:45.68 | 14:10.25 | 13:34.82 | 05:54.27  | 21:50.80 | 21:15.37    | 20:39.95    |
| <b>T37</b>                      | 04:47.01  | 11:57.53 | 11:28.82 | 11:00.12 | 04:47.01  | 17:41.94 | 17:13.24    | 16:44.54    |
| <b>T38</b>                      | 04:30.17  | 11:15.43 | 10:48.41 | 10:21.39 | 04:30.17  | 16:39.63 | 16:12.61    | 15:45.59    |
| <b>Amputee &amp; Les Autres</b> |           |          |          |          |           |          |             |             |
| <b>T42 (T63)</b>                | 10:56.71  | 25:10.43 | 24:04.76 | 22:59.09 | 10:56.71  | 27:21.77 | 26:16.10    | 25:10.43    |
| <b>T43 (T62)</b>                | 6:56.04   | 17:20.10 | 16:38.50 | 15:56.89 | 06:56.04  | 25:39.35 | 24:57.74    | 24:16.14    |
| <b>T44 (T64)</b>                | 06:56.04  | 17:20.10 | 16:38.50 | 15:56.89 | 06:56.04  | 25:39.35 | 24:57.74    | 24:16.14    |
| <b>T45 - 46</b>                 | 04:15.70  | 10:39.25 | 10:13.68 | 09:48.11 | 04:15.70  | 15:46.09 | 15:20.52    | 14:54.95    |
| <b>Short Stature</b>            |           |          |          |          |           |          |             |             |
| <b>T40 - T41</b>                | 10:56.71  | 25:10.43 | 24:04.76 | 22:59.09 | 10:56.71  | 27:21.77 | 26:16.10    | 25:10.435   |
| <b>Transplant</b>               |           |          |          |          |           |          |             |             |
| <b>T60</b>                      | 4:55.42   | 12:18.55 | 11:49.01 | 11:19.47 | 04:55.42  | 18:13.05 | 17:43.51    | 17:13.97    |

Amended May, 2019

**6.8 SCHEDULE H: SIGHTED GUIDE GUIDELINES**

The following has been collated from existing guidelines by both the Australian Blind Sports Federation and the International Blind Sports Association. Some changes have been made to suit the nature of cross country.

1. The guide runner must wear a bright orange bib saying 'guide runner'. This will be supplied by School Sport Australia.
2. It is the responsibility of the guide to ensure that the athlete is properly orientated in the start position. The athlete must have a guide for the entire race.
3. Athletes must bring their own guide to the championship.
4. Competitor and guide are in competition to be regarded as a team.
5. As a blind runner crosses the finish line or relay change-over line, the guide must be behind the athlete.
6. The method of guidance is the choice of the athlete. T11 athletes MUST have a guide, T12 athletes may elect to have a guide and T13 athletes MAY ELECT to have a GUIDE if the course is deemed hazardous to the athlete.
7. The athlete may choose to use an elbow lead or run free or be tethered with the guide. Tether shall be made from non-elastic material and not store energy and/or offer a performance gain to the athlete. The tether allows the athlete and guide to be separated by no more than 100cms at its fullest extension. The maximum distance between the two closed loops of the tether to be no more than 50cms – in accordance with World Para Athletics (WPA) Rules 6.18 and 6.19.

Amended November, 2018

8. Holding the athlete, or the athlete's clothing is not permitted. An exception to the rule may be allowed if the guide is needed to assist the athlete over an obstacle. An official needs to be consulted prior to the athlete's event if this is required.
9. The athlete may receive verbal instruction from the guide.
10. At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule may lead to disqualification – except where identified in 8.
11. Over distances of 1500m two guides are allowed. Only one exchange of guides is permitted for each runner. No runner may be accompanied by more than one guide at a time. The exchange must take place without hindrance to other runners. The intention to change guides must be notified in advance to the officials. The officials will determine the conditions of the change-over.
12. It is the responsibility of the each state to provide their own skilled guide runners prior to the start of the championship.
13. During relay races, the touch between athletes can occur either between the athlete and next

athlete or the guide and the next athlete. The guide, however, must be behind the incoming athlete at the relay change-over line. Sighted guides must be at least 17 years of age.

