



MAITLAND ZONE PSSA

<https://maitland.primarysport.com.au/>

Section 4.3 – Cross Country Championship Rules and Regulations

Amended September 2021

4.3.1 General Carnival Rules

- (a) Each school is eligible to enter a maximum of four (4) competitors per event.
- (b) All competitors must compete in designated school uniforms.
- (c) Order of events will be provided to schools before the carnival.
- (d) Each participating school must provide staff based on competitor numbers.
 - (i) Competitor numbers between 1 – 16: one teacher must attend to supervise students. If schools wish to arrange supervision with another school this is the responsibility of the schools to organise. If the combined schools' numbers are over 16 two staff must attend.
 - (ii) Competitor numbers between 17 - 32: two teachers must attend. One to officiate and one to supervise students.
- (e) Footwear must be worn by all competitors. Spiked Footwear is not permitted due to safety reasons related to a pack start.
- (f) Any competing athlete who jostles, obstructs, trips, pushing or interferes with another athlete, so as to impede his/her progress, will be liable to disqualification from the event.
- (g) No competitor is to receive assistance or refreshments during the race.
- (h) The convenor retains the right to alter the program if need be.
- (i) Asthma medication is permitted to be taken during the course of the competitor's event.
- (j) MP3, Ipods and similar technology devices cannot be used by any athlete. Any device able to transmit and receive information cannot be worn.
- (k) A competitor whose significant birthday occurs during the current year is eligible for that age event only. Competitors can only enter one event.
- (l) Competitors are expected to compete in **all conditions**. Therefore, it is unlikely that the event will be postponed unless the course is deemed dangerous to competitors, officials and spectators.

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4.3.2 List of events

- (a) Girls 8/9 years – 2000 metres
- (b) Boys 8/9 years – 2000 metres
- (c) Girls 10 years – 2000 metres
- (d) Boys 10 years – 2000 metres
- (e) Girls 11 years – 3000 metres
- (f) Boys 11 years – 3000 metres
- (g) Girls 12/13 years – 3000 metres
- (h) Boys 12/13 years – 3000 metres

4.3.3 Judging/recording

- (a) Judges will hand the first eight (8) placegetters place cards indicating their finishing position.
- (b) Competitors line up in finishing order and proceed to the recorders.
- (c) The first six (6) placegetters qualify as Regional team members. The seventh and eighth placegetters are reserves and will be contacted in the case of withdrawals.

4.3.4 Scoring

A manual recording system is used:

- (a) Points are scored against each school for the top 10 positions finished.
- (b) Points allocated: 1st place – 20 points, 2nd place – 18 points, 3rd place – 16 points, 4th place – 14 points, 5th place – 12 points, 6th place – 10 points, 7th place – 8 points, 8th place – 6 points, 9th place – 4 points, 10th place – 2 points.
- (c) A medallion will be awarded to first place getter in each event.
- (d) The school with the highest number of points over all events will be declared the Champion School.
- (e) The small school (under 100 enrolments) with the highest number of points over all events will be declared the Champion Small School.

4.3.5 Program

- (a) Program and Timetable will be available to schools prior to the carnival.

4.3.6 Protests

- (a) Protests must be made in writing by the Team Manager (who must be a teacher) and handed to the convenor within ten (10) minutes of the first runner crossing the finishing line of the relevant event.
- (b) Protests will be heard by the Protest Committee consisting of the Convenor/s and one (1) MZPSSA executive member.