

Queensland School Sport



10-19 years Cross Country Competition Procedures

Updated 3/04/2020



QUEENSLAND GOVERNMENT

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This document **must** be read in conjunction with the
QSSMG Competition Procedures.

1 Queensland School Sport Internal Structures

1.1 Sport Specific Committees and Advisory Groups

The Queensland School Sport (QSS) 10-19 years Cross Country sports specific committee follows:

- Queensland School Sport Management Group (QSSMG) Competition Procedures
- Queensland School Sport 10-19 years Cross Country Competition Procedures.

QSS 10-19 years Cross Country Competition Procedures and QSSMG Competition Procedures must be read in conjunction with one another.

1.2 Registration of New Sports

1.3 Alternative Procedures Enabling Participation at a School Sport Australia Competition

1.4 De-registration of Sports

1.5 Sport Specific Committee Reports

1.6 State Sport Committee Finances

2 Approval of Competitions

3 Competition Programs

3.1 State Championships (Inter-regional Competition)

The championships will be conducted under the IAAF Competition Rules except with some variations as stated below and as required for regional venues. Reference should be made to the IAAF Competition Rules, Section IX – Cross Country Rule 250.

3.1.1 Individual events

The following individual events will be conducted on the first day of competition:

Boys	10 years	2 km	Girls	10 years	2 km
Boys	11 years	3 km	Girls	11 years	3 km
Boys	12 years	3 km	Girls	12 years	3 km
Boys	13 years	3 km	Girls	13 years	3 km
Boys	14 years	4 km	Girls	14 years	4 km
Boys	15 years	4 km	Girls	15 years	4 km
Boys	16 years	6 km	Girls	16 years	4 km
Boys	17 years	6 km	Girls	17 years	4 km
Boys	18,19 years	8 km	Girls	18, 19 years	6 km
Boys Multi Class	10 years	2 km	Girls Multi Class	10 years	2 km

Boys Multi Class	11 years	2 km	Girls Multi Class	11 years	2 km
Boys Multi Class	12 years	2 km	Girls Multi Class	12 years	2 km
Boys Multi Class	13 years	3 km	Girls Multi Class	13 years	3 km
Boys Multi Class	14-15 years	3 km	Girls Multi Class	14-15 years	3 km
Boys Multi Class	16-19 years	3 km	Girls Multi Class	16-19 years	3 km

A team event shall be conducted in association with each individual event.

3.1.2 Relay events

The following relay events will be conducted on the second day of competition:

Mixed Time Trial	10-12 years	1 km			
Mixed Time Trial	13-15 years	1.5 km			
Mixed Time Trial	16-19 years	1.5 km			
Boys	10 years	5 x 1 km	Girls	10 years	5 x 1 km
Boys	11 years	5 x 1 km	Girls	11 years	5 x 1 km
Boys	12 years	5 x 1 km	Girls	12 years	5 x 1 km
Mixed Multi Class	10-12 years	3-6 x 1 km			
Boys	13 years	5 x 1.5 km	Girls	13 years	5 x 1.5 km
Boys	14 years	5 x 1.5 km	Girls	14 years	5 x 1.5 km
Boys	15 years	5 x 1.5 km	Girls	15 years	5 x 1.5 km
*Boys	16 years	5 x 1.5 km	*Girls	16 years	5 x 1.5 km
Boys	17 years	5 x 1.5 km	Girls	17 years	5 x 1.5 km
Boys	18, 19 years	5 x 1.5 km	Girls	18, 19 years	5 x 1.5 km
Mixed Multi Class	13-19 years	3-6 x 1.5km			

* May also include school team trial in an ISF world school cross country selection year.

3.2 State Championship Competition Rules

3.2.1 Individual events

3.2.1.1 Nominations

3.2.1.1.1 A region may nominate a maximum of six competitors for each individual event in all divisions.

3.2.1.1.2 A maximum of three additional competitors may be nominated by each region across the entire regional team (10-19 years), at the discretion of the region. These selections must be approved by both committee executives after provision of a written justification of the inclusion from the region, which should include evidence of the athlete's previous performance. Nominations for additional athletes must be submitted to both committee chairs one week prior to the close of nominations.

