**NCAA BOYS’ AND GIRLS’ CROSS COUNTRY RUNNING 2019**

1. **SEASON OF PLAY**

The NCAA (Zone 2) Championship is Wednesday, October 16th, 2019 (Fireman’s Park, Niagara Falls)

The SOSSA Championship is Thursday, October 24th, 2019 (Fireman’s Park, Niagara Falls)

The OFSAA Championship is Saturday, November 2nd, 2019 (Sudbury, Ontario)

1. **LEVELS OF COMPETITION**

Novice Girls Novice Boys

Junior Girls Junior Boys

Senior Girls Senior Boys

1. **ELIGIBILITY**

Any athlete participating in the OFSAA Cross Country Championship must have participated as a member of a bona fide high school program during the current school season (Sept. - Nov.) in a minimum of Cross Country Practices (sixteen (16), at a location where the majority of their high school practices are held under the supervision of a teacher-coach as certified by the school principal.

This rule does not preclude the school and/or school coach from instituting more stringent guidelines.

An UNLIMITED number of athletes may race in each category.

Novice

The individual’s birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held AND IS GRADE 9 ONLY.

Junior:

The individual’s birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

Senior:

The individual’s birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9

1. **ELIGIBILITY SHEETS**

For Cross Country Running, the eligibility sheets must be received by the Convenor no later than 5 full school days **prior** to the date of the NCAA (Zone 2) Championship.

1. **NCAA (ZONE 2) CHMAPIONSHIP START TIME**

The meet shall start at a time sufficient to allow all schools the opportunity to travel to the site.

1. **RACE DISTANCES**

A 400m tolerance is permitted.

Para- Open Girls 3000M Para- Open Boys 3000M

Novice Girls 4000M Novice Boys 4000M

Junior Girls 5000M Junior Boys 5000M

Senior Girls 6000M Senior Boys 6000M

1. **NCAA (Zone 2) CHAMPIONSHIP FORMAT**

The Meet Convenor is responsible for seeing that the course is clearly marked and properly marshalled for all races. The Meet Convenor will hold a coaches and officials meeting prior to the start of the NCAA Championship. The Meet Convenor is responsible for communicating the information to all officials and coaches participating.

Start Protocol Includes:

1. A chief start official will call runners/teams on their marks.
2. A start official will raise a white flag when the runners/teams are ready
3. The “white flag” will communicate “all ready” to the chief starter- athletes are now under “orders/vigil” (hence the silent start)
4. After 60 seconds, gun is fired

**Meet Suspension Due to Severe Weather:**

The NCAA (Zone 2) Championship will run rain or shine, however, if lightning occurs, the next scheduled event will be delayed by 30 minutes after the last detection of lightning.

1. **ENTRY TO NCAA (ZONE 2) CHAMPIONSHIP**
2. Entries shall be accepted from coaches only
3. Deadline for Entries: Friday, October 11, 2019
4. Entries and Eligibilities must be received by the NCAA Cross Country Convenor no later than the Friday prior to the start of the NCAA (Zone 2) Championship. Entry fees will be billed electronically to each school when the NCAA (Zone 2) Championship is complete.
5. Each School may enter an unlimited number of boys and girls in each age category for the NCAA (Zone 2) Championship
6. A competitor must compete in the same age classification at Zone 2, SOSSA, and OFSAA meets
7. Any suspensions or disciplinary actions in Association (SOSSA) play shall be carried forward into OFSAA Championship. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.
8. **ENTRY FEE**

An entry fee shall be charged to each school, per athlete which shall be sufficient to cover the operating costs of the NCAA (Zone 2) Championship. Fees are determined after the event and each school will be billed electronically.

1. **SCORING**
2. In the Novice, Junior, and Senior races, the top four (4) finishers for each school will be used to determine team placing. The finishing positions of the top four (4) for each school will be added together to determine a team score. Ties: In the event of a tie, it will be resolved in favour of the team whose fourth (4th) runner finishes nearest to first place. The scores of four (4) of the six (6) team runners shall count for a team score.
3. Scoring for overall NCAA (Zone 2) Championship will be determined by place finishes in the divisional races with the following point system.

1st- 10; 2nd - 8; 3rd – 6; 4th – 4; 5th – 2; 6th – 1

1. The overall NCAA (Zone 2) championship will be determined by the school who accumulates the most points from all three divisions.
2. **AWARDS**

Individual: NCAA (Zone 2) Championship ribbons will be presented to first through fifth place finishers in each race in each classification.

Team: NCAA (Zone 2) Championship trophy will be presented to the overall Boys & Girls champions

1. **ADVANCERS TO SOSSA AND OFSAA CHAMPIONSHIPS**

NCAA (Zone 2) Champions to SOSSA:

1. Top 3 teams per age group and top 10 individuals not on qualifying teams will advance to SOSSA
2. The 5th and 6th runners on the top 3 qualifying teams will advance to SOSSA
3. All runners must compete at the NCAA (Zone 2) Championship to compete at SOSSA
4. No more than six runners will be advanced from each school age classification.
5. The overall (boys and girls combined) champions from the NCAA (Zone 2) Championship is allowed to send all six (6) teams to SOSSA
6. The overall boys team champions and girls team champions are allowed to send all three (3) boys or three (3) girls teams to SOSSA

SOSSA Championship to OFSAA

The top 2 teams and the top 3 individuals not on qualifying teams advance to OFSAA.

Although six (6) runners must be declared only five (5) runners per team will be allowed to compete at OFSAA, the sixth runner is considered an alternate.

1. **UNIFORMS**
2. All competitors are expected to dress in uniforms that are neat, clean and which maintain the integrity of the school’s name, colours and logos.
3. No sport club insignia or uniforms shall be permitted. A sport club is defined as a community, provincially or nationally based organization whose primary purpose is participation in organized competition is single or multi-sport programs.
4. Runners must compete in their school uniforms
5. A school uniform is defined as one which has one of the following crested on it: School name, team name or team crest.
6. The uniform tops of all team members must be identical.
7. **MEDICAL**
8. Provision shall be made by the NCAA (Zone 2) Championship Convenor to have qualified first-aid personnel and equipment available at the competition site.
9. Coaches shall provide all consumable medical supplies (e.g. tape, band aids) for their athletes