

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 - 2.1 Championship Pathways

Events within the 10-19 Years Cross Country Championships are conducted across two (2) pathways: Open and Multi-Class.

For the purposes of these Championships, Open and Multi Class are considered the same event. Therefore, athletes cannot compete in Open Class and Multi-Class events of the same distance or type.

The **Open** pathway is for athletes who do not meet the minimum impairment criteria for a multi-class sporting classification or choose to compete without adaptations or disability-specific classifications.

The **Multi-class** pathway is for athletes with an autism, deaf and hard of hearing, intellectual, physical, transplant or vision classification, who choose to compete against others with eligible sporting classifications.

For more information on classification see Rule **B - 5.6**

Amended March 2026

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 - 4. Team Size

- A - 4.1** 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.

Amended March 2017

- A - 4.2** 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 - 4.3** 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 - 4.4** 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 - 5.

- A - 5.1** Ages of athletes will be determined as at 31 December in the year of competition
- A - 5.2** 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 dispensation is only allowed where there is agreement from all of the following: athlete, parent, and their state or territory representative school sport authority. 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
Amended March 2026

- A - 5.3** 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 - 6. Age Dispensation

There is no Age Dispensation granted to a State or Territory for these Championships. Except that in rule **A - 5.2**

Amended March 2026

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 |

- 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 Open Events

- B - 3.2.1** 'Scoring team' means a state/territory having at least four athletes completing the race.
- B - 3.2.2** 'Scoring members' includes up to the first six athletes from each state/territory 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/territory) and members of non-scoring teams (i.e. less than four from any state/territory) 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/territory, 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/territory 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/territory) and members of non-scoring teams (ie. less than two from any state/territory) 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/territory, 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/territory 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/territory.
- 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/territory.

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/territory who are eligible for that event.

Amended November 2023

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/territory 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/territory who are eligible for that event.

Amended November 2023

B - 4.3 The name of athletes representing each state/territory, 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/territories 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/territory in the younger age group.

B - 4.7.3 the athlete being included was not one of the first five representatives of that state/territory to complete the Cross Country event for his/her division except where that state/territory is unable to be represented by a relay team in the younger division.

B - 4.8 Athletes not nominated to represent their state/territory 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/territory) 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.

Amended November 2024

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.

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. Multi-class Selection Standards

B - 5.1 Selection

Each Multiclass athlete must meet the selection criteria as determined by their School Sport Australia member body.

Amended March 2026

B - 5.2 Distances

B - 5.2.1 Individual Cross Country

10-12 years Multiclass individual races will be 2 km

13-19 years Multiclass individual races will be 3 km

Medals will be presented as per age group and gender.

Amended March 2026

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.

Each member body may enter one (1) 10 – 12 years relay team for each gender for the age 10-12 years age.

Athletes in the 13-19 year multiclass relay events run a distance of 1000m.

Each member body may enter 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.

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' Baseline percentages and medals awarded using the method as per 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/territories.

Amended July 2021
Amended March 2026

B - 5.3 Selection Guidelines

Each member body is responsible for the selection of their multi-class athletes. The table below suggests selection times member bodies may wish to reference.

Amended March 2026

| 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 |
| Boys | ii-3 | 03:36.30 | 11:11 | 10:49 | 10:27 | 15:52 | 15:30 | 15:08 |
| | | | | | | | | |
| | | 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 |
| Girls | ii-3 | 04:00.11 | 12:24 | 12:00 | 11:36 | 16:24 | 16:00 | 15:36 |
| | | | | | | | | |
| | | Multiplier | 3.1 | 3.0 | 2.9 | 4.1 | 4.0 | 3.9 |

The School Sport Australia Cross Country Baselines for Multi-class scoring will be updated annually and be used from 31 January to 31 December each year. These will be created using Australian Athletics baseline and School Sport Australia autism data. All baselines will be listed below and published on the School Sport Australia website.

Amended July 2021
 Amended December 2022
 Amended June 2024
 Amended March 2026

B - 5.4 Multiclass Baseline Data 2026 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 |
| ii-3 | 03:36.30 | 04:00.11 |

B - 5.5 Results

Placings for all Multi-class events will be determined using the School Sport Australia Cross Country Baselines. The athlete achieving the highest percentage wins, second highest second etc.

Amended March 2026

B - 5.6 Eligible Classifications

Each athlete in multi-class events must have a current sporting classification (national, provisional or review status).

The verification of classifications will be done against the Australian Athletics Classification Masterlist and in conjunction with Deaf Sports Australia, Paralympics Australia, Sports Inclusion Australia and Transplant Australia.