3.2.1.1.3 An athlete must compete in an event for which their age makes them eligible.

3.2.1.1.4 In a year in which School Sport Australia selects a representative team to compete in the International School Sport Federation Cross Country Championships, an athlete from the 14 years or 15 years age group may compete in the 16 years event in order to be considered for selection in the

Queensland 16/17 years team. Only athletes competing in this division are eligible for selection in the Australian team.

3.2.1.1.5 In a year in which School Sport Australia selects a representative school team to compete in the International School Sport Federation Cross Country Championships, athletes from 14 years, 15 years and 17 years age groups who form part of a school team may compete in the 16 years event in order to be considered for selection as the school team representatives for Queensland. Students who are part of a school team but are not also a member of the regional team may compete in the 16 years event for the purpose of their school gaining selection, but will not be considered for points towards the regional result or for selection in the Queensland Team.

3.2.1.2 Dress

3.2.1.2.1 The region will determine the uniform to be worn by athletes from the region.

3.2.1.2.2 If compression garments are worn, a complete official regional competition uniform (top and bottom) must still be worn over the compression garment unless the compression garment is an official part of the regional uniform and is in regional colours. Compression socks may be worn provided they are consistent with regional colours.

3.2.1.2.3 Where provided, athletes are to wear the allocated competition number bibs on the front and the back of the uniform.

3.2.1.2.4 The wearing of numbers by each competitor is compulsory in all events.

3.2.1.2.5 Footwear

3.2.1.2.5.1 Athletes must not compete in bare feet.

3.2.1.2.5.2 Footwear must be worn by all athletes and must comply with IAAF Rule 143.

3.2.1.2.5.3 Shoes with or without spikes may be worn in 13-19 years events. No spikes are permitted in 10-12 years events.

3.2.1.2.5.4 The surface conditions of the running course should be considered when making a decision concerning the use of spikes.

3.2.1.2.6 Competitors not correctly attired, may be withdrawn from the event by the race referee.

3.2.1.3 Identification and recording

3.2.1.3.1 Competitors will be given a timing chip which must be worn as designated by the committee. This must remain intact and interference with this chip will result in disqualification.

3.2.1.3.2 Numbers will be allocated and provided by the championship organising committee.

- 3.2.1.3.3 Where provided, each competitor must wear two race bibs (numbers), one on the front and one on the back of the uniform. The number must be positioned so that it is clearly visible from a distance of 20 metres.
 - 3.2.1.3.4 Number bibs must be pinned at all four corners so that the entire bib is easily read. Number bibs are not to be altered or folded. Pins for these number patches will be supplied.
 - 3.2.1.3.5 Athletes not wearing both the approved bibs will be subject to disqualification.
 - 3.2.1.3.6 In a year in which School Sport Australia selects a representative school team to compete in the International School Sport Federation Cross Country Championships, athletes who form part of a school team, whether part of a regional team or not, will be identified with a coloured wristband which must remain intact for the duration of the 16 years race.
- 3.2.1.4 Course
- 3.2.1.4.1 Runners should familiarise themselves with the respective course for their age group. Designated course inspection times will be made available to all athletes.
 - 3.2.1.4.2 Keep the white markers on the right and red markers on the left and follow directional signs and marking tape at all times. Yellow cones (turns) and bunting may be used where appropriate.
 - 3.2.1.4.3 Runners must follow the directions of course marshals at all times.
 - 3.2.1.4.4 Where possible, the start should consist of an uninterrupted straight of at least 150m so as not to disadvantage any athletes.
 - 3.2.1.4.5 Where possible the start line should be wide enough for all runners to stand on the start line.
 - 3.2.1.4.6 A maximum of 2% variance in race distance is considered accurate i.e. 20m per 1km.
- 3.2.1.5 The finish
- 3.2.1.5.1 The finishing place and time for all athletes will be recorded electronically as the athlete crosses the finishing line, via the timing chip provided to the athlete.
 - 3.2.1.5.2 A video camera will also record the finish of each race.
- 3.2.1.6 Water stations
- 3.2.1.6.1 Water will be provided at the finish line.
 - 3.2.1.6.2 On a multiple loop course, the finish drink station can double as a drink station at the completion of each lap.
 - 3.2.1.6.3 If the weather conditions are excessively warm, consideration can be given to at least one aid station located at another position on the course.

