

SCHOOL SPORT AUSTRALIA

10 - 19 Years Cross Country Championships

RULES AND GUIDELINES

Section A – Championship Overview

- A - 1.** These Rules and Guidelines should be read in conjunction with School Sport Australia Policies, Championship Protocols and the Sport Championship Organisational Manual.
- A - 2.** The Championships shall be conducted in accordance with the rules as specified by World Athletics and World Para Athletics unless otherwise stated.

A - 3. Championship Length

- A - 3.1** The event will be conducted on either the second or third weekend in August but never on the fourth weekend unless otherwise approved by School Sport Australia.
- A - 3.2** The event shall be conducted over a four (4) day period as described in B - 1.4. All member bodies must attend all Championship activities.

Amended November 2024

A - 5. Team Size

- A - 5.1** Each member body is entitled to enter six (6) athletes in each age/gender division in the 10 years, 11 years and 12 years events.
- A - 5.2** Each member body 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).
- A - 5.3** In the year prior to the International School Sport Federation (ISF) World Cross Country Championship, each member body 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.
- A - 5.4** Each member body is entitled to enter three (3) athletes in each age/gender division in each of the following multi-class age/gender divisions: 10 years, 11 years; 12 years; 13/14 years; 15/16 years; and 17/19 years. In the event that an age/gender division does not have three (3) qualifying athletes, athletes in another age/gender may be selected to make a total of 18 athletes across 10 – 12 years age division and 18 athletes across 13 – 19 years age division.

Amended November 2021

A - 6.

A - 6.1 Ages of athletes will be determined as at 31 December in the year of competition

A - 6.2 In individual events, competitors may only run as defined by their year of birth, except in the year of the ISF Cross Country Championship selection trial where students may move up to the 16/17 years age.

If a 12-year-old secondary student is unable, due to Jurisdictions policies that restrict participation in the 10 to 12 years SSA Cross Country Championships and has a qualifying time in their state or territory for the 13-year age group then that student may compete in the 13-year event. This before mentioned dispensation is only allowed where there is agreement from all of the following: athlete, parent, and their state or territory representative school sport authority. As per the previous paragraph once an athlete competes in an older age group, they are ineligible to compete in their original age group including relays. If the athlete has competed in the 12-year age group of any School Sport Australia Cross Country Championship in that year, they would be ineligible to compete in the 13 years age group or vice versa. Notification of any athlete in this exception category should be given to the National Sports Advisor at time of nomination.

Amended December 2024

A - 6.3 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.

A - 7. Age Dispensation

There is no Age Dispensation granted to a State or Territory for these Championships.

Section B – Competition Structure

B - 1. Program / Schedule

B - 1.1 The Cross Country Championship includes individual, teams and relay competitions. In odd numbered years it also includes an individual school competition.

B - 1.2 All Cross Country events shall be conducted on the same day prior to Relay events.

B - 1.3 All relay events shall be conducted on the same day and shall be held two days after Cross Country events.

B - 1.4 The Championship itinerary is as follows:

Friday	am	Arrival of teams
		Courses and personnel available for preview
	pm	Pre-Championship Meeting
Saturday		Cross-Country Events
Sunday	am	Championship Team Experience
	pm	Post-Championship Meeting
Monday	am	Relays and Time Trials
	pm	Teams depart

B - 2. Competition Format

B - 2.1 Events shall be conducted for boys and girls as follows:

Girls 10 years	2000m Individual	6 x 1000m Relay
Girls 11 years	3000m Individual	6 x 1500m Relay
Girls 12 years	3000m Individual	6 x 1500m Relay
Boys 10 years	2000m Individual	6 x 1000m Relay
Boys 11 years	3000m Individual	6 x 1500m Relay
Boys 12 years	3000m Individual	6 x 1500m Relay
Boys Multiclass 10-12 years		4x 1000m Relay
Girls Multiclass 10-12 years		4x 1000m Relay
Multiclass 10-12 years	2000m Individual	
Multiclass 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
Multiclass Boys 13/19 years	3000m Cross Country	
Multiclass Girls 13/19 years	3000m Cross Country	
Composite for Multiclass 13 – 14, 15 - 16, 17 -19 years		4 x 1000m Relay
Multiclass 13/19 Boys & Girls not in a relay		1000m Time Trial

Amended May 2025

Amended December 2022

Amended March 2017

B - 2.2 The Organising Committee, in consultation with the National Cross Country Advisor and the Technical Delegate, will determine the program order of events.

