

## **PLAYING REGULATION – GHAC Cross Country**

**1. AGES:** All competitors must meet the current OFSAA age requirements as per the OFSAA Age Classification Policy.

**2. EVENTS:** Midget Boys: 5000M      Midget Girls: 3000M  
Junior Boys: 6000M      Junior Girls: 4000M  
Senior Boys: 7000M      Senior Girls: 5000M

**3. Eligibility:** 1. All competitors must meet the eligibility requirements as per the Article XI, Section I of the GHAC Constitution.

**4. Entries:** Each member school may enter one (1) girls and one (1) boys team in each event. A team shall consist of an unlimited number of runners with the top five (5) eligible to advance.

**5. Rule Book and Officials:** To be determined by the host convenor. Each competitor will pin on a sticker bearing his/her name, school, and competition number. These stickers shall be provided by the convenor at the meet and must be completed by the coaches or each respective team.

The Meet Director is responsible for seeing that the course is clearly marked and properly marshaled for all races. The head official must attend the coaches' meeting, and is encouraged to hold an officials' meeting prior to the start of the first race, when possible. Otherwise the head official is responsible for communicating the information to all officials participating.

Officials will be assigned by the meet convenor and shall be of the highest caliber. Student marshals must be used under teacher/adult supervision as appointed by the convenor. Teacher officials will include a chief starter, start line judge, chief finish line judge, results recorder.

A jury of appeal consisting of three (3) teacher officials shall be appointed by the meet convenor prior to the Championship.

**6. First Aid:** It is the responsibility of the supervising convenor to ensure that a qualified first aid service person is on site for each race.

**7. Uniforms:** All runners must compete in appropriate running attire, which includes:

- School uniform/singlet/physical education uniform, shorts, sweatpants or tights, running shoes or racing spikes.
- The uniform tops of all team members must be identical
- Runners must report at the start line and have their uniforms checked by the start officials.

Failure to comply to the uniform rules will result in disqualification from the competition.

**8. Starting Time:** The GHAC Championship shall be held no more than two (2) weeks prior to and no less than one (1) week prior to the OFSAA Championships.

**9. General Regulations:**

- 1- OFSAA Qualification: The top three (3) finishers in each event will advance to the OFSAA Championship. In addition, the top two (2) GHAC teams consisting of five (5) runners from each event will advance to the OFSAA Championship. If an individual qualifier is also a member of a qualifying team, then the next individual finisher in the event (4<sup>th</sup> place, etc....) will qualify for OFSAA.
- 2- Finances: Each school shall be charged a fee per competitor to cover the operating costs of the combined GHAC Championship. Each school is responsible for payment of this fee at registration on the day of the meet. Cheques are to be made out to GHAC.
- 3- Points: To determine a GHAC team Champion, each team's top five (5) runners placing will count toward the overall team Champion. For example, School "A" had runners finish in 1<sup>st</sup>, 4<sup>th</sup>, 10<sup>th</sup>, 15<sup>th</sup> and 20<sup>th</sup>. School "A"'s overall total would be fifty (50) points. (1+4+10+15+20). The team with the lowest total will be declared champion.