3.2.1.7 Assistance to athletes

3.2.1.7.1 Team managers are, in particular, referred to Rule 144:3 (B) of the IAAF rules.

3.2.1.7.2 For the purpose of this rule the following are considered assistance and are therefore not allowed: possession or use of video recorders, radios, MP3 players, mobile phones or other communication devices by athletes in the marshalling area or on the course, unless deemed appropriate by the Referee.

3.2.1.7.3 If a coach or other person runs beside the course for more than a reasonable distance (as determined by the race referee) it may be considered as outside assistance. Course officials can make a report on such person and the athlete. The Referee will make a decision on the report and determine the penalty.

3.2.1.7.4 Note: refer to Appendix 1 – *Sighted Guide Guidelines* for visually impaired athletes.

3.2.2 Relay events

3.2.2.1 Team entries

3.2.2.1.1 Regions may enter teams of four athletes in each age group with the exception of:

- 10-12 years boys composite relay may have 6 athletes
- 10-12 years girls composite relay may have 6 athletes
- 10-12 years and 13-19 years multi class relay may have 3 - 6 athletes.

3.2.2.1.2 Composite teams (e.g. combined 13 years and 14 years competitors who must compete in the older age group), will be permitted when regional nominations are insufficient to permit a complete team to be nominated in an event.

3.2.2.1.3 An athlete must have competed in an individual event to compete in the relays.

3.2.2.1.4 An athlete must not run twice in the same race and must not compete in two relay events, unless approval is sought from the championship organising committee in consultation with the committee executive.

3.2.2.1.5 In addition to Rules 3.2.2.1.1 to 3.2.2.1.4 regions may enter teams in the multi class events subject to the following conditions:

3.2.2.1.5.1 Athletes will compete in an all age, mixed gender relay team of three to -six athletes.

3.2.2.1.5.2 Where six athletes comprise a team, runners five and six will start the final lap together. Only one of these athletes needs to be tagged by the fourth runner.

- 3.2.3.1 Classification details, including approval for classification, must be received by the advertised date.
- 3.2.3.2 Athletes of all ages and disability categories will run in a combined event over a distance of 2km (10-12 years) and 3km (13-19 years).
- 3.2.3.3 The following disability categories will be able to compete in the championships:
- Intellectually Disabled ID T20
 - Hard of Hearing/Deaf HI T01
 - Visually Impaired VI T11, T12, T13
 - Physically Impaired PI #
- # Physical impairment categories are restricted to:
- Cerebral Palsy T35, T36, T37, T38
 - Amputee T44, T45, T46
 - Short Stature T40
- 3.2.3.4 Qualifying times according to ages and disability categories will be determined annually and disseminated by the organising committee prior to the championships.
- 3.2.3.5 The athlete's place in the event and medal allocations will be determined using the multi-disability standards (MDS) formula. The athletes' times for the event will be calculated as a percentage of the national multi-disability standard 1,500 metre time for their classification. The athlete with the highest percentage will be placed first, etc.
- 3.2.3.6 An athlete will not be able to compete unless the classification has been approved and documented by an authorised organisation (as per the Queensland School Sport website).
- 3.2.3.7 Information and forms regarding classification can be found on the Queensland School Sport website.

3.3 School Based Competitions

3.4 Sponsorship

4 Access to State Championships

4.1 Eligibility

- 4.1.1 To be eligible to participate in the state championship, a student must be enrolled at an approved school affiliated with Queensland School Sport.
- 4.1.2 To be eligible to participate, a student must be a minimum of 10 years of age and must not have attained the age of 20 years on 31 December of the year of the competition. Age must be verified by the school principal. The students must also meet any age restrictions appropriate to specific events.
- 4.1.3 Students must be a member of a regional team.

4.2 Centres of Athletic Development

4.3 Guidelines for Gender Equity in Sport

5 Conduct of State Championships

5.1 Championship Host

5.2 Participation

5.3 Finance

5.4 Accommodation Framework

5.5 Event Officials

5.6 Complaints Management

5.6.1 Protests

5.6.1.1 Any protest shall, in the first instance, be made verbally to the referee by the athlete or their regional manager within 10 minutes of the completion of the event.

