

ROPSSAA CO-EDUCATIONAL CROSS COUNTRY RUNNING

PLAYING REGULATIONS

1. **DATE**

- (a) The ROPSSAA Co-Educational Cross Country Meet will be held on the date set out in the co-curricular schedule.
- (b) There is no rain date. The Convenor may elect to change the date of the cross country meet due to unsafe weather conditions.
- (c) The Meet Day Races will begin no earlier than 11:00am. Schedule to be:

Coaches Meeting	11:00am
Para Race	11:30am
Novice Girls Race	12:00noon
Novice Boys Race	12:30pm
Junior Girls Race	1:00pm
Junior Boys Race	1:30pm
Senior Girls Race	2:05pm
Senior Boys Race	2:45pm

Award Presentation - at the conclusion of the Senior Boys Race.

2. **LOCATION**

- (a) The Meet will be held at Heart Lake or another area approved by the coaches.
- (b) A school permit for use of the Conservation area will be arranged by the Convenor.

3. **ELIGIBILITY**

- (a) All competitors must meet the eligibility requirements as per Article X of the ROPSSAA Constitution. The eligibility list must be submitted by the deadline announced at the preseason meeting.
- (b) Competition for boys and girls will take place in three age categories: Novice, Junior, and Senior.
 - (i) A novice boy or girl shall not have attained their 14th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2010 or later). In addition, they must be in their first year of high school.
 - (ii) A junior boy or girl shall not have attained their 15th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2009, or later).
 - (iii) A senior boy or girl shall not have attained their 19th birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2005, or later).

- (iv) Para athletes with an intellectual classification (T/F 20), must not have attained their 21st birthday by January 1st prior to the start of the school year in which the competition is held (for the 2024 – 2025 school year, born in 2003 or later) and shall be eligible for no more than seven (7) consecutive years from the date of entry into grade 9.
- (c) All competitors must have participated as a member of a bonafide high school program during the season (September to November), in a minimum number of practices (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. At the ROPSSAA Championship, athletes are expected to be capable to finish the course in a timely manner.
- (d) The following expectations must be met for an athlete to be eligible to compete in the Para division at ROPSSAA Championships:
 - (i) A Para athlete is an individual that due to a physical and/or intellectual disability is at a disadvantage to compete in an able-bodied race.
 - (ii) The Para Classification will consist of three (3) divisions, as follows:
 - a) Visually Impaired (VI, Boys and Girls)
 - b) Ambulatory (Amb. Boys and Girls)
 - c) Intellectual Impairment (II Boys and Girls)
 - (iii) All Para athletes must attend team practices. The same minimum standard as for able bodied athletes must be met (16).
 - (vi) Para athletes wishing to compete at ROPSSAA Championships should be able to finish the 4km racecourse in a timely manner. An approximate time of 28 – 30 minutes fits logistically with the race schedule and ensures the safety of these athletes.
 - (v) Coaches MUST register Para athletes into the Para race using the on-line registration.
 - (vi) All Para athletes must be included on the team eligibility list.
 - (vii) Para athletes must submit the Para entry form by the entry deadline. (See Appendix A)

4. OPERATING STRUCTURE

- (a) The course length for each event will be as follows:

Novice Girls 4,000 m	Novice Boys 4,000 m
Junior Girls 5,000 m	Junior Boys 5,000 m
Senior Girls 6,000 m	Senior Boys 6,000 m
Para 4,000m	
- (b) Course Map (see Appendix B)

5. ENTRIES

- (a) Eligibility sheets must be in the hands of the Convenor by the date announced at the preseason meeting. School MUST email their eligibility list they created in the OFSAA Hub to the athletic convenor by the date announced.
- (b) Online entries must be completed by the date and time announced at the preseason meeting. Schools whose entries are late will be charged a \$250 addition fee.
- (c) Competitors must be entered according to the age category they are competing in.
- (d) A Junior age runner may run Senior but not vice-versa. A competitor may not compete in two categories.
- (e) Each athlete and each school must enter and complete one (1) regional meet to be eligible for the ROPSSAA championship. Athletes unable to participate in 1 meet due to injury or illness will be eligible to participate in the ROPSSAA championship upon presentation of a doctor's note at the time of entry submission.
- (f) There can be an unlimited number of entries per category.
- (g) Each school is to provide a minimum of 1 staff member to be assigned to a duty. Duties to include course setup, course takedown, start/finish line, awards, entries, results and/or other positions identified. Student helpers will also be requested from participating schools.

6. RECOMMENDED ORDER OF EVENTS

Coaches Meeting
Para Race
Novice Girls Race
Novice Boys Race
Junior Girls Race
Junior Boys Race
Senior Girls Race
Senior Boys Race
Award Presentation

7. EXPENSES

- (a) Expenses for the ROPSSAA Championship Meet will be paid by ROPSSAA.

8. RULES AND OFFICIALS

- (a) Course Marshalls have the authority to disqualify a competitor who deliberately holds or trips another runner or who runs an incorrect course.
- (b) Each school is to provide a minimum of 1 volunteer (staff, student, or community) to be assigned to a course marshalling responsibility. This is in addition to the already assigned duties (course setup, course take down, start line, finish line and awards). Exception, a school leadership class assumes this responsibility.

9. AWARDS

- (a) The presentation of ROPSSAA Championship awards will occur at the conclusion of the meet. These awards will include:
 - (i) Gold medallions to the top place individual in each event including Para.
 - (ii) Silver medallions to the second place individual in each event including Para.
 - (iii) Bronze medallions to the third place individual in each event including Para.
 - (iv) Ribbons to the fourth through sixth place individuals in each event including Para.
 - (v) ROPSSAA trophies to the top boys and girls novice, junior, senior, combined and overall combined teams.
 - (vi) Gold medallions to the members of the championship teams qualifying for OFSAA.
 - (vii) Silver medallions to the members of the second place teams qualifying for OFSAA.