14. WPA Rule 7.8 indicates that the athlete must start the event with a guide runner. The athlete and guide runner must both finish the event with bona fide effort (they must finish together across the finish line, with the guide behind the athlete. If for some reason the guide runner cannot complete the course, the finishing result of the athlete will be determined by the referee, after taking into consideration all factors that led to the guide runner withdrawing

6.9 SCHOOL SPORT AUSTRALIA SERVICE AWARDS

Refer to School Sport Australia Awards Policy

- 691 School Sport Australia Life Members (Cross Country) - Barry Moore –Victoria
- 692 School Sport Australia Service Award Recipients

**SCHOOL SPORT AUSTRALIA  
SERVICE AWARD RECIPIENTS**

| NAME                 | STATE | YEAR |
|----------------------|-------|------|
| Trevor Wiseman       | SA    | 2001 |
| Daryl Quick          | VIC   | 2001 |
| Hartley Wheeler      | SA    | 2001 |
| Rick Bruce           | VIC   | 2002 |
| Robbie Morgan-Morris | VIC   | 2004 |
| Maria Pointon        | SA    | 2004 |
| Tony Last            | NSW   | 2006 |
| Alison Moore         | WA    | 2006 |
| Dene Edmunds         | WA    | 2006 |
| Julie Braakhuis      | VIC   | 2007 |
| Mike Clark           | SA    | 2008 |
| Gerard Ryan          | ACT   | 2009 |
| Neville Down         | VIC   | 2010 |
| Gary Zeuner          | SA    | 2011 |
| John Neale           | VIC   | 2011 |
| Chris Sly            | VIC   | 2013 |
| Craig Mahony         | VIC   | 2013 |
| Sue Burt             | VIC   | 2014 |
| Robert Hunter        | SA    | 2014 |
| John Lawniczak       | WA    | 2014 |
| Craig White          | ACT   | 2014 |
| Greg Allen           | NSW   | 2016 |
| Erik Albers          | VIC   | 2018 |
| Lyne Barge           | VIC   | 2018 |
| Cheryl Zeuner        | SA    | 2018 |

**SCHOOL SPORT AUSTRALIA  
ECLECTIC SERVICE AWARD RECIPIENTS**

| NAME              | STATE | YEAR | SPORTS   |
|-------------------|-------|------|--|
| Annette Harasymiv | ACT   | 2004 | Cross Country / Football                       |
| Karen Burton      | ACT   | 2004 | Cross Country / Volleyball / Water Polo        |
| Mike Kingston     | VIC   | 2005 | Cross Country / Pacific School Games           |
| Malcolm Burt      | VIC   | 2005 | Cross Country / Pacific School Games           |
| Michael Butler    | SA    | 2016 | Cross Country / Touch Football / Track & Field |
| Cathy Tanks       | ACT   | 2017 | Cross Country / Track & Field                  |

**CONDITIONS OF PARTICIPATION IN THE**  
**INTERNATIONAL SCHOOLSPOORT FEDERATION**  
**CROSS COUNTRY CHAMPIONSHIPS**

**The school/s winning the right to represent Australia at the International Schoolsport Federation's Cross Country Championships must agree to the following conditions of participation:**

1. That all team officials and team members selected by the school agree to be under the jurisdiction the Tour Manager (Head of Delegation) appointed by School Sport Australia for the duration of the tour.
2. That all team officials and team members agree to participate in all activities organized during the tour.
3. That the school must appoint at least one teacher of the same gender to accompany the team.
4. That all team members and officials agree to pay the tour costs as determined by School Sport Australia.
5. That any parents of team members in attendance agree to abide by all School Sport Australia policies.

**Teachers accompanying school team/s participating at the International School Sport Federation's Cross Country Championships must agree to the following requirements:**

- Understand that the Head of Delegation will be in charge of all officials and team members at all times while on tour. If at any time he/she is not on site with the team then his appointee will act on his/her behalf following all School Sport Australia rules and guidelines.
- Follow all instructions of the School Sport Australia Head of Delegation.
- If the Head of Delegation is not residing with all teams while at the World Cross-Country venue, his/her appointee from School Sport Australia will be in charge.
- Assure your athletes are capable of performing at the highest level prior to leaving Australia for the Championships.
- At the completion of the tour, submit a written report of your team at the Championships through your School Principal.
- Adhere to the tour schedule and any changes made by the Head of Delegation.
- Assure confidentiality of tour activities and do not disclose private information.
- Provide additional information or supplementary documentation to the Head of Delegation as requested (any training progress, performances or injuries of team members) to allow for thorough evaluation of the teams progress in readiness for the Championships.
- Understand your obligation to assist ALL managers and coaches to maintain discipline and team harmony throughout all the tour activities.
- Assure that your school team and yourself adhere to the team rules as set down by the School Sport Australia appointed management team.
- Understand that School Sport Australia is responsible for the conduct of all participants and management and consequences can occur if obligations are not met.



- Promptly inform the Head of Delegation of any difficulty in meeting any requirements of team members and yourself with respect to documentation, payments, uniform sizes etc.

**I have read and understand the conditions of participation and agree to abide by all requirements contained therein.**

|                   |                  |                         |
|-------------------|------------------|-------------------------|
| <b>School:</b>    |                  |                         |
|                   | <b>Principal</b> | <b>Teacher Official</b> |
| <b>Name:</b>      |                  |                         |
| <b>Signature:</b> |                  |                         |
| <b>Date:</b>      |                  |                         |

**Please return to:**

**School Sport Australia  
375 Albert Road  
ALBERT PARK VIC 3206**