

CROSS COUNTRY – BOYS’ AND GIRLS’

1. SEASON OF PLAY

Co-ed = Fall Season

2. LEVELS OF COMPETITION

Para Novice Boys/Girls Junior Boys/Girls Senior Boys/Girls

3. CLASSIFICATION

a) Competition shall be conducted in three age classifications:

- i) **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.
- ii) **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.
- iii) **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. Students may compete in this category for one year only in Grade 9.

b) There shall be a girls' and boys' run in each classification.

4. ELIGIBILITY

a) Team/School Eligibility: To represent a school at the SOSSA/OFSAA Cross Country Championships, a school/team must.

- I. Conduct a 'bona fide' high school program consisting of a minimum of sixteen (16) practices during the current school season (Sept. – Nov.), 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.
- II. Participate in the NCAA Championship or qualifying event.

b) Individual Eligibility: To represent a school at the SOSSA/OFSAA Cross Country Championships, a school/team must.

- I. Be eligible for competition under the NCAA Constitution, By-Laws, and Playing Regulations of the NCAA.
- II. Be certified as eligible by the principal of the school.
- III. Meet the age requirements as listed in Section 3.
- IV. Be in Grades 9 – 12.
- V. Be eligible under the OFSAA Transfer Policy (OFSAA By-Law, Section 4(f)).
- VI. Be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (OFSAA By-Law 5, Section 4(g))
- VII. Para athletes with T/F 20 classification are permitted to compete until the age of twenty-one (21) and shall be eligible for no more than seven (7) consecutive years from the date of entry in grade nine (9).
- VIII. Have participated in the NCAA Championship or qualifying event.
- IX. Have not participated in both the NCAA Championship and any other event in that same sport on the same day.

Note: The school and/or school coach may institute more stringent guidelines.

5. ELIGIBILITY SHEETS

Eligibility lists are to be entered in the OFSAA HUB and emailed to the Cross-Country Convenor no later than 5 full school days prior to the date of the NCAA Championship.

6. RACE DISTANCES

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

Note: A 400m tolerance is permitted.

7. ENTRY TO NCAA CHAMPIONSHIP

- I. Entries shall be accepted from teacher-coaches only.
- II. Entries shall be entered and/or sent to the cross-country convenor no later than five (5) full school days prior to the date of the NCAA Championship meet.
- III. Each school may enter an unlimited number of boys and girls in each age category for the NCAA Championship.
- IV. Each athlete may only participate in one (1) age category.
- V. A competitor must compete in the same age classification at Zone 2, SOSSA, and OFSAA meets.
- VI. Any suspensions or disciplinary actions in the NCAA shall be carried forward into the SOSSA and/or OFSAA Championship. The coach shall be responsible for reporting such players and the nature of the disciplinary action on the SOSSA and or 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 Championship. The designated amount will be a calculation determined by the convenor and invoiced by the convenor.

9. UNIFORM

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.

A school uniform is defined as one which has one of the following crests on it: School name, team name or team crest.

The uniform tops of all team members should be identical.

9. NCAA MEET AND CHAMPIONSHIP FORMAT

- I. The Meet Convenor is responsible for seeing that the course is clearly marked and properly marshaled for all races.
- II. The Meet Convenor will hold a coaches and officials meeting prior to the start of the NCAA Championship.
- III. The Meet Convenor will communicate meet information to all officials and coaches participating.
- IV. Each competing school must provide at least one (1) adult to work at the meet. This is regardless of the number of athletes the school brings.
- V. Each school may enter an unlimited number of boys and girls in each category.
- VI. In the Para race, all competitors qualify through to SOSSA.
- VII. The Para classification will consist of three (3) divisions, as follow:
 - Visually Impaired (VI, Boys and Girls)
 - Ambulatory (AMB, Boys and Girls)
 - Intellectually Impairment (II, Boys and Girls)

10. START PROTOCOL

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

11. MEET SUSPENSION DUE TO SEVERE WEATHER:

The NCAA 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.

12. MEDICAL

Qualified first-aid personnel and equipment will be available at the competition site.

Coaches shall provide all consumable medical supplies (e.g. tape, band aids) for their athletes

13. SCORING

The overall NCAA Championship will be determined by the school who accumulates the most points from all three divisions.

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.

Scoring for overall NCAA Championship will be determined by place finishes in the divisional races with the following point system:

1st – 10 points, 2nd – 8 points, 3rd – 6 points, 4th – 4 points, 5th – 2 points, 6th – 1 point.

14.AWARDS

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

Team: NCAA Championship trophy will be presented to the overall team champion.

15.TEAMS ADVANCING TO SOSSA:

- I. Entries shall be accepted from the NCAA Cross Country Convenor or NCAA Convenor.
- II. The NCAA is permitted to enter three (3) teams of six (6) runners in each age class. Note: Only five (5) runners per team are permitted at OFSAA.
- III. The NCAA is permitted to enter the first ten (10) individuals not on a qualifying team to the SOSSA Championships.
- IV. If four (4) or five (5) of these individuals happen to be from the same school, they may not be considered a team for SOSSA purposes.
- V. A school that qualifies a team for SOSSA may place any eligible runner on that team provided this competitor competed at the NCAA Championship meet.
- VI. Entries must be received by the SOSSA convenor by the date designated by the SOSSA convenor.
- VII. The boys' overall and girls' overall team champions from the NCAA will be allowed to send all three (3) boys' or girls' teams to SOSSA.
- VIII. The overall (boys' and girls' combined) champions from the NCAA will be allowed to send all six teams to SOSSA.
- IX. The SOSSA convenor shall be responsible to ensure that the OFSAA entries are paid and submitted. Reimbursement then occurs through the SOSSA administrative director.

Please see SOSSA Playing Regulations for more information pertaining to the SOSSA Championships.

16.TEAMS ADVANCING TO OFSAA

- I. The top 2 teams and the top 3 individuals not on qualifying teams advance to OFSAA.
- II. 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.
- III. The athletes participating in any event at OFSAA must be able to complete the race in 45 minutes or less.

Please see OFSAA Playing Regulations for more information pertaining to the OFSAA Championships.