5.6.1.2 The protest must be further submitted in writing by the regional manager to a member of the championship organising committee within 20 minutes of the completion of the event.

5.6.1.3 The referee may decide on the protest or may refer the matter to the jury. The jury will consist of three people appointed by the championship organising committee.

5.6.1.4 Protests outside this timeframe may be considered at the discretion of the championship organising committee

5.7 Meetings

5.8 Health and Safety

5.9 Excursions and Functions

5.10 State Team Selections

5.11 Host Report

5.12 Travel Subsidy

5.13 Requests for Access to Students

5.14 Loss or Damage of Equipment at State Championships

5.15 Photography

5.16 Trophies and Presentations

5.16.1 Team scoring in individual events

5.16.1.1 Scoring is awarded according to an athlete's official placing e.g. first place is awarded one point; second place is awarded two points etc.

5.16.1.2 Additional competitors will not be awarded points.

5.16.1.3 The finishing positions of all runners in each team will be added together and the team with the lowest aggregate shall be declared the winner. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

5.16.1.4 Teams with fewer than the maximum number of nominated athletes will be awarded penalty points equivalent to the maximum number of entries in each event plus one (e.g. in all 13-19 years events 73 points will be awarded for each vacant position).

5.16.1.5 In the case of multi class events, penalty points will be equal to the number of nominations received by the due date plus one.

5.16.1.6 The aggregate of points scored across all individual events will determine the champion region for the teams' events.

5.16.2 Individual event awards

5.16.2.1 Medals will be presented to the first three individual placegetters in each championship event.

5.16.2.2 Trophies for the 10-19 years events will be as follows:

- Aggregate trophy- raw sum of individual and relay events
- Individual day trophy
- Relay day trophy
- Most Improved region trophy- comparison of aggregate points from previous year
- Percentage points trophy- aggregate raw score divided by the number of students in the region
- Best country region trophy (North West, South West, Peninsula, Capricornia, Northern, Wide Bay, Darling Downs) – comparison of aggregate points.

5.16.3 Relay event awards

5.16.3.1 Medals will be presented to the first three placed teams in each.

5.17 Areas of Responsibility

5.18 Minimum Venue Standards

5.19 Regional Delegates Role

6 Queensland Teams

6.1 State Team Selection Policies

6.1.1 Selection panel

6.1.1.1 The selectors will be managers/coaches of the Queensland team or a proxy approved by the executive of Queensland School Sport Athletics and cross country committees.

6.1.1.2 The chair/s of the selection panel/s will be appointed by the Queensland School Sport Athletics and cross country committee executives.

6.1.2 Announcement of the Queensland team

6.1.2.1 The selectors will submit the final team to the executive of the athletics and cross country committees for ratification, prior to the announcement.

6.1.2.2 The Queensland team will be announced on the second day of the competition, usually prior to the beginning of the relay events.

6.2 Selection Policy Guidelines

6.2.1 Criteria for team selection

6.2.1.1 The major criterion for selection will be the performance of the athlete at the Queensland School Sport Cross Country Championships. Areas of performance considered should include:

6.2.1.1.1 The placing and time recorded by the athlete in the qualifying event.

6.2.1.1.2 The attitude and behaviour of the athlete.

6.2.1.2 Athletes accepting selection in this team must be present for all four days at the Australian championships and participate in all programmed activities as directed by team managers. Exceptions to this may be granted to year 12 students in the event of the championships falling on the weekend immediately prior to the Queensland core skills test. This exemption must be applied for in writing with the return of team paperwork and payment.

6.2.2 Years' 10-12 Queensland team selection

6.2.2.1 Six runners from each age group and sex will be invited to attend the School Sport Australia Cross Country Championships. Two runners per age group will be listed as reserves. Should athletes be withdrawn, reserves will be invited to join the team.

6.2.2.2 Three (3) athletes in each gender division in the 10 years, 11 years, 12 years multi class events will be invited to attend the School Sport Australia Cross Country Championships, providing the national qualification and classification standards have been met. In the event that an age/gender division does not have three (3) qualifying athletes, athletes in another age/gender division may be selected if they meet the qualifying standards to make a total of 18 athletes across 10-12 years team. These selections

will be made based on the next highest performing athletes, based on the athlete's percentage of the MDS achieved during the championship.