B - 2.3 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.

B - 2.4 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.

B - 2.5 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 athlete's final placings.

- B - 2.6** 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.

B - 3. Cross Country Team Scoring

- B - 3.1** All athletes will be eligible to score points for their state.

Amended March 2017
Amended November 2024

B - 3.2 Able Body Events

- B - 3.2.1** 'Scoring team' means a state having at least four athletes completing the race.
- B - 3.2.2** 'Scoring members' includes up to the first six athletes from each state completing the race.
- B - 3.2.3** 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 (i.e. less than four from any state) shall be eliminated.
- B - 3.2.4** 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.
- B - 3.2.5** 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.
- B - 3.2.6** 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.
- B - 3.2.7** Athletes representing overseas teams will be eliminated from the team scoring process.

B - 3.3 Multiclass Events

- B - 3.3.1** For multiclass events 'scoring members' include up to the first 3 athletes from each state completing the race.
- B - 3.3.2** 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 (i.e. less than two from any state) shall be eliminated. Each member body at the pre championship meeting can elect to be involved in the verification of results in multiclass events prior to them being published.

B - 3.3.3 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.

B - 3.3.4 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.

B - 3.3.5 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.

Amended December 2022
Amended October 2017

B - 4. Relay Event Rules

B - 4.1 Age relay teams for 10 years, 11 years and 12 years shall comprise six (6) athletes from the same state who are eligible for that event. If in any given relay, only five runners are available, a team member from within that team shall be elected to run twice. The selected runner, running a second leg:

- Cannot have finished in the top three in the individual event for that state.
- Cannot run two consecutive legs.

In the case that a team is missing two (2) or three (3) runners, then:

- A minimum of ONE replacement runner must be the lowest ranked runner from within that team (same age group).
- The remainder of replacement runners must come from a lower age group (same gender) and cannot have finished in the top three in the individual event for that state.

In the case that a team has less than three runners available no replacement runners will be allowed.

Multiclass composite 10- 12 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.

Amended November 2023
Amended October 2017
Amended November 2024

B - 4.2 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. Multiclass composite 13/14 years, 15/16 years and 17 -19 years relay teams shall comprise of four (4) athletes from the same state who are eligible for that event.

Amended November 2023

B - 4.3 The name of athletes representing each state, in their correct running order, will be supplied to the Technical Delegate / National Sport Advisor by 6:00pm on the day of the individual cross-country events. Changes to the nominated running order can only be made with permission of the Technical Delegate / National Sport Advisor.

Amended April 2024

- B - 4.4** Each runner will wear a large coloured patch supplied by the School Sport Australia National Cross Country Advisor 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 be required in the Individual Time Trials.
- B - 4.5** After completion of each relay leg, athletes will establish clear, physical contact with the outgoing runner within a marked 20m zone.
- B - 4.6** All age relay teams running the same distance shall be conducted simultaneously at the discretion of the Organising Committee.
- B - 4.7** 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:
- B - 4.7.1** the relay being contested is for an older age group than that contested by the athlete in a cross- country event.
 - B - 4.7.2** the substitution does not affect the representation of the state in the younger age group.
 - B - 4.7.3** 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.
- B - 4.8** 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.
- B - 4.9** The Time Trial for each age group shall be conducted simultaneously with other age groups of the same gender and distance. All individual time trials will be conducted after the relay events.
- B - 4.10** 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.
- B - 4.11** Relay events for a particular gender shall be scheduled prior to the Time Trial for that gender.
- B - 4.12** A relay or time trial shall not commence until all competitors have completed the previous event.
- B - 4.13** The Organising Committee shall determine starting positions for each relay and time trial.

