



AUGUST 2023 PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-1

1. CHAMPIONSHIP ROSTER

- 1.1. Each championship team can declare a maximum of seven (7) starters with a minimum of five (5) starters from their most recently submitted U SPORTS Eligibility Form. The placing of the first five (5) finishers will be totaled to determine the team score and the 6th and 7th runners count as displacers.

2. TEAM BENCH (N/A)

3. PARTICIPANTS

3.1. TEAMS

The U SPORTS Championship will be an open championship. Each U SPORTS member institution may send one male and one female team (team is composed of 5 to 7 runners). Member institutions may send individual runners if they are unable to field a team.

3.2. IDENTIFICATION

- 3.2.1. Uniforms of athletes representing a team (i.e. an institution with at least five (5) starters) will have exactly the same colour and style of uniform top (i.e. singlet). Individual members may wear short or long sleeve shirts if they wish. Team shorts must be similar colours and team members wishing to wear tights may do so provided they match the colour of their teammates' shorts.

3.3. INDIVIDUAL ELIGIBILITY

Any individual who is not a member of a team shall be eligible only for individual awards and their respective finish places will not count in the team scoring.

3.4. INDIVIDUAL ENTRIES

- 3.4.1. Entries for the U SPORTS XC Championships are due to the Host Organizing Committee, via the online entry method determined by the host committee, by 12pm EST on the Wednesday of the week following the respective conference championship races – 10 days prior to the U SPORTS Championship.

- 3.4.2. Entries can include a maximum of ten (10) athletes in rank order per team, per gender. Those teams entering greater than seven (7) athletes per team, per gender will be required to submit their final declarations;

- starting from the time of the technical meeting and the request for scratches up to



AUGUST 2023

PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-2

- **1 hour prior to the START of the 1st championship race to the Championship Technical Officer/Official delegate**

3.5. INDIVIDUAL RANKINGS (N/A)

3.6. TEAM ENTRIES (N/A)

3.7. TEAM RANKINGS

Individual school results must be entered into Trackie Web Site by 3:00 pm EST, on the Monday (following the meet) or be fined according to U SPORTS results reporting policies.

4. COMPETITION

4.1. CHAMPIONSHIP FORMAT

The U SPORTS Cross Country Championship, for both men and women, shall take place on the same day at the same location.

The length of the course for both men and women shall be 8,000 +/-25 meters and shall be marked every 1,000 meters except on relatively small loop courses where minimal kilometer markings will suffice. The course should be a maximum of four (4) laps to complete the course.

4.2. SELECTION, SEEDING, DRAWS, POOLS, TRIALS AND HEATS (N/A)

4.3. FORMULAS AND FORMAT (N/A)

4.4. PROCEDURES AND PROTEST (N/A)

4.5. SCHEDULES AND ORDER OF EVENTS

4.5.1. The official order of events for the U SPORTS Cross Country races will operate on a rotating gender-based start procedure, with the female race starting first in odd years (2023, 2025, 2027, etc.) and the male race starting first in even years (2022, 2024, 2026, etc.).

4.5.2. The official start time window – requiring both races to be completed shall be between 11:00am and 2:00pm local time. The start times for each race shall be finalized no later than September 15th of the Championship year, and disseminated via Bulletin #1.

4.6. GAME TIMES (N/A)

4.7. PRACTICE TIMES / WARM-UPS (N/A)

4.8. OVERTIME (N/A)



AUGUST 2023 PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-3

4.9. TIE-BREAKING (N/A)

4.10. SCORING AND STANDARDS

The system used for the immediate posting of provisional results shall be as follows:

