



Cross Country and Road Running Competition Rules 2017

Nomination Procedures

1. All members who wish to compete must enter themselves into any Athletics SA managed events in their respective age groups dictated by their date of birth. There will be no automatic entries.
2. Any athlete who wishes to enter into a different age group must obtain authorization from the Competition and Events Manager before they can do so. Failure to do so could result in disqualification.
3. All Entries must be submitted via the online registration system prior to the published closing dates. Late entry fees will apply.
4. All State Entries must be submitted online prior to the published closing date. Late entries may be taken with a \$30 late fee applying. This fee will apply for all members. The entry will also be subject to approval from the Competition and Events Manager by phoning 8354 3477 or emailing clare.houston@athleticssa.com.au

Pre-Race Registration Procedure

- 1) All competitors must report at least 45 minutes prior to the start of the race to the Athletics SA information point to "Check In", collect numbers or name tags (if applicable).
- 2) A warning command will be given 10 minutes and 2 minutes prior to the start of each race for athletes to make their way to the start line.
- 3) Relay Team nominations must be entered to Athletics SA no later than 45 minutes prior to the start of the event.
- 4) For all events please ensure you are entered into the correct age group. Changes to age groups after the event are not permitted.

Post-Race Procedure

- 1) It shall be the responsibility of all athletes competing to ensure that appropriate identification numbers/tags are worn during the conducted event and presented/shown to the officials at the finish line (if applicable).
- 2) Failure to comply with this may lead to the competitor's performance not being recorded.

Age Groups *(In accordance with IAAF Rules)*

Open: A Competitor 20 years + on the 31st December 2017

U20, U18, U16, U14: Age taken as of the 31st December 2017

O35/ O50 Men & Women: O35/O50 age as at 31st December 2017

Under 14		Under 16		Under 18		Under 20		Open		Over 35		Over 50
2005	2004	2003	2002	2001	2000	1999	1998	1997	1982	1982	1968	1967
12	13	14	15	16	17	18	19	20	34	35	49	50 +

Club Uniforms

In order to qualify for points and medals all athletes must be dressed in the correct club uniform with their current registration numbers (or race bib) firmly attached to the front and back of their singlet/top front by the four corners.

The full registration number must be displayed including all sponsors names.

Skins and other compression garments can be worn; however, they must match the description specified for each club's uniform.

Pacing

Pacing is strictly prohibited. Infringement by a vehicle, bicycle or any individual may disqualify the runner and/or the team being paced.

Unauthorised Running on Course

No individual shall run on the course being used for an event except as a properly entered competitor. Any athlete found offending shall be reported to the Out of Stadium Advisory Panel who shall take whatever action it deems fit.

Obstacles & Course Lines

All obstacles on the course shall be properly negotiated by jumping, vaulting, climbing or going around the obstacle within the course lines.

Obstacles must not be avoided on purpose and any athlete stepping out of course lines shall be reported to the Out of Stadium Advisory Panel who shall take whatever disciplinary action it deems fit.

Protests

Protests must be made no later than 30 minutes after the conclusion of competition.

Any such protests are to be made in writing to the Competition Manager or Referee/Race Director, accompanied by the sum of \$50.00 before any action is taken by the Out of Stadium Advisory Panel.

The \$50 fee will be forfeited if the protest is considered frivolous.

Disputes

In the case where any dispute shall arise regarding the interpretation of the IAAF, Athletics Australia or Athletics SA rules pertaining to Road, Cross Country and Walks, or the rules listed and the conduct of the competitions under its jurisdiction, the matter shall be submitted to the Out of Stadium Advisory Panel whose decision shall be final.

Duty Club Responsibilities

- 1) Marking and Marshaling of the course under the direction of the Competition and Events Manager.
- 2) Assisting the Referee or Competition and Events Manager in setting up the course.
- 3) Where required, collecting and returning the winter trailer from SA Athletics Stadium.
- 4) Cleaning up the venue after the event and collecting the equipment (flags, bunting, stakes etc, and returning it to the Athletics SA Equipment trailer after the event)
- 5) Assisting Event and Competitions Manager in any other tasks as required

Winter Premiership Competition

Premiership Events are events conducted by Athletics SA where clubs can score points.

All ages will be calculated at the 31st December in the year of competition.

O35 will combine with O50 to score Premiership Points in O35 Grade.

U20 will combine with U18 to score Premiership Points in U20 Grade.

U16 will combine with U14 to score Premiership Points in U16 Grade.

Open will be any competitor over the age of 20.

Premiership Points

- Points are awarded for individual placings.
- Athletes cannot contest any two grades concurrently
- Athletes will only score points in Athletics SA Premiership Events
- For clubs to gain points all athletes must be fully registered with Athletics SA and will only score points in the age group that they compete in.
- General Public Athletes will not gain any points in the Premiership Competition

For 2017 a **new point system** will be introduced to create a fairer more even competition across all ages that awards both excellence and participation. Participants will score Individual Points (IP's) for their club within their respective age group which will go towards ranking their club within each competition for Club Points (CP's).