Amended November 2024

- B - 4.14** Each age group Multiclass 13/14, 15/16 and 17-19, 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 Multiclass 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.

Amended November 2024

B - 5. Benchmark Standards (Baseline)

B - 5.1 Selection

Each Multiclass must complete the selection criteria as determined by their School Sport Australia member body (e.g. participation at school, district, and regional level).

B - 5.2 Distances

B - 5.2.1 Individual Cross Country

All athletes in the 10-12 years multiclass individual races will run a distance of 2 km. Medals will be presented as per age group and gender. Athletes in the 13-19 years multiclass individual races will run in a combined event over a distance of 3 km for all ages.

B - 5.2.2 Team Relays

Athletes in the 10-12 year multiclass relay event run a distance of 1000m for all ages and gender. Athletes in the 13-19 year multiclass relay events run a distance of 1000m Each state may enter one (1) 10 – 12 years relay team for each gender for the age 10-12 years age and one (1) secondary relay team in each of the following ages 13/14 years, 15/16 years and 17-19 years, consisting of 4 members irrespective of gender. Gold medals to be awarded as per current age groups and genders. Member Bodies must have 4 athletes to field a team. The team points for medals will be calculated by averaging all competitors' performance percentages as per the relevant Baseline data, and medals awarded using the method as used with the individual races. There will be 10 - 12 years medals for boys' and girls' teams and 13/14 years, 15-16 years and 17-19 years medals given. Medals (based on the team points score) will be presented to the first 3 states.

Amended July 2021

B - 5.3 Selection Guidelines

ALL athletes must be selected using criteria set down by each states body for each disability class and in each gender and athletes to complete the course competently. The below table of times can be used as a guide when selecting Multiclass athletes.

Gender	Class	Baseline	10 Yrs	11 Yrs	12 Yrs	13-14 Yrs	15-16 Yrs	17-19 Yrs
Boys	T01	03:47.79	11:46	11:23	11:01	16:42	16:19	15:57
Boys	T11	03:58.37	12:19	11:55	11:31	17:29	17:05	16:41
Boys	T12	03:41.34	11:26	11:04	10:42	16:14	15:52	15:30
Boys	T13	03:48.29	11:48	11:25	11:02	16:44	16:22	15:59
Boys	T20	03:45.50	11:39	11:16	10:54	16:32	16:10	15:47
Boys	T21	05:33.34	17:13	16:40	16:07	24:27	23:53	23:20
Boys	T35	04:55.23	15:15	14:46	14:16	21:39	21:09	20:40
Boys	T36	04:32.89	14:06	13:39	13:11	20:01	19:33	19:06
Boys	T37	03:59.54	12:23	11:59	11:35	17:34	17:10	16:46
Boys	T38	03:47.89	11:46	11:24	11:01	16:43	16:20	15:57
Boys	T42	04:33.46	14:08	13:40	13:13	20:03	19:36	19:09
Boys	T43	04:33.46	14:08	13:40	13:13	20:03	19:36	19:09
Boys	T44	04:24.67	13:40	13:14	12:48	19:25	18:58	18:32
Boys	T45	04:08.26	12:50	12:25	12:00	18:12	17:48	17:23
Boys	T46	03:46.51	11:42	11:20	10:57	16:37	16:14	15:51
Boys	T60	04:06.63	12:45	12:20	11:55	18:05	17:41	17:16
Boys	T62	04:33.46	14:08	13:40	13:13	20:03	19:36	19:09
Boys	T63	04:33.46	14:08	13:40	13:13	20:03	19:36	19:09
Boys	T64	04:33.46	14:08	13:40	13:13	20:03	19:36	19:09
		Multiplier	3.1	3.0	2.9	4.4	4.3	4.2

