

## *Cross Country*

### I. RULES

#### **A. Rule Book:**

World Athletics [WA] (latest edition)

IASAS EXCEPTIONS TO WA RULES:

- Courses to be marked as clearly as possible.
- In the interest of safety: a runner may be checked over by medical personnel during the course of the race, and is allowed to continue as long as the medical check does not improve the runner's forward progress in the race.
- Deviation from the designated course, whether deliberately or accidentally and gains an advantage of any description.
- Athletes may wear watches so long as they do not have a metronomic function.

Additional rules not clarified in WA. Disqualification will occur if:

- A runner is paced by any person other than another competitor in the race
- A runner receives assistance throughout the course from anyone other than those services that are provided, by the host school for all competitors
- In sections of a course that are narrow, the Tournament Director can designate an area, in which, a stated maximum number of team members can run abreast. This information must be shared with the coaches at the coaches meeting.

#### **B. Meet Organization**

- It is recommended that event organizers create a schedule that permits time for volleyball/soccer players to see the cross-country race without compromising the overall integrity of the tournaments.
- A lane draw (1-6) will be conducted at the pre-race meeting.
- The Opening Ceremony for Cross Country will be held on Thursday.
- In an effort to familiarize themselves with the course and to possibly strategize for their races, all teams will take a tour of the racecourses on Thursday. The tour of the

Time Trial course will happen on Friday or Saturday unless both courses are on the same off-site location.

- The IASAS Championship 5km Cross Country Race will be held on Friday morning, and the Time Trial on Saturday morning.
- Starting Procedure:
  - The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3).
  - Rule 162.3: In races longer than 400m, the command shall be "On your marks" and when all athletes are steady, the gun shall be fired, or approved starting apparatus activated. An athlete shall not touch the ground with his hand or hands during the start.
- Both the 5km and the Time Trial should have a 'sweeper' with a radio/phone to follow the race to ensure that all runners are accounted for.

1. Whenever possible Cross Country is to be hosted at the same site as Volleyball.
2. The first day's program will entail:
  - Opening Ceremony
  - Photo Session
  - Tour of the Courses
3. Conventional Cross Country 5km Meet
  - The conventional race will take place on the second day of competition.
  - The conventional race shall be timed.
  - There will be 8 members to each team
  - Distance Girls 5000 meters  
Boys-5000 meters
  - Each of the first seven runners for each team receives points equal to the position they finish during the race. Runner number eight for each team is a "ghost" runner and does not receive a placing. The conventional race placings are determined by summing the points received by the top five runners for each team with the team with the least number of points placed first, etc..
  - Tie break for teams' competition will be to go to the 6<sup>th</sup>/7<sup>th</sup> place position if needed to break a tie in IASAS Cross Country Teams event.

- If individual runners tie, the points from the two or more places directly following the previous finisher equal to the number of runners tied, will be divided by the number of participants involved in the tie (Example: tie for 3, 4, & 5 =12 divided by 3 = 4 points per runner)
  - Teams may compete with fewer than 8 runners, but they should be able to finish at least five runners. If the fifth runner is unable to finish the fifth score will be that equal to the next place following the final finisher in the race.
4. Team Time Trial [day 3]
- The Team Time Trial is a team time trial with a staggered start
  - The process for the staggered start is as follows: A single runner starts the race and additional runners start at set intervals (5 seconds is recommended but may change due to safety precautions) in the reverse order of the 5 km race.
  - Race warnings shall be given at: 30-minute, 10-minute, and 5-minute warnings for the race start. The call for start will be: "On your marks" followed by a signal from a whistle/air horn/gun.
  - Results of the Team Time Trial are determined by summing the times of the top six runners for each team. Placings are determined by the teams with the lowest times.
  - Injury Penalties/changes in timing
    - One or two injuries -fastest six times still count and are summed for total team time
    - Three injuries – fastest five times in the injured team are summed for total team time plus the time of the last finisher of the race with one second added to that (last place) time to generate a sixth place time for the team missing three runners. All other teams count the top six runners' times.
  - Course
    - Distance for the course should be between 2.5-3.0 km
    - The course length and a course description must be sent to schools by August 30th

5. Results
- Results sheet for students should include: First Name, Last Name, School, Number, Final Time & Final position, sorted by final time/position.
  - Results sheet for coaches should include: First Name, Last Name, School, Number, Starting Positions, Raw Times, Time Deductions, Final Time & Final position, sorted by final time/position.
6. Chip Timing must be used at the IASAS cross country championships for both races whenever possible.

## II. ROSTERS

Rosters (up to 8 boys and 8 girls) must be submitted two weeks prior to the tournament and include the following information:

- A. Name:
- B. Grade:
- C. Passport nationality:
- D. Birth date:
- E. Uniform number; and
- F. Housing preferences

## III. FACILITIES

- Whenever possible, the racetrack should be set on a grass course with as little road running as possible. This is to avoid conflict with traffic and to ensure good air quality.
- Kilometer markers will be used on the course.
- If an off-site venue is to be used for any of the races, it is strongly suggested that a second ambulance be made available on a stand-by basis.
- Water (i.e. a water table) should be made available at approximately the halfway point each race. **If possible, the availability of ice towels would also be a positive addition to prevent heat related issues. [08/25]**
- If possible a clock should be made available at the finish line.,

**IV. UNIFORMS**

Each team member must wear the same uniform. The team uniform must be worn throughout the race. Given that chip-timing is required, it is no longer necessary for uniforms to be numbered. If numbers are being used, however, then they must be assigned to the schools as follows:

- ISB – 100’s ● JIS – 200’s ● ISKL – 300’s
- ISM – 400’s ● SAS – 500’s ● TAS – 600’s

Each school will provide its own numbers. The Height of the numbers on the bibs shall be no less than 6cm and no more than 10cm. The identifications shall be easily visible.