- 4.10.1. Each runner shall wear a tag with his/her name and affiliation (to be provided by the Host technical committee), which will be taken from him/her by the meet scorers in the finish chute and posted on a place board.
- 4.10.2. In the finish chute, each team runner shall be given a card or other suitable material indicating his/her finish place, which must be given to the coach or manager of that team. (Individual runners not on a team will not be given a finish place card but will have their nametag properly posted on the finish place board with all team runners.)
- 4.10.3. A recorder in the scorer's area shall record the finish place card number given to each team member and total the five (5) lowest numbers per team to arrive at a team score. As a backup, the coach or manager of each team, after collecting all finish place cards for his/her team shall total the lowest five (5) numbers, write the total on the envelope with the team name, place all finish cards in the envelope and immediately return the envelope to the scorer's area, (envelopes are provided by the meet director).
- 4.10.4. It is strongly recommended that the meet director or his/her designate (i.e. meet announcer) announce as well as post the team scores within 15 minutes of the conclusion of each race for the benefit of the runners, the spectators and the news media.

Note: 4.10.1 to 4.10.3 will not be used when a tried and true computer results system is used that can produce team scores at least as quickly as the tag system described under Rule 4.10.5.

- 4.10.5. The final printed results will indicate each runner's overall place as well as his/her team place. Any finisher not on a team (i.e. an institution with less than five starters) will be given only an overall place.
- 4.10.6. If a team starts with 5 or more runners but less than 5 finish, no team score will be given to that team and each member of that team will be considered as an individual finisher and not act as a displacer.
- 4.10.7. In the case of a tie in team points, the tie shall be broken by the finish place of the 5th finisher from each of the tied teams.



AUGUST 2023

PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-4

4.10.8. In the case of a tie among runners, the average of their respective finish places will be taken and given to each tied runner (e.g. tie for 10th place $10 + 11 / 2 = 10.5$. 10th place assigned to each runner with the next finisher, after the tied runners, given 12th place).

4.11. RECORDS AND STATISTICS (N/A)

5. EQUIPMENT AND FACILITY (N/A)

5.1. BALL (N/A)

5.2. RECORDING

5.2.1. FIRST ROUND OPPONENT (N/A)

5.2.2. HOST REQUIREMENT

A recording system with immediate on-site playback capabilities must be used at the finish line as a resource for the finish judge.

5.3. UNIFORMS

For U SPORTS competition, the colour of arm sleeves or any other tensor or wrap or therapeutic device does not have to be the same as the uniform or team colours.

5.3.1. U SPORTS LOGO

U SPORTS reserve the right to require participants in a U SPORTS Championship to wear a U SPORTS logo on their uniforms. These logos will be provided to each team in advance of the championship. The logo must be placed on the top, right chest area of each uniform.

5.3.2. NUMBERING

Competing athletes shall wear numbers for identification purposes. Numbers shall be worn on the front or front and back. A program line-up is to be available for spectators.

5.4. SHORTS, SOCKS, BRACES, EQUIPMENT & DRESS CODE (N/A)

5.5. HEAD GEAR AND HELMETS (N/A)

5.6. CAPTAIN'S IDENTIFICATION (N/A)



AUGUST 2023 PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-5

- 5.7. DEPTH CHARTS (N/A)
- 5.8. SPOTTER PHONES (N/A)
- 5.9. FACILITY AND MEET REQUIREMENTS (N/A)

6. RULES

- 6.1. The course shall conform to IAAF Rules 168 - 2(c).
- 6.2. The general characteristics of the race course used for the championship should be as follows: rolling terrain suitable for racing in spiked shoes (minimum amount of pavement), ample passing areas, the starting area reasonably close to toilet facilities, the finish area easily accessible to spectators and news media personnel, well-marked and/or marshaled on race day to avoid runners being misdirected.
- 6.3. The starting area should be wide enough to accommodate starting boxes for all teams and individual athletes. Starting line should be a minimum of 30 meters wide and laid out so that any point on the starting line is equidistant from the first turn or narrowing in the course. It is strongly recommended that the starting line width of the course continue for a minimum of 150 meters from the starting line into the course before narrowing of the course occurs.
- 6.4. It is recommended that Starting boxes of 2 meters wide be provided for all qualified teams and one for the individual representatives on the starting line. Minimum size of starting boxes must be 2m wide and 1 starting box per seven individual representatives on the starting line. Positions for starting boxes will be randomly drawn.
- 6.5. The finish area should be at least 5 meters wide and it is strongly recommended that the finish line be no further than 200 meters from the starting line. It is further recommended that the finish area be no less than five (5) meters wide for the final one hundred (100) meters of the race course with no turns, only sweeping, gradual turns that would not be a hindrance to fast finishing contestants. The finish line should be well defined, clearly visible to approaching runners, and carefully marshaled in order to ensure all runners a fair and accurate finish.
- 6.6. The finish chute shall begin at the finish line with a minimum width of approximately five (5) meters and gradually narrow over a distance of approximately 15 meters to a width of approximately one (1) meter. The chute will continue from there to the scorer's area. The distance from the start line to the scorer's area will be sufficient to ensure there is no back up at the finish-line (recommend 55m meters for a starting field of 100 runners). The sides of the finish chute must be constructed of suitable materials such as firmly grounded stakes joined by rope or caution tape in order to ensure that all runners remain in their respective order of finish when passing the scorers area at the end of the chute."



