

## **PLAYING REGULATION 4.0 - CROSS COUNTRY**

1. **SAFETY GUIDELINES:** Each HSSAA Member School shall ensure that the Physical Education Safety Guidelines - Secondary Inter School Module 1999, outlined according to the following Critical Components: EQUIPMENT, CLOTHING / FOOTWEAR, FACILITIES, SPECIAL RULES / INSTRUCTION and SUPERVISION be adhered to at all times. Specific details on the Critical Components will be provided at the Pre-Season Coaches Meeting.
2. **AGES:** As per H.S.S.A.A. Constitution Article XI, Section VII.
3. **EVENTS:** The events and distances will be adjusted as needed to correspond to the OFSAA distances.

BOYS MIDGET - 5000 METRES	GIRLS MIDGET - 3000 METRES
BOYS JUNIOR - 6000 METRES	GIRLS JUNIOR - 4000 METRES
BOYS SENIOR - 7000 METRES	GIRLS SENIOR - 5000 METRES
4. **ELIGIBILITY:** All competitors must meet the age requirements of the H.S.S.A.A. Constitution. Competitors name must be on a Eligibility List. Competitors must be accompanied by a teacher or an adult designated by the school.
5. **ENTRIES:** Each member School may enter one Girls and one Boys team in each event. For this purpose, a team shall consist of an unlimited number of runners with five to receive awards.
6. **RULE BOOK:** Not specified.
7. **UNIFORMS:** All competitors in a race must wear a uniform of the same colour. Failure to do so will result in disqualification from the starting line of that individual.
8. **OFFICIALS:** Not specified.
9. **AWARDS:** There will be one Team Trophy presented to the overall Girls team and overall Boys team. The following Championships will be declared:
  - a) Combined Overall (Boys & Girls)
  - b) Boys Overall
  - c) Girls Overall
10. **GHAC REPRESENTATION:** Not specified.
11. **GENERAL REGULATIONS:**
  - A) **SCORING:** In determining team champions, only the top 4 runners will count.
  - B) **LENGTH OF COURSES:** The length of the course for each event will correspond to the OFSAA distances.
  - C) The Convenor shall have a Medical Doctor in attendance or readily available. St.John's personnel or equivalent should be present for sure.
  - D) A Jury of Appeal consisting of three people shall be appointed by the Meet Convenor prior to the meet.
  - E) **NUMBERING SYSTEM:** Each competitor will pin on a sticker bearing his or her name and school. These stickers will be provided by the Convenor on the day of the meet and will be filled in by the coaches and or competitors.