



# PSAA Cross Country Rules and Regulations

**Athletic Directors:** Please supply a copy of rules to all XCR coaches. Coaches should also be fully informed of the PSAA Constitution found at [www.thepsaa.com](http://www.thepsaa.com).

## A) XCR Race Distances

U10 - 1.5 km.

U 11 and U12 - 2 km.

U 13 and U14 - 2.5 km.

There are 10 divisions (U10 boys, U11 boys, U12 boys, U13 boys, U14 boys and U10 girls, U11 girls, U12 girls, U13 girls and U14 girls). In the interest of time, we may run two small divisions in the same race, but their results are separated at the finish line. We will try to avoid running girls and boys in the same races.

## B) Age Range Rules (from the PSAA Constitution)

**Ages are based on the child's age as of Dec. 31<sup>st</sup>, 2015 for the 2015/2016 season.**

*Athletes can run in an older age category but they may only run in one race.*

Under 10 – the student will be 9 years old or younger on December 31<sup>st</sup>, 2015

Under 11 – the student will be 10 years old or younger on December 31<sup>st</sup>, 2015

Under 12 – the student will be 11 years old or younger on December 31<sup>st</sup>, 2015

Under 13 – the student will be 12 years old or younger on December 31<sup>st</sup>, 2015

Under 14 - the student will be 13 years old or younger on December 31<sup>st</sup>, 2015

### Examples:

Athlete #1 who is 9 starting in September but turns 10 prior to December 31<sup>st</sup>, 2015 will be in the U11 since that student will be 10 before the end of 2015.

Athlete #2 who is 9 starting in September but turns 10 January 1<sup>st</sup>, 2016 will be U10 since that student will be 9 for the 2015 calendar year.

Since we do not have an U15 age category, any student in gr 8 is allowed to compete in the U14 age category.

## C) New Finish Line Procedure

### Runner ID (Stickers)

Even though scoring will not involve stickers, **all runners should still be identified** by a sticker or tag that includes their first and last name, age group and gender and their school name.

### How to score for your team

As runners cross the finish line, they will be given a laminated card corresponding to their finish line place. Runners must return the card to their coach. Coaches will keep a record of their own runners placing on the “*PSAA XCR Results Coaches Tracking Sheet*”. Coaches are to return the tracking sheet and the laminated cards in the envelope or Ziploc bags (provided at the meet) to the results table for tabulation in a timely manner after each race.

*For example:*

Jane Doe – U12 Girls - 1<sup>st</sup> place

Amy Smith – U12 Girls – 8<sup>th</sup> place

### How to prepare as a coach:

Come to the meet prepared with **pens** and a **clipboard**. Be sure to pre-populate the “*PSAA XCR Results Coaches Tracking Sheet*” with your athletes and print copies before you leave. We will have extra blank results sheets for you but it will be significantly faster if you have already populated the names of your runners.

## D) Scoring and Overall Team Division Championship

1. Awards will be awarded to at least the top 3 finishers in each division.
2. Each runner gets a point value based on their placing (i.e. 10<sup>th</sup> place gets 10 points; 3<sup>rd</sup> place gets 3 points).
3. Each school counts their top 3 runners towards a team championship in each division.
4. The school with the least number of points and the minimum number of runners (4 per division), wins that division.
5. In order to field a team in a division, you must have a minimum of 4 runners. Ties are broken by the better result of the 4<sup>th</sup> place runner. If you don't have a fourth runner, you may not compete for the division title.
6. Runners may move up a division in order to fulfill team requirements; however, they may NOT compete in more than one race.
7. The overall team championship title is awarded to the school with the lowest total in its best 6 divisions. Schools must have a team of at least 4 runners in each of the 6 divisions. The team with the fewest points based on this system wins. A tie goes to the team with the best 4<sup>th</sup> place runners in the tied divisions.

## E) General Cross Country Meet Rules

1. In the event of any emergency, such as a serious injury or in the event of calling 9-1-1, the convenor **MUST** be notified.
2. Each school's volunteer marshal should report to the convenor by 9:30am.
3. Pacing on the course, by someone who is not racing (parent, coach, a runner from another division, etc...) is not allowed and will result in **disqualification** of the runner.
4. Teams are responsible for the safety of their own students. Keep away from water and supervise athletes at all times. No playing with balls or other implements. Please help keep the meet safe for all involved. Coaches from other schools are allowed (and encouraged) to ask students from other schools to follow rules.
5. Each school is responsible for keeping their area clean and ensuring the park is tidy at the end of the day.
6. Any spectators or athletes requesting information or congregating at the finish table will be re-directed to their school's area and coach.