AUGUST 2023 PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-6

Note: 55m = 15m (finish line to 1m wide) + 40m (of 1m wide).

7. MEETINGS

7.1. TECHNICAL MEETING

A Technical meeting will be held in person prior to the first day at a U SPORTS National Championship. Time of the meeting is at the discretion of the Host Organizing Committee.

The Head Coach from each participating team, the U SPORTS Delegate, and members of the Host Committee must attend this meeting.

The purpose of the meeting are as follows:

1. Final declaration of competitors per race per institution.
2. Review of the course map, directional flag and kilometer sign locations.
3. Review of the starting and finishing procedures as well as any intermediate time and/or place recordings that might be provided by the Organizing Committee
4. Review of the procedures to be followed re award presentation.
5. Clarification of the rules of competition and grounds for disqualification.
6. Discussion of any other business regarding the conduct of the current meet.
7. The Host shall offer two guided tours of the course. One is to be held the afternoon prior to the race and one the morning of the race.
8. A meeting for future recommendations shall be held in conjunction with the technical meeting on the evening prior to the meet for the following purposes:
9. Discuss and propose future recommendations re the conduct of the championship (rules, procedures, promotions, etc.).
10. Discuss and propose recommendations re date and venue of future U SPORTS championships.

7.2. COACHES MEETING

An unofficial Coaches meeting may be organized and require a meeting room during the championship. Date and time of the meeting is at the discretion of the Host Organizing Committee working in consultation with the President of the Coaches Association.

Note: This is not an official U SPORTS Sport Technical Sub Committee (STSC) meeting and thus any decisions affecting U SPORTS Policy or Regulations



AUGUST 2023

PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-7

must be sent to the STSC. This is the responsibility of the President of the Coaches Association or their designate.

8. COMMERCIAL

8.1. MEDIA CONFERENCE

The date and time for a U SPORTS National Championship media conference is determined by U SPORTS and the Host Organizing Committee.

9. OFFICIALS (N/A)

10. SEASON AND CHAMPIONSHIP AWARDS

**Please refer to policy 60.20 for more details re standard championship awards.*

10.1. ALL-CANADIANS

First team: top 7 finishers male and top 7 finishers female.

Second team: 8th to 14th place in both male and female competition.

10.2. ALL-ROOKIE TEAM

First team: top 7 rookie finishers male and top 7 rookie finishers female.

Athlete must be 21 years of age or younger as of September 1st in the year of competition and in their first year of U SPORTS eligibility.

10.3. OUTSTANDING ATHLETE OF THE YEAR

First place finisher of the men's race and first place finisher in the women's race are automatically named Outstanding Male/Female Athlete of the Year.

10.4. ROOKIE OF THE YEAR

10.4.1. First place rookie finisher of the men's championship race and first place rookie finisher in the women's championship race are automatically named U SPORTS Rookies of the Year.

10.4.2. Athlete must be 21 years of age or younger as of September 1st in the year of competition and in their first year of U SPORTS eligibility.

