

**C.I.S.A.A. CROSS COUNTRY RUNNING  
2018-19**

(Last review June 18<sup>th</sup>, 2018).

1. **OFFICIAL RULE BOOK**

2. **SCHEDULING**

If possible, meet should be hosted by an outside Metro Toronto school on even years and by a Metro Toronto school on odd years.

3. **OFFICIALS**

Officials shall be provided by the host school with second help from visiting coaches as need arises.

An official panel of judges (3) to adjudicate disputes should be drawn from the host school and selected visitors. Decisions by majority vote.

4. **LENGTH OF GAME**

For a two year trial period, starting September 2016, course distances to be covered by each runner in each classification is as follows:

|                              |        |
|------------------------------|--------|
| Midget Girls and Midget Boys | 4000 m |
| Junior Girls and Junior Boys | 5000 m |
| Senior Girls and Senior Boys | 6000m  |

A 400 m tolerance is permitted in each race except where a maximum is indicated.

5. **SCORING and TEAMS**

**TEAM**      *A team will consist of the schools best 4 finishers in the race, although any number of runners may be enter per school. One team per school in each race.*

The placing of the top four runners from each team will be totalled in order to determine winners.

|               |     |        |
|---------------|-----|--------|
| TEAM SCORING: | 1st | 10 pts |
|               | 2nd | 8 pts  |
|               | 3rd | 6 pts  |
|               | 4th | 4 pts  |
|               | 5th | 2 pts  |
|               | 6th | 1 pt.  |

Overall Boys' Champion: Total points of midget, junior and senior teams. (A school must have a team in each division in order to be eligible for this championship).

Overall Girls' Champion: Same as boys.

Overall Boys' and Girls' Champion: Total points of school's girls' and boys' teams. (Schools do not have to have a team in each division).

6. ***ELIGIBILITY***

See Constitution Guidelines Article XIII, XIV and XV.

GAP students are not eligible to run. Schools may enter unlimited runners.

7. ***UNIFORMS***

Runners of a school must compete in identical tops in order to distinguish each team during competition.

8. ***EQUIPMENT***

9. ***PLAYOFFS***

- i) There will be one championship meet.
- ii) Each school is allowed one team per event

10. ***TIE BREAKING FORMATS***

In case of a tie, the place of the 4th runner from each school will break the tie.

11. ***ADDITIONAL PLAYING RULES***

**THE COURSE**

It is imperative that the course be clearly marked and explained to runners. Teams should be encouraged to arrive early enough to walk or jog the course before the race.

12. ***CONVENOR RESPONSIBILITIES***

*See the CISAA Constitution, Summary of Convenor's Responsibilities, Appendix 8*

13. ***SPORTSMANSHIP AND CONDUCT***

*See the CISAA Constitution, Article XVIII, Discipline  
Coed Cross Country 2018-19*

13. ***COACHES RESPONSIBILITIES & HOST SCHOOL***

At the end of each race, coaches will be responsible for filling in their competitors' names and school on the place cards that will be given out to each runner at the finish line.

14. ***AWARDS***

- i) CISAA plaques or trophies at all levels of play will be awarded to the champion at each level.  
Individuals on the championship and finalist teams for Senior, Junior and Midget divisions will receive CISAA gold and silver medals.
- ii) Team awards for the best team performance in each event.  
Gold and silver medals will be awarded to the members (5) of the top two teams in each event (5 members).  
Ribbons will be awarded to the members of the third place team in each event (5 members).
- iii) Gold and silver medals will be awarded to the top two individuals in each event and ribbons will be awarded to the next 4 individuals in each event.
- iv) Overall coed trophy (must have a minimum of 1 female and 1 male team.)

15. ***GUIDELINES FOR OFSAA REPRESENTATION***

16. ***SAFETY GUIDELINES***

The host school is responsible for providing medical care for all games. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.

**Host School**

The host school is responsible for providing medical care for all meets. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.

**Equipment**

A fully stocked first aid kit must be readily accessible.

A working communication device (e.g., cell phone) must be accessible.

Determine that all equipment is safe for use.

## **Clothing/Footwear**

Appropriate clothing and footwear must be worn.

No bare feet.

No hanging jewelry.

## **Facilities**

Determine that all facilities are safe for use.

When running off school site:

Prior to initial use of the route, coach or convenor must do a safety check “walk through” in order to identify potential hazards.

If the cross-country route or orienteering course is on grass and/or in a wooded area, coaches or convenor must do a safety check “walk through” after a substantial rainfall and/or windstorm, in order to identify potential hazards.

If the route has been affected by weather conditions and degradations of the course occur during competition, ongoing safety assessments must be conducted by coach or convenor, and the route changed if necessary.

Before initial attempt, coaches must outline to athletes the route or course (e.g., notice of areas to approach with caution).

The competition route must have marshals stationed throughout, all hazards well marked, and gate and funnel markers set to enhance safety.

Start and finish area must provide a wide, flat surface.

## **Special Rules/Instructions**

Skills must be taught in proper progression.

A student athlete’s fitness level must be commensurate with the level of competition.

Length and difficulty of route must be appropriate to the age and ability level of the participants.

Coaches must monitor weekly distance increases of student athletes.

Parents/guardians must be made aware of any off campus activity and the means of transportation used.

Be aware of athletes whose medical condition (e.g., asthma, anaphylaxis, casts, orthopaedic device) may affect participation.

Athletes must be instructed in basic road safety.

The number of participants in any one event must not present a safety concern.

Athletes must be coached in strategies that enhance safety with “crowded” starts.

A proper warm-up and cool-down must be included.

Coaches must be aware of athlete's allergies (e.g., bees).

No audio devices (e.g., MP3 players) may be used.

Before involving athletes in outdoor activity, coaches must take into consideration:

- environmental conditions (temperature, weather, air quality, humidity, UV rays, insects)
- accessibility to adequate liquid replacement (personal water bottles, water fountains) and athlete hydration before, during and after physical activity
- previous training and fitness level
- length of time and intensity of physical activity

Athletes must be made aware of ways to protect themselves from environmental conditions (e.g. use of hats, sunscreen, sunglasses, personal water bottles, insect repellent, appropriate clothing)

Athletes must receive instruction on safety procedures related to severe weather conditions (e.g., lightning, funnel clouds, severe winds, tornadoes)

Interscholar competitions must follow the regulations and rules of the local governing body (CISAA, OFSAA) and/or Provincial Sport Organization for the activity.

Links to the Provincial Sport Organizations for this activity are:

<http://www.athleticsontario.ca>; <http://www.orienteingontario.ca/>

## **Supervision**

In-the-area supervision.

Off-site orienteering ratios:

- Senior 1:30

An individual who takes responsibility for providing first aid to injured athletes must be present during competitions.