**V. OFFICIALS**

The number and source of the officials is to be determined by the host school. Direction indicators and officials will be placed at intervals throughout the course and whenever deemed necessary for the safety of the runners.

**VI. SCORING**

Team score is determined by the team score of the conventional cross country 5km meet and the team score from the Team Time Trial. Each race is scored as follows:

**Conventional Cross Country 5km Meet**

Boys and Girls events will be scored separately. 1 point is given to first place, 2 points to second, and so on .... The scores of the first five finishers for each team will be added to determine the team’s score. The lowest score wins.

- Suggested scoring system:
  - A self-adhesive sticker marked with school and number of the runner attached to runner’s shirt
  - When a runner finishes, the sticker is removed and stuck to a chart indicating finish position. At the same time the athlete is given a card with their finishing position printed on it. Athletes give the card to their coach, who records the finishing positions and when all runners have finished, signs and turns in the score sheet. This is a double check on the scoring system.

**Team Time Trial**

Boys and Girls time trials will be scored separately. Each runner will receive an individual time. The six fastest times for each school will be added for one combined team time. (for injury adjustments to scoring refer to section B #4) The fastest total combined team time receives 1 point, 2 points for the second fastest summed team time, and so on till 6th.

**Final Team Scoring:**

The results of the conventional race and the team trial will count towards the final team placings/awards. The team medals for combined results (plaques/medals/chevrons, etc.) are awarded for the combination of the two races.

**Example:**

Conventional Race team points (scored on the top five placings):

1 <sup>st</sup>	SAS
2 <sup>nd</sup>	ISM
3 <sup>rd</sup>	TAS
4 <sup>th</sup>	ISKL
5 <sup>th</sup>	JIS
6 <sup>th</sup>	ISB

Time Trial team points (scored on the sum of the six fastest times):

1 <sup>st</sup>	SAS
2 <sup>nd</sup>	TAS
3 <sup>rd</sup>	ISKL
4 <sup>th</sup>	ISM
5 <sup>th</sup>	ISB
6 <sup>th</sup>	JIS

**TOTAL TEAM POINTS:**

1 <sup>st</sup>	SAS	2
2 <sup>nd</sup>	TAS	5
3 <sup>rd</sup>	ISM	6
4 <sup>th</sup>	ISKL	7
5 <sup>th</sup>	JIS	11
6 <sup>th</sup>	ISB	11

**Tiebreaking Procedure:**

If two teams are tied in total points from two races (i.e. JIS & ISB above), the team with the higher finish in the traditional race will be awarded the higher placing in the total team standings.

**VII. AWARDS**

The same awards are given to both Boys and Girls teams. The team placings are determined by the lowest combined team score from the conventional race and the team time trial (see scoring, section VI).

NOTE: When ties occur in an individual medal event, the medal award for a position will be made based on the number of places above the awardee. For example, if two competitors tie for first place, the next award would be the third-place award.

**A. Championship Team**

1. IASAS Traveling Plaque
3. Team Members-Champion Chevrons (10)
4. Gold Medal to each competitor (10)

**B. Runner-Up Team**

1. Team Members-Runner-Up Chevrons (10)
2. Silver medal to each competitor (10)

**C. Third Place Team**

1. Bronze medal to each competitor (10)

**D.** Record Breaking is not an issue since all courses will be different

**E.** Teams are not eligible to win team awards if they have an incomplete team i.e. 4 boys or 4 girls (FEWER THAN 4 FINISHERS)

**F. Conventional 5km Championship Race**

1. Top three finishers in the boys' and girls' races receive medals.
2. The top eight finishers in the boys' and girls' races are considered to be all-tournament runners and will receive all-tournament chevrons.

**G. Team Time Trial**

1. The top three teams in the Team Time Trial will receive certificates (or similar) stating their placing the Team Time Trial. These certificates (or similar) should be placed in the packets that are distributed at the final Awards Ceremony.

**H.** All awards are to be distributed at the final Awards Ceremony.

**I. Total Awards needed:**

**Conventional 5km Championship Race:**

Individual medals (places 1-3 boys & girls)  
All-Tournament Chevrons (1-8 boys & girls)

**Team Time Trial**

No individual awards. Certificates (or similar) to be given to the runners from the top three team finishers in the Team Time Trial.

**Overall Team Championship**

Traveling trophy (1-boys, 1-girls)

TEAM Medals: Gold-10 boys, 10 girls  
Silver-10 boys, 10 girls  
Bronze-10 boys, 10 girls

Champion Chevrons (10 boys, 10 girls)  
Runner-up Chevrons (10 boys, 10 girls)