Gender	Class	Baseline	10 Yrs	11 Yrs	12 Yrs	13-14 Yrs	15-16 Yrs	17-19 Yrs
Girls	T01	04:25.25	13:42	13:16	12:49	18:08	17:41	17:14
Girls	T11	04:38.92	14:25	13:57	13:29	19:04	18:36	18:08
Girls	T12	04:19.20	13:24	12:58	12:32	17:43	17:17	16:51
Girls	T13	04:05.27	12:40	12:16	11:51	16:46	16:21	15:57
Girls	T20	04:23.37	13:36	13:10	12:44	18:00	17:33	17:07
Girls	T21	08:15.95	25:37	24:48	23:58	33:53	33:04	32:14
Girls	T35	07:44.06	23:59	23:12	22:26	31:43	30:56	30:10
Girls	T36	05:50.61	18:07	17:32	16:57	23:58	23:22	22:47
Girls	T37	05:40.12	17:34	17:00	16:26	23:14	22:40	22:06
Girls	T38	05:28.51	16:58	16:26	15:53	22:27	21:54	21:21
Girls	T42	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
Girls	T43	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
Girls	T44	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
Girls	T45	04:50.08	14:59	14:30	14:01	19:49	19:20	18:51
Girls	T46	04:50.08	14:59	14:30	14:01	19:49	19:20	18:51
Girls	T60	05:18.12	16:26	15:54	15:23	21:44	21:12	20:41
Girls	T62	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
Girls	T63	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
Girls	T64	04:58.68	15:26	14:56	14:26	20:25	19:55	19:25
		Multiplier	3.1	3.0	2.9	4.1	4.0	3.9

The Baseline data of 1500m will be changed by Athletics Australia at the beginning of May each year. The latest and most up to date baseline for 1500m will be used at the National Championships to calculate final placings for each event.

The baseline data and a level of performance for athletes in the multiclass events are displayed below and on the School Sport Australia and Athletics Australia websites.

Amended June 2024
Amended December 2022
Amended July 2021

B - 5.4**Multiclass Baseline Data 2025 for SSA**

Class	Boys Baseline	Girls Baseline
T01	03:47.79	04:25.25
T11	03:58.37	04:38.92
T12	03:41.34	04:19.20
T13	03:48.29	04:05.27
T20	03:45.50	04:23.37
T21	05:33.34	08:15.95
T35	04:55.23	07:44.06
T36	04:32.89	05:50.61
T37	03:59.54	05:40.12
T38	03:47.89	05:28.51
T42	04:33.46	04:58.68
T43	04:33.46	04:58.68
T44	04:24.67	04:58.68
T45	04:08.26	04:50.08
T46	03:46.51	04:50.08
T60	04:06.63	05:18.12
T62	04:33.46	04:58.68
T63	04:33.46	04:58.68
T64	04:33.46	04:58.68

B - 5.5 Athletes in a multiclass event must choose prior to competing whether they will compete in the multiclass event or with able bodied athletes. If competing in the multiclass event they must complete the classification documentation.

B - 5.6 Results

Placings for all Multiclass events will be determined using the most up to date baseline data provided by AA for 1500m races in relation to the distance run for each event (individual cross country, relays and time trials). 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.

B - 5.7 Eligible Classifications

B - 5.7.1 Intellectually Disabled (II1) – ID (T20); or

B - 5.7.2 Significant Impairment (II2) – T21 (Medical clearance is required prior to competing); or

B - 5.7.3 Hearing Impaired – HI (T01); or

B - 5.7.4 Vision 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 (Item B - 5.9); or

B - 5.7.5 Cerebral Palsy – T35, T36, T37 or T38 or;

B - 5.7.6 Dwarfism – T40 and T41 are both subject to a medical clearance or;

B - 5.7.7 Amputee and other T42, 43, 44, 45, 46 (NO PROSTHESES) or;

B - 5.7.8 Amputee T60 (Medical clearance is required prior to competing) or;

B - 5.7.9 Amputee T62 (Medical clearance is required prior to competing) (WITH PROSTHESES) or

B - 5.7.10 Amputee T63 (Medical clearance is required prior to competing) (WITH PROSTHESES) or;

B - 5.7.10 Amputee T64 (Medical clearance is required prior to competing) (WITH PROSTHESES)

Amended August 2025
Amended June 2024
Amended April 2019
Amended November 2018
Amended March 2017

B - 5.8 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 if competing as an athlete with a classification of T01.