10.5. STUDENT-ATHLETE COMMUNITY SERVICE AWARD



AUGUST 2023 PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-8

- 10.5.1. To be selected by the Coaches Association.
- 10.5.2. Recipients who demonstrate outstanding achievements in three (3) areas: cross country, academics, and community involvement.
- 10.5.3. Selection must be made 10 days prior to the start of the championship.
- 10.5.4. To win the national award the athlete must have won the award in their Conference if such an award exists.

10.6. COACH OF THE YEAR (MALE – FRED FOOT AWARD / FEMALE – BOB VIGARS AWARD)

- 10.6.1. Each coach at the championship shall cast a ballot with the meet convener or his/her designate prior to the start of the Awards banquet.
- 10.6.2. Two coaches will be named, one for the men's division and one for the women's division.
- 10.6.3. The coaches will be selected based on (1) the performance of the team throughout the season; and (2) a comparison of last season and current season team results.

10.7. CHAMPIONSHIP TROPHY & U SPORTS PENNANT

Presented to U SPORTS Team Champion for both Men and Women.

10.8. CHAMPIONSHIP MEDALS

Gold, silver and bronze medals presented to the top 3 teams (7 athletes + 1 coach).
Gold, silver and bronze presented to the top 3 males and top 3 females.

11. COMMITTEES

11.1. CHAMPIONSHIP MANAGEMENT COMMITTEE

The Management Committee shall rule on all matters necessary for the championship to proceed and will, in addition, act as the Protest Committee at the championship. The Management Committee shall apply U SPORTS Rules. The Management Committee may not, nor may any member, make an exception to any U SPORTS Rule or to a sanction imposed by U SPORTS. The Management Committee has no jurisdiction to consider or interpret U SPORTS Eligibility Regulations.



AUGUST 2023

PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-9

Composition of the Management Committee shall be:

1. Convener of Championship
2. U SPORTS Delegate;
3. Technical Delegate (or designate from officials' group);
4. President of the Coaches Association, or designate.

A quorum shall require all four members, or their replacement.

If a member of the Management Committee was involved, directly or indirectly, in a decision or an interpretation of a U SPORTS Rule that is being appealed/protested to the Management Committee that member shall be excused from the Management Committee. In this event, the remaining members of the Management Committee have the authority to appoint as a replacement for the excused member an individual who is independent, unbiased and uninvolved in the matter in dispute. The decision regarding whether a member of the Management Committee should be excused and replaced lies solely with the Management Committee.

Notwithstanding the procedures described in U SPORTS policy 90.70.4.1.1 (see below), the U SPORTS Championship Management Committee shall have the power and jurisdiction to take interim on-the-spot measures to address minor code of conduct issues (inappropriate or unsportsmanlike conduct that is not criminal in nature) that arise at U SPORTS Championships, in a timely fashion. The record of the incident, including the interim measures taken to address it shall be copied to the Athletic Director(s) of the affected school(s), and the U SPORTS office and Discipline Committee.

It is the expectation of U SPORTS that persons representing Member institutions, and/or U SPORTS, at U SPORTS Championships will behave responsibly, and with propriety, and in accordance with the laws of the land.

90.70.4.1.1 Procedures Regarding Misconduct

Where misconduct occurs at a U SPORTS Championship (including traveling to and from the event, practice days and competition days), the Chief Executive Officer, assisted by the event Convener, shall:

1. Investigate the particulars of the incident that gave rise to the misconduct.
2. Determine the amount and type of damage to property or injury to persons.
3. Identify the persons and institutions responsible for the incident.
4. Summarize this information in a written report.



AUGUST 2023

PLAYING REGULATIONS – CROSS COUNTRY (M/F)

PR/3-10

The Chief Executive Officer shall provide a copy of the written report to the President, who may bring a complaint in accordance with U SPORTS Policy 90.40 - Discipline. A copy of the written report shall be provided to the Directors of Athletics of the institutions involved.

11.2. JURY OF APPEAL (N/A)

11.3. DELEGATES (N/A)

12. APPENDICES (N/A)