- 6.2.2.3 All selected athletes must collect team paperwork from the team managers at the state championships, and submit a uniform order form (regardless of whether any items are being purchased) to confirm selection in this team.

6.2.3 Years' 13-19 Queensland team selection

- 6.2.3.1 A maximum team size of 60 able-bodied athletes will be selected. A minimum of 3 athletes will be selected in each age group (13, 14, 15, 16, 17, 18/19 years) in both boys and girls divisions. The remaining 24 team selections will be made in accordance with School Sport Australia event divisions (13, 14/15, 16/17, 18/19 years) based on the next best-performed athletes across the total team.
- 6.2.3.2 In addition to the team of 60 athletes, a squad of reserve athletes (the next best performed athletes participating in the championships) will be named by the selectors. These will be announced in alphabetic order regardless of sex or age.
- 6.2.3.3 In the event of an athlete withdrawing from the team of 60, the selectors will name an athlete from the reserve squad, deemed to be the next best performed athlete, to be added to the team. This athlete may not be of the same age or gender as the withdrawn athlete, and will be notified of their eligibility as soon as a position becomes available. In the event of late withdrawals, reserves may not necessarily be appointed as replacements.
- 6.2.3.4 Three (3) athletes in each gender division in the 13 years, 14/15 years, and 16-19 years multi class events will be invited to attend the School Sport Australia Cross Country Championships, providing the national qualification and classification standards have been met. In the event that an age/gender division does not have three (3) qualifying athletes, athletes in another age/gender division may be selected if they meet the qualifying standards to make a total of 18 athletes across 13-19 years team. These selections will be made based on the next highest performing athletes, based on the athlete's percentage of the MDS achieved during the championship.
- 6.2.3.5 All selected athletes must collect team paperwork from the team managers at the state championships, and submit a uniform order form (regardless of whether any items are being purchased) to confirm selection in this team.

6.3 Participation at National Events

6.4 Appointment of Team Officials

- 6.4.1 Appointment of Team Officials will be made in accordance with Queensland School Sport Competition Procedures.
- 6.4.2 Up to nine team officials will be appointed. This may be comprised of:
 - 6.4.2.1 Four officials from 10-12 years (must include at least one multi class team official). Where appointment through ballot is needed, the 10-12 years committee executive and regional delegates will vote.

- 6.4.2.2 Four officials from 13-19 years (must include at least one multi class team official). Where appointment through ballot is needed, the 13-19 years committee executive and regional delegates will vote.
- 6.4.2.3 One 10-19 years Tour Manager. Where appointment through ballot is needed, the 10-12 years committee executive, the 13-19 years committee executive and one regional delegate will vote (each regional school sports officer is responsible for consulting with both regional delegates to obtain this vote).
- 6.4.3 Officials from 10-12 years are required to apply every year, however may only be appointed to the position for a period of three consecutive years.
- 6.4.4 In the instance of an appointed official withdrawing for any reason, the respective committee executive, in consultation with the QSS returning officer, will appoint the next placed official in the ballot for that year as per QSSMG procedures; however this appointment will take into consideration any gender specific needs of the team that may arise due to the official's withdrawal.

6.5 Uniforms

6.6 Travel Policy

6.7 Queensland Team Preparation

6.8 Risk Management

6.9 Guidelines for Interstate Exchanges/Non School Sport Australia Events

6.10 International Tours

6.11 Costs

7 Accommodation framework

8 Codes of Conduct

8.1 Team Members, Parents and Spectators

8.2 Team Officials

9 Team Officials – Duty of Supervision

10 Procedures for the Investigation and Recording of Misconduct

Appendix 1 : Sighted Guide Guidelines

Sighted Guide Guidelines

The following has been collated from existing guidelines by both the Australian Blind Sports Federation and the International Blind Sports Association. Some changes have been made to suit the nature of cross country.