B - 5.9 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.

- B - 5.9.1** The guide runner must wear a bright orange bib saying 'guide runner'. This will be supplied by School Sport Australia.
 - B - 5.9.2** 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.
 - B - 5.9.3** Athletes must bring their own guide runner to the championship.
 - B - 5.9.4** Competitor and guide are tethered together by a 50cm tether according to the rule B-5.9.7.
 - B - 5.9.5** As a blind runner crosses the finish line or relay change-over line, the guide must be just behind the athlete.
 - B - 5.9.6** 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. The referee and technical delegates will deem what is hazardous to athletes.
 - B - 5.9.7** 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 100cm at its fullest extension. The maximum distance between the two closed loops of the tether to be no more than 50cm – in accordance with World Para Athletics (WPA) Rules 6.18 and 6.19.
- Amended November 2018
- B - 5.9.8** 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.
 - B - 5.9.9** The athlete may receive verbal instruction from the guide.
 - B - 5.9.10** 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 5.9.8.

- B - 5.9.11** For distances over 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 Referee. The referee will determine the conditions of the change-over.
- B - 5.9.12** It is the responsibility of each state to provide their own experienced guide runner/s prior to the start of the championship.
- B - 5.9.13** 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.
- B - 5.9.14** 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.
- B – 5.9.15** Guides should not be included in participants levies; however, hosts need to be advised of the number of guides that will be attending the Championship.

Added: May 2024

B - 5.10 Orientation Runner Guidelines

B – 5.10.1 Purpose of an Orientation Runner:

The orientation runner is to be used as a precautionary measure in cases where there is a significant concern about an athlete's ability to safely navigate the course, ensuring their safety and adherence to the course.

B - 5.10.2 Application Process:

- Applications for the use of an orientation runner will be assessed on a case-by-case basis.
- Applications must be submitted by a school principal or an authorised delegate.
- Applications from parents will not be accepted.

B – 5.10.3 Criteria for Approval:

- A serious concern for the athlete's safety or duty of care must be demonstrated.
- The specific characteristics of the course, including visibility, terrain, and potential blind spots, to be considered.

- Any environmental hazards present on the course, such as proximity to roads, livestock, or bodies of water, to be evaluated.

B – 5.10.4 Procedure:

- Requests for an orientation runner will be reviewed by the relevant sports association, who will either endorse or decline the request.
- If endorsed, the request forwarded to the National Cross Country Advisor for final determination.

B – 5.10.5 Outcome:

- The National Cross Country Advisor will make a decision based on the evidence provided in the application, in line with criteria.

B – 5.10.6 Rules for the Orientation Runner:

- The orientation runner must wear a distinctive high-visibility vest, clearly distinguishable and a different colour from a guide runner.
- The orientation runner must maintain a distance of at least 2m behind the athlete, except when providing directional guidance.
- Directional intervention may be given as necessary to ensure the athlete stays on course.
- After each intervention, the runner resumes behind the athlete.
- The orientation runner must cross the finish line behind the athlete.
- The orientation runner is not to coach and/or encourage the athlete.

B – 5.10.7 Member state responsibility

- It is the responsibility of the member state to select and supply/provide the orientation runner.
- The orientation runner is to be a suitable and responsible person to fulfil the safety/duty of care requirements.

Added: November 2024

B - 6. National Schools & Representative Team Selection

B - 6.1 International Tour

B - 6.1.1 Occurs every 2 years and the selection trial will be held in the year prior to the ISF World Cross Country Championships (odd year).

B - 6.1.2 School Sport Australia must be represented by a boys and girls school team BEFORE representative teams can be nominated (the 6 fastest athletes from the 16/17 years championship event that accept their selection).

B - 6.1.3 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.

B - 6.2 School Team Selection

B - 6.2.1 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.

- B - 6.2.2** Each member body will decide on their own selection procedure for a school team to represent that member body at the School Sport Australia Championships in the year prior to the ISF World Cross Country Championships.
 - B - 6.2.3** 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 B - 6.2.1 above.
 - B - 6.2.4** 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.
 - B - 6.2.5** 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.
 - B - 6.2.6** Athletes will meet all costs incurred.
 - B - 6.2.7** 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.
 - B - 6.2.8** 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 - 6.3** 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.

