

## Specific Rules of Play

### 2019-20 PSAA CROSS COUNTRY MEET RULES AND REGULATIONS

# FAIR PLAY

-**Coaches** need to make certain that their players, assistants, and players' parents also respect the decisions made by the on field marshalls.

-**Comments** made from the sideline should be positive, constructive, and encouraging.

-**Comments** by players on the field should be positive and encouraging and relating to the play.

- **We are expecting** that everyone will use appropriate, non-threatening, cordial language, and will speak in a tone and manner that is non-confrontational nor condescending.

- **Players** are not to shout/scream in a manner to unsettle a player in order to gain an advantage.

-**Marshalls** will address the runners and coaches cordially. Will know these rules and will apply them fairly. Will attempt to maintain good position on the course in order to make the proper call.

-**Coaches** need to be supportive of the calls marshalls make. The key is that marshalls make consistent calls. If an official needs to be corrected about a rule, both coaches of the teams competing must be in agreement that an error in the understanding of the rule needs to be corrected and may together bring this to the official's attention. This is not about whether you agree or not regarding who gets called out, or whether a foul or violation should have been called or not.

-**Following the game**, this information should be directed to the tournament convenor to make certain the correction made was accurate.

Remember, we should model the behaviour we expect.



## 1. EQUIPMENT

### **1.1 Uniforms**

a) Each athlete must wear an identifiable school or PE uniform.

**\*NOTE:** Jeans, cutoffs, Bermuda shorts, etc. are **NOT** permitted.

### **1.2 Safety**

a) The PSAA Executive is responsible for providing medical care for the track meet. This person must be qualified to deal with athletic injuries and be prepared to handle emergency situations.

### **1.3 Marshalling Duties**

a) Each participating school must provide two volunteers to officiate for the duration of the day. These volunteers are in addition to any adults needed to coach and supervise.

b) Specific marshalling duties will be sent to participating schools as part of the Meet Package. This will be emailed out two weeks prior to the Meet.

a) When you first arrive at the Cross-Country event at Heart Lake this year, please have your marshals come see me at the results tent. Also, on arrival, coaches are asked to collect their bibs for each runner from the results tent by the finish line.

b) Please see the attached map with the route marshal locations. There will be numbers out on the course indicating your numbered marshal location.

c) Marshals are requested to be there for 10:15am for an 11:00am start. Marshals are asked at the end of the Meet to please bring the yellow rod and number back into the results tent.

**\*NOTE:** Please be reminded there will be no walk-through this year. If schools wish to do a walk-through with their athletes, they should arrive early to the event and, with the use of the maps, should show their athletes the route.

### **1.4 Dimensions**

a) Length of course is as follows:

U-10	– 1.5km
U-11 and U-12	– 2km
U-13 and U-14	– 2.5km

## 2. SAFETY

a) In the event of any emergency, such as a serious injury or in the event of calling 9-1-1, the convenor **MUST** be notified.

- b) Each school's volunteer marshal should report to the convenor by 10:15am.
- c) Pacing on the course, by someone who is not racing [**parent, coach, a runner from another division, etc...**] is not allowed and will result in **disqualification** of the runner.
- d) Teams are responsible for the safety of their own students. Keep away from water and supervise athletes at all times. No playing with balls or other implements. Please help keep the meet safe for all involved. Coaches from other schools are allowed [**and encouraged**] to ask students from other schools to follow rules.
- e) Each school is responsible for keeping their area clean and ensuring the park is tidy at the end of the day.
- f) Any spectators or athletes requesting information or congregating at the finish table will be re-directed to their school's area and coach.

### 3. ELIGIBILITY

#### **3.1 Divisions**

- a) There are 10 divisions (U10 boys, U11 boys, U12 boys, U13 boys, U14 boys and U10 girls, U11 girls, U12 girls, U13 girls and U14 girls).
- b) In the interest of time, we may run two small divisions in the same race, but their results are separated at the finish line. We will try to avoid running girls and boys in the same races.

#### **3.2 Age Range: Ages are based on the child's age as of Dec. 31<sup>st</sup>, this year.**

*Athletes can run in an older age category but they may only run in one race.*

- a) Under 10 – the student will be 9 years old or younger on December 31<sup>s</sup>
- b) Under 11 – the student will be 10 years old or younger on December 31<sup>s</sup>
- c) Under 12 – the student will be 11 years old or younger on December 31<sup>s</sup>
- d) Under 13 – the student will be 12 years old or younger on December 31<sup>st</sup>
- e) Under 14 - the student will be 13 years old or younger on December 31<sup>st</sup>

#### **Examples:**

Athlete #1 who is 9 starting in September but turns 10 prior to December 31<sup>st</sup>, 2016 will be in the U11 since that student will be 10 before the end of 2016.

Athlete #2 who is 9 starting in September but turns 10 January 1<sup>st</sup>, 2016 will be U10 since that student will be 9 for the 2016 calendar year.

Since we do not have an U15 age category, any student in gr 8 is allowed to compete in the U14 age category.

### 3.3 Finish Line Procedures

- a) Results this year will be collated by Track database.
- b) Schools are not required to complete the tracking sheets for their athletes, this will be done by the results tent.

### 3.4 Scoring and Overall Team Division Championship

Awards will be awarded to at least the top 3 finishers in each division.

- a) Each runner gets a point value based on their placing (i.e. 10<sup>th</sup> place gets 10 points; 3<sup>rd</sup> place gets 3 points).
- b) Each school counts their top 3 runners towards a team championship in each division.
- c) The school with the least number of points and the minimum number of runners (4 per division), wins that division.
- d) In order to field a team in a division, you must have a minimum of 4 runners. Ties are broken by the better result of the 4<sup>th</sup> place runner. If you don't have a fourth runner, you may not compete for the division title.
- e) Runners may move up a division in order to fulfill team requirements; however, they may **NOT** compete in more than one race.
- f) The overall team championship title is awarded to the school with the lowest total in its best 6 divisions. Schools must have a team of at least 4 runners in each of the 6 divisions. The team with the fewest points based on this system wins. A tie goes to the team with the best 4<sup>th</sup> place runners in the tied divisions.

#### COMMITMENT

- Teams are expected to remain on site for all scheduled matches.
- Each Coach is asked to bring his/her own First Aid Kit.

We are all responsible for leaving Heart Lake clean. Please make certain that garbage is disposed of in the appropriate receptacles throughout the day and not left to the end of day clean-up. Make certain your team picks up after itself.