Points will be allocated based on how many competitors are in the race. If a race contains **nine (9) or less** registered individuals, they will earn IP's based on the final place getter. The last athlete to cross the finish line shall receive 1 point and every athlete who finishes ahead shall receive 1 more point than the placing behind them. The winner of the race shall receive an additional one (1) point. (Refer Example A: Short XC)

In races where there are more than nine (9) registered individuals, the top nine (9) placegetters shall be awarded points based on the above system and all others shall only receive one (1) point.

EXAMPLE A: SHORT XC			
Place	Athlete Name	CLUB	IP
1 st	Example	FLIN	7
2 nd	Example	FLIN	5
3 rd	Example	AH	4
4 th	Example	HILL	3
5 th	Example	ND	2
6 th	Example	EH	1
OVERALL POINTS			
	Club Name	Total IP	CP
	Flinders	12	10
	Adelaide Harriers	4	8
	Hills Districts	3	7
	Northern Districts	2	6
	Enfield Harriers	1	5

At the completion of each competition the total IP's for each gender and age group will be added up for every club and ranked in order from highest to lowest. The top placing club shall receive ten (10) CP's, second will receive eight (8) and all clubs thereafter will receive one (1) less point than the club ranked directly above them. If more than nine clubs compete at one event in one gender & age category, all other clubs shall also receive one (1) CP. In the event that the total IP's of two clubs are the same, the club with the higher placing finisher in that category shall be ranked ahead of the other.

Relay Points

For relay events, the same system of scoring will be used for all legal teams. However, Relay events will score double the IP's that Individual events do. I.e. if a winning position was to score 5 IP's if it was an individual event, that team will score 10 IP's instead.

(Refer **Example: Botanic XC Relays**)

Again, CP's are then calculated from the Total IP points to determine the final CP from the event.

OVERALL POINTS TALLY

The CP's of every club are then added up week to week to determine the overall Winter Season Champion in each category. At the conclusion of each event the U14 & U16 age groups, the U18 & U20 age groups and the O35 & O50 age groups CP's are combined towards the overall Winter Season Champion. The club with the highest CP in each category will be announced the Winter Season Champion. In the event of two clubs having equal CP's at the conclusion of the season, the club with the higher overall IP's will be awarded ahead of the other club in rankings. There are no draws awarded in this system to any individuals, teams or clubs.

EXAMPLE: BOTANIC XC RELAYS			
Place	Team Name	CLUB	IP
1st	FLIN A	FLIN	20
2nd	HILL A	HILL	16
3rd	AH A	AH	14
4th	HILL B	HILL	12
5th	HILL C	HILL	10
6th	FLIN B	FLIN	8
7th	AH B	AH	6
8th	FLIN C	FLIN	4
9th	PEM A	PEM	2
10th	ND A	ND	2
11th	AH C	AH	2
12th	HILL D	HILL	2
OVERALL POINTS			
	Club Name	Total IP	CP
	Hills Districts	40	10
	Flinders	32	8
	Adelaide Harriers	22	7
	Pembroke	2	6
	Northern Districts	2	5

ONGOING TALLY							
Place	Club	Short XC	Long XC	City XC Relays	Botanic XC Relays	Total CP	Total IP
1 st	Hills Districts	10	7	8	10	35	76
2 nd	Flinders	7	10	7	8	32	67
3 rd	Adelaide Harriers	8	8	10	7	32	66
4 th	Northern Districts	0	6	6	5	17	6
5 th	Pembroke	0	6	0	0	6	2
6 th	Enfield Harriers	0	5	0	6	5	1

The Ekiden Relay

The Ekiden Relay is run over the marathon distance of 42.195km (U20, Open, O35/50) and half marathon distance 21.097km (U14, U16, U18) split into 6 legs.

	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5	Leg 6
Marathon	6.195km	4km	10km	8km	6km	8km
Half Marathon	4.097km	2km	5km	4km	2km	4km

To gain points for your club, teams must consist of 6 runners of same or mixed gender who are all registered with Athletics SA and your club. Mixed gender teams must contain at least

- two males – *Any Age Group*
- OR
- two females – *Any Age Group*

It is at the club's discretion as to which athletes run which leg. Running order must be nominated at least 45 minutes prior to the commencement of the event.

Team points are allocated on an individual performance basis and then accumulated to form the team's total points. The individual's points is calculated through a scoring system much like the IAAF multi event system. The individuals points will be applied to their applicable age group from which CP

Point Scoring Events

Points will be scored in all ASA Premiership Events and State Title Events, as listed below:

Saturday 6 th May	Short Distance Cross Country Championships
Sunday 21 st May	Ekiden Relay
Sunday 4 th June	Running SA:10 – 10k & 5k Road Championships
Saturday 17 th June	Intermediate & Schools Cross Country Championships
Sunday 9 th July	Long Course State Cross Country Championships
Saturday 22 nd July	Botanic Cross Country Relays
Sunday 6 th August	Fitzzy's 5
Saturday 2 nd September	City Cross Country Relays