Section C – Facilities / Equipment

C - 1. Cross Country Events

- C - 1.1** The course chosen for the event must conform to the requirements set out in the *SSA Cross Country - AA Nat CC Schools - Organisational Manual* and appropriate for the skill level of the athletes concerned.
- C - 1.2** 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 Sport Advisor for approval at least 2 months before the Championships.

C - 1.3 Wherever possible, the course is to be clearly marked and/or fully bunted by 1pm on the day prior to competition i.e. prior to walking the course. Persons from the Host member body should be available to walk the course with teams to answer any questions on the day prior to the event.

C - 1.4 Downhill starts are to be avoided for safety reasons.

C - 2. Relay Events

C - 2.1 The course shall be relatively flat and conducive to fast running times.

C - 2.2 A road surface is preferred but is not essential and if chosen must be conveyed to member bodies 2 months before the Championship.

C - 2.3 The two (2) kilometre course and three (3) kilometre course in the relays should be 2 laps and the 1500m and 1000m courses one lap.

Section D – Uniform

D - 1. Each athlete must wear the correct uniform of his/her state when competing and when being presented with a medal/award.

D - 2. 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.

D - 2.1 All athletes representing their School Team in the ISF World Schools selection trial will wear the full running uniform of their school.

D - 2.2 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.

D - 3. 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 - 4. School Sport Australia will maintain a register of state competition uniforms. States are required to notify their current uniform design.

D - 5. The Host member body will allocate each competitor a unique registration number.

D - 6. 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.

Amended November 2024

D - 7. 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.

D - 8. The Host member body should provide at least 2 baskets for clothes for each state/territory in the call room for the easy transfer of runners' gear.

Section E – Injury Management

- E - 1.** Refer to School Sport Australia Championship Protocols and Policy for the management of injuries. This policy will override any sport specific injury management Protocols.
[School-Sport-Australia-Injury-Management-Policy.pdf \(schoolsportaustralia.edu.au\)](https://schoolsportaustralia.edu.au/School-Sport-Australia-Injury-Management-Policy.pdf)

New Policy Dec 2023

Section F – Officials

- F - 1.** The host member body in consultation with the School Sport Australia National Cross Country Advisor shall appoint a Technical Delegate to attend the event. The duties and responsibilities of the Technical Delegate are to be specified by the host member body.

Amended November 2024

- F - 2.** The host member body provides an appropriate Multiclass Coordinator for the Championships. This person must not be from New South Wales or Queensland unless the Championship is in those respective States. If someone is asked to be a Multiclass Coordinator from a different state, then it is something that would need to be negotiated with that person, their Principal and the requesting state).

- F - 3.** All technical officials including the Event Referee, for the individual Cross Country event are appointed by the host member body. The National Cross Country Advisor is one of the two Technical Delegates for the individual Cross Country event.

Amended November 2024

- F - 4.** All technical officials relay day are appointed in consultation with the National Cross Country Advisor.

Section G – Protests

- G - 1.** 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.

- G - 2.** The procedure for appeals against the decision of the Event Referee are detailed in item H - 1 below.

Section H – Jury of Appeal

- H - 1.** 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 Cross Country Advisor (or nominee) and the Host member Body Championship Convener (or nominee). Decisions of the Jury of Appeal are final.

Section I – Trophies / Awards / Medals

- I - 1.** Medals

I - 1.1 Cross Country Events

I - 1.1.1 Individual Medals

I - 1.1.1.1 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.

I - 1.1.1.2 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.

Amended November 2024

I - 1.1.1.3 In the event that an invitational athlete (an athlete not from a SSA member association) finishes first, second or third then that runner will be awarded the relevant engraved medal. Any relevant unengraved medals will be awarded to the SSA athletes and engraved after the Championships.

Added: November 2024

I - 1.1.2 Teams Medals

I - 1.1.2.1 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.