Athletes who do not have a classification prior to competition will be ineligible to compete.

| Eligible classifications | | |
|--------------------------|--|---|
| Class | Impairment | Notes |
| T01 | Deaf and hard of hearing | Athletes competing with T01 classification must remove hearing devices prior to the commencement of the race or once final instructions have been given by the starter. |
| T11-13 | Vision | T11 must run with a guide T12 & T13 can elect to have a guide runner. See Sighted Guide Guidelines (Item B - 5.9) |
| T20 | Intellectual | |
| T21 | More significant intellectual impairment | Medical clearance is required prior to competing |
| T35-38 | Physical -Cerebral Palsy | |
| T40-41 | Physical – Short Stature | Medical clearance is required prior to competing |
| T42-46 | Physical – Amputee & other | Medical clearance is required prior to competing |
| T60 | Transplant recipient | Medical clearance is required prior to competing |
| T62-64 | Physical -Amputee (with prostheses) | Medical clearance is required prior to competing |
| ii-3 | Autism | |

Amended March 2017
Amended November 2018
Amended April 2019
Amended June 2024
Amended August 2025
Amended March 2026

B - 5.7 Vision Guide Runner Guidelines

B - 5.7.1 T11 athletes MUST have a guide runner.

T12 athletes and T13 athletes may elect to have a guide runner.

If T12 and T13 athletes elect to have a guide runner, then rules **B - 5.7.5** and **B - 5.7.7** also apply to them.

Amended November 2025

Amended March 2026

B - 5.7.2 The guide runner must wear a bright orange bib saying 'guide runner'. This will be supplied by School Sport Australia.

B - 5.7.3 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 - 5.7.4 Athletes must bring their own guide runner to the championship.

B - 5.7.5 If the competitor and guide choose to be tethered together, it must be by a 50cm tether according to the rule B-5.9.7.

Amended November 2025

Amended March 2026

B - 5.7.6 When an athlete with a vision guide runner crosses the finish line or relay change-over line, the guide runner must be just behind the athlete.

Amended March 2026

B - 5.7.7 The athlete may choose to use an elbow lead, 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 50cm 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) Rule 6.15.

Amended November 2018

Amended November 2025

Amended March 2026

B - 5.7.8 Holding the athlete, or the athlete's clothing is not permitted. An exception to the rule may be allowed if the guide runner 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.

Amended March 2026

B - 5.7.9 The athlete may receive verbal instruction from the guide runner.

Amended March 2026

B - 5.7.10 At no time may the guide runner 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.

Amended March 2026

B - 5.7.11 For distances over 1500m two guide runners are allowed. Only one exchange of guide runners is permitted for each runner. No runner may be accompanied by more than one guide runner at a time. The exchange must take place without hindrance to other runners. The intention to change guide runners must be notified in advance to the Referee. The referee will determine the conditions of the change-over.

Amended March 2026

B - 5.7.12 It is the responsibility of each member body to provide their own experienced guide runner/s prior to the start of the championship.

B - 5.7.13 During relay races, the touch between athletes can occur either between the athlete and next athlete or the guide runner and the next athlete. The guide runner, however, must be behind the incoming athlete at the relay change-over line. Sighted guide runners must be at least 17years of age.

Amended March 2026

B - 5.7.14 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 runner 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.

Amended March 2026

B – 5.7.15 Guide runners should not be included in participants levies; however, hosts need to be advised of the number of guide runners that will be attending the Championship.

Added: May 2024
Amended March 2026

B - 5.9 Orientation Runner Guidelines

B – 5.9.1 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 - 5.9.2 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 – 5.9.3 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 – 5.9.4 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 – 5.9.5 Outcome:

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

B – 5.9.6 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 – 5.9.7 Member state/territory responsibility

- It is the responsibility of the member state/territory 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.

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 state/territory's 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/territory when competing and when being presented with a medal/award.
- D - 2.** States/territories may wish to designate a selected group of athletes to wear the principal uniform of that state/territory. If so, the state/territory concerned must make arrangements for other athletes representing that state/territory 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/territory

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/territory.

D - 3. To permit officials, spectators and competitors to identify athletes properly, each state/territory should ensure that its competition uniform is designed in such a manner that it is clearly distinguishable from other states/territories.

D - 4. School Sport Australia will maintain a register of state/territory competition uniforms. States/territories 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/territory 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/territories.

Amended November 2025

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/territory, then it is something that would need to be negotiated with that person, their Principal and the requesting state/territory).

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 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 with the best Baseline score than other competitors in that age/gender division.

Amended November 2024

Amended March 2026

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 OPEN 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 percentages. Highest percentage will be placed 1st, second highest 2nd etc.

1st -16, 2nd -15, 3rd -1416th – 1.

The points are then added together and allocated as follows:

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

Amended March 2026

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 aggregating most points in relay races.

I - 2.2.2 Points scoring for OPEN 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/territory aggregating most points in both Cross- Country and relay races.

I - 2.3.2 Scores for each state/territory 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 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.