10. UNIFORMS

- (a) All competitors in each race must wear a recognizable school uniform when competing. Uniforms are to be identical within each race.
- (b) Athletes may not change their clothing in the competition area. For all outdoor sports, athletes must arrive dressed to compete.
- (c) No competitor may participate with personal sound equipment during the race.

11. SCORING

- (a) A competitor will be awarded a score equal to his/her placing. For example, the first place competitor would score one point and so on.
- (b) All competitors who finish the race will receive a finish position.
- (c) The team score consists of the total scores of the school's first four finishers.
- (d) When two competitors finish simultaneously, each shall score for their team the number of points obtained by dividing the total sum of their position numbers, reckoned as if they had finished regularly in a file instead of being tied. For example, in a tie for second, each runner would score 2 1/2 points.
- (e) A team must have four runners to qualify for a team trophy.
- (f) The lowest team score will win the trophy in each case.
- (g) In the event of a tie between teams, the winner shall be the team whose fourth runner crossed the finish line first.

12. DEPARTMENT

- (a) Competitors and coaches are expected to behave in a sportsmanlike manner as per Article XVI, Section II of the ROPSSAA Constitution.
- (b) The pacing of runners in a race by any non-entrants or coaches is not allowed.
- (c) Ball and Frisbee playing is not allowed at the park on race day.
- (d) Stereos, radios, or other sound equipment may not be played at the park on race day.

13. JURY OF APPEAL

- (a) The Jury of Appeal may only consider matters of policy regarding the operation of the activity concerned within the limits of the playing regulations.
- (b) The Jury of Appeal will rule on all disputes and protests submitted during the Meet.
- (c) The Jury of Appeal constructed at the pre-season coaches meeting, will consist of the Meet Convenor and four coaches from participating schools.

14. MEDICAL PERSONNEL

- (a) Qualified medical support staff coverage will be arranged by the Convenor. Coaches will supply all consumable medical supplies e.g. tape, bandages and ice.

15. OFSAA REPRESENTATION

- (a) The top two teams in Novice Boys, Novice Girls, Junior Boys, Junior Girls, Senior Boys and Senior Girls will qualify for OFSAA. In addition, the top five individual competitors in each classification who are not a member of a qualifying team will qualify for OFSAA.
- (b) In order for a team to be eligible to compete at OFSAA, they must have a minimum of 4 runners that intend to participate at OFSAA. If an individual scratches from a qualified team and as a result of that scratch, the team no longer consists of 4 runners, then the next team will advance to OFSAA. Any individuals who were part of the original team may advance to OFSAA if they qualify as an individual.
- (c) All coaches who intend to scratch individual athletes or teams from OFSAA competition must declare, in writing, at the time of ROPSSAA registration (no later than 11:00am on the day of the event).
- (d) The following expectations must be met for an athlete to be eligible to compete in the Para division at the OFSAA Championships:
 - (i) All Para athletes must attend team practices. The same minimum standard as for able bodied athletes must be met (16).

- (ii) Para athletes wishing to compete at OFSAA Championships should be able to finish the 4km course in a timely manner. An approximate time of 28 – 30 minutes fits logistically with the race schedule and ensures the safety of these athletes.
- (iii) Coaches MUST submit the **OFSAA Para Cross Country Registration Form** for all athletes wishing to compete at OFSAA. This form is to be handed in with all other paperwork during ROPSSAA registration.
- (iv) Coaches MUST put the name(s) of their Para athletes on all other applicable OFSAA paperwork.

OFSAA XC

PARA AND GUIDE INFORMATION FORM

PLEASE NOTE: PARA athletes are to be entered by the Association Convenor.

PLEASE NOTE: Schools MUST COMPLETE & UPLOAD this for to the HUB (bring a hard copy to OFSAA)

Last Name: _____ First Name: _____
 School Attending: _____ Association: _____
 Grade: _____ Gender: _____ Coaches Name _____
 Contact # (School) _____ Contact # (Cell) _____

PARA Category: Please check the Correct PARA division for the athlete.

Division	Check	Brief Description
II (Intellectual Impairment)		Athletes with an IQ of 75 or less
VI (Visually Impaired)		Athletes with significant visual impairment
Amb. (Ambulatory)		Athletes who can compete standing up AND have: <ul style="list-style-type: none"> - CP, brain injuries, NM disorders - Loss or limited use of lower limbs - Loss or limited use of upper limbs - Dwarfism

Support required at OFSAA (a guide must be supplied by home school): _____(Y/N)

Please note: If your Association hosts a Para Division race, the expectation is that your Para athlete(s) competes in it. If they choose to compete in an age division race at their Association meet BUT wish to compete in the Para Division at OFSAA, it's the responsibility of the coach to ensure that the Association is award of this so that the athlete is entered into the Para race for OFSAA.

Please list the best time for a 4km distance for your athlete: _____ minutes

Coaches Signature: _____ Date: _____



**ROPSSAA
HEART LAKE CONSERVATION AREA
Brampton, Ontario**

Courses:

Para: A-B-C-D-E-F-G-H-FINISH	3 KM
NG = A-B-C-D-E-I-K-L-G-H-FINISH	4 KM
JG = A-B-C-D-E-I-J-K2-L-G-H- FINISH	5 KM
SG = A-B-M-N-C-D-E-I-K2-L-G-H-FINISH	6 KM
NB = A-B-C-D-E-I-K-L-G-H-FINISH	4 KM
JB = A-B-C-D-E-I-J-K2-L-G-H- FINISH	5 KM
SB = A-B-M-N-C-D-E-I-K2-L-G-H-FINISH	6 KM