Amended November 2024

I - 1.1.2.2 Six (6) of each gold, silver and bronze medals shall be presented to teams finishing first, second and third in the 10-19 years. Three (3) of each gold, silver and bronze medals shall be presented to the multiclass teams finishing first, second and third in the 10-19 years.

Added: November 2024

1 - 1.1.2.3 In the event that an invitational team (a team not from a SSA member association) finishes first, second or third, then that team will be awarded the relevant engraved medals. The relevant unengraved medals will be awarded to the SSA athletes and engraved after the Championships.

Added: November 2024

I - 1.2 Relay Events

I - 1.2.1 Gold, silver and bronze medals will be presented to teams finishing first, second and third in each relay race.

I - 1.2.2 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

I - 1.2.3 For 10 years, 11 years, 12 years, six (6) each of gold, silver and bronze medals shall be presented to teams finishing first, second and third

I - 1.2.4 For Primary and Secondary Composite Multiclass relays four (4) each

of gold, silver and bronze medals shall be presented to teams finishing first, second and third in each age division.

Amended November 2024

I - 1.3 Time Trial Events

I - 1.3.1 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.

I - 1.3.2 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 13/14 years, 15/16 years and 17-19 years who completes the Time Trial course faster than other competitors in that age/gender division.

Amended November 2024

I - 1.4 National Schools Event

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.

I - 2. Trophies

I - 2.1 Cross Country Trophy

I - 2.1.1 A perpetual trophy will be awarded to the SSA member body aggregating most points in all age groups in the Cross Country team races.

I - 2.1.2 Points scoring for able bodied events

I - 2.1.2.1 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

I - 2.1.2.2 Points will be reduced by one if there are only 7 teams – 1st place will receive 7 points. If 6 teams – 1st place will receive 6 points and so on.

I - 2.1.3 Point Scoring for Multiclass events

Multiclass points to be worked out using the following process:

I - 2.1.3.1 Each team has a maximum of 2 scoring competitors per age and gender for the individual cross country event. (3rd will be eliminated for team scoring calculation).

I - 2.1.3.2 Points are awarded for each age and gender.

I - 2.1.3.3 Scoring to be based on the following for Teams' event:

I - 2.1.3.3.1 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 1st, second highest 2nd etc.

1st -16, 2nd -15, 3rd -14..... 16th – 1.

The points are then added together and allocated as follows:

- Highest points – 8 to
- Lowest points – 1.

I - 2.1.3.3.2 Points will be reduced by one if there are only 7 teams – 1st place will receive 7 points. If 6 teams, 1st place will receive 6 points and so on.

I - 2.1.3.4 These points will then be added into the calculations for the Cross Country and Relay (I - 2.2) Trophies.

I - 2.1.4 In the event of a tie, joint winners will be declared.

I - 2.2 Relay Trophy

I - 2.2.1 A perpetual trophy will be awarded to the SSA Member body state aggregating most points in relay races.

I - 2.2.2 Points scoring for able bodied events

I - 2.2.2.1 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

I - 2.2.2.2 Points will be reduced by one if there are only 7 teams – 1st place will receive 7 points. If 6 teams – 1st place will receive 6 points and so on.

I - 2.2.3 Points scoring for Multiclass events

The calculation method used for the Cross Country Trophy (I - 2.1.3) is to be applied to the Relay Trophy.

I - 2.2.4 In the event of a tie, joint winners will be declared.

I - 2.3 Aggregate Trophy

I - 2.3.1 A perpetual trophy will be awarded to the SSA Member body state aggregating most points in both Cross- Country and relay races.

I - 2.3.2 Scores for each state will be obtained by totalling points awarded for the Cross Country Trophy and the points awarded for the Relay Trophy.

I - 2.3.3 In the event of a tie, joint winners will be announced.

I - 2.4 Improvement Trophy

I - 2.4.1 Three (3) additional three perpetual trophies for the individual cross country, team relays and aggregate categories.

I - 2.4.2 The measure of improvement to be calculated mathematically with relation to the past three (3) year's average results in each category. The team with the highest improvement in each category would win that award.