1. The guide runner must wear a bright orange bib saying 'guide runner'. This will be supplied by the organising committee.
2. It is the responsibility of the guide to ensure that the athlete is properly orientated in the start position. The athlete must have a guide for the entire race.
3. Athletes must bring their own guide to the championship or contact the Multi Class convenor.
4. Competitor and guide are in competition to be regarded as a team.
5. As a blind runner crosses the finish line or relay change-over line, the guide must be behind the athlete.
6. The method of guidance is the choice of the athlete. Athletes with a T11 classification must have a guide and athletes with a T12 or T13 classification may have a guide.
7. The athlete may choose to use an elbow lead, run free or be tethered with the guide by looped elastic or a short open ended rope which allows the athlete and guide to be separated by no more than 50cms.
8. Holding the athlete, or the athlete's clothing is not permitted. An exception to the rule may be allowed if the guide is needed to assist the athlete over an obstacle. An official needs to be consulted prior to the athlete's event if this is required.
9. The athlete may receive verbal instruction from the guide.
10. At no time may the guide pull the athlete, or propel the athlete forward by pushing. Infringement of this rule may lead to disqualification – except where identified in number 8.
11. Over distances of 1500m two guides are allowed. Only one exchange of guides is permitted for each runner. No runner may be accompanied by more than one guide at a time. The exchange must take place without hindrance to other runners. The intention to change guides must be notified in advance to the officials. The officials will determine the conditions of the change-over.
12. Sighted guides must be aware of competition procedures.
13. During relay races, the touch between athletes can occur either between the athlete and next athlete or the guide and the next athlete. The guide, however, must be behind the incoming athlete at the relay change-over line.
14. Sighted guides must be at least 17 years of age.

Appendix 2 : Extracts from School Sport Australia Cross Country Rules and Guidelines

School Sport Australia Cross-Country Rules and Guidelines

(<http://www.schoolsportaustralia.edu.au/wp-content/uploads/2018/03/Cross-Country-10-19-Years-Rules-and-Guidelines.pdf> as of March 2018)

2.3 Ages

- (a) Ages of athletes will be determined as at 31 December in the year of competition.
- (b) In individual events, competitors may only run as defined by their year of birth, except in the year of the International Schools Selection trial where students may move up to the 16/17 years age group.
- (c) Athletes representing their school during the international selection trial MUST turn either 14 or 15 or 16 or 17 years of age in the year prior to the ISF World Schools Cross-Country Championships.

3. National Schools and Representative Team Selection

3.1 International tour

- (a) Occurs every two years and the selection will be held in the year prior to the ISF World Cross-Country Championships (odd year).
- (b) School Sport Australia must be represented by a boys and girls' school team before representative teams can be nominated.
- (c) An application for this tour to proceed must be submitted 18 months prior to the ISF World Schools Cross Country Championships and a management team be in place 12 months prior to the ISF World Schools Cross Country Championship.

3.2 Selection policy

- (a) School team selection
 - I. A team of four to six students who must turn either 14 or 15 or 16 or 17 years of age in the year prior to the ISF World Schools Cross-Country Championships and still be enrolled at a school in the year of the ISF World Schools Cross Country Championships.
 - II. Each state will decide on their own selection procedure for a schools team to represent that state at the School Sport Australia Championships in the year prior to the ISF World Cross-Country Championships.
 - III. If the states trial is held as an U18 event, athletes in such a school team challenging for selection in the ISF World Cross-Country Championships must adhere to (I) above.
 - IV. The successful team will contest the School Sport Australia 16/17 year's event at the School Sport Australia Cross Country in the year prior to the ISF World Cross-Country Championships in order to challenge for final selection.
 - V. Each school must verify that each athlete in their team is a bona fide student at their school and that their birth date is correct.
 - VI. Athletes will meet all costs incurred.
 - VII. The school Principal must endorse that if their school team (the four to six athletes who contested the School Sport Australia Cross Country) wins selection then they, unless due to illness or injury, will represent School Sport Australia at the ISF World

Schools Cross-Country Championships in the year following selection and shall appoint a member of their school staff to accompany the team.

VIII. Only members of the winning individual school team will not be eligible for selection in the School Sport Australia representative teams for the ISF Cross Country Championships.

(b) Representative team selection

Only students in the School Sport Australia member body teams will be eligible for selection in the School Sport Australia Cross-Country team. The first six runners eligible by age to complete the 16/17 years events at the School Sport Australia Cross Country in the year prior to the ISF World Cross-Country Championships will be invited to represent School Sport Australia at the ISF World Schools Cross-Country Championships in the year following selection.