



**YORK REGION ATHLETIC ASSOCIATION
CROSS COUNTRY RUNNING PLAYING REGULATIONS**



1. Season of Play: Coed Fall Sport
2. Divisions: Novice Girls, Novice Boys, Junior Girls, Junior Boys, Senior Girls, Senior Boys
3. Eligibility:
 - a) See YRAA transfer form.
 - b) Age Division Categories,

Novice	School Year: 2024-25 Year of Birth must be no earlier than: 2010 Date of Entry to grade 9 must be no earlier than August of: 2024
Junior	School Year: 2024-25 Year of Birth must be no earlier than: 2009 Date of Entry to grade 9 must be no earlier than August of: 2020
Senior	School Year: 2024-25 Year of Birth must be no earlier than: 2005 Date of Entry to grade 9 must be no earlier than August of: 2020
 - c) A student/athlete must be on the team roster at the proper age group (Nov/Jr/Sr) for a specific sport and tier, to be eligible to participate in that sport. The team roster must be completed on-line by 5:00 p.m. one week prior to the York Region Championship or the date specified on the on-line registration site. No changes or additions will be allowed after that date. Coaches that miss this deadline, and still wish to enter runners, will be assessed a late fee of \$20.00 per runner to a maximum of \$100.00.
 - d) Any athlete participating in an OFSAA Championship or an OFSAA qualifying event must have participated as a member of a bona fide high school program during the school season (September to November), in a minimum number of practices (sixteen (16)), at a location where the majority of their high school practices are held under the supervision of a teacher/coach as certified by the school principal.
 - e) School entries should include: eligibility lists, entry form listing competitors in each division.
4. Governing Rules:
 - a) Refer to the current OPHEA safety guidelines for this sport
 - b) Athletes can enter and run in one age classification only.
 - c) Athletes must run in age classification in which they are entered.
 - d) Unlimited entries per school.
 - e) Runners of the same TEAM (e.g., a Jr. Girls TEAM) are to be running in identical tops.



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- f) Runners must run the same race at OFSAA as at the York Region Championship.
- g) Only runners competing in a particular race are allowed to run.
- h) A Jury of Appeal will be established annually at the pre-season coaches' meeting. This Jury of Appeal will deal with any disputes arising on the date of the Meet.
- i) Meet Officials: The convenors and the Meet Committee are the officials at a cross country meet. If a competitor is judged by the convenor or Meet Director to have been involved in unsportsmanlike conduct, at any time during the competitive day, he/she shall be disqualified from further competition until his/her actions have been reviewed by a Board of Reference.
- j) **Competition Format:** There will be six races:
 - Novice Girls and Boys 4km +/- 400m
 - Junior Girls and Boys 5km +/- 400m
 - Senior Girls and Boys 6km +/- 400m

The course must be clearly marked.

- j) Scoring:
 - i) Team Score – Each age category's team score is determined by adding together the finishing positions of their top four finishers. Hence, the team with the lowest score wins. A tie in team score is broken by the fourth place runner. The team whose fourth place runner is first across the finish line gets the higher finishing position.
 - ii) For individual sports (eg. Golf, tennis, cross country, swimming, wrestling, alpine skiing, snowboard, badminton, track & field, table tennis and mountain bike) Bill Crothers SS teams are ineligible to win the team championship and points accumulated by individuals will not be totaled.

Individual sport student-athletes from Bill Crothers SS that are not affected by the Sport School/Sport Academy exemption outlined in article 13 section 5 of the YRAA Constitution, may qualify for OFSAA competition only as individuals and may not qualify as part of a team unless there is an "open" category in that sport.
 - iii) Over-all school champion will be awarded to the school acquiring the greatest number of points on team standings from each of the six age class races. The points are to be awarded on a 20, 16, 12, 8, 4, 2 basis for the first six place teams in each age category and a point structure of 6, 5, 4, 3, 2, 1 for the top six individuals in each race. A school does not have to compete in all age category races in order to be declared champion. If a tie occurs in the overall championship, it will not be broken.



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5. Qualifying to OFSAA:

The top two (2) teams per classification plus the top five (5) individuals per classification who are not on a representative team qualify for the OFSAA championship.

Entries must be received by the OFSAA convenor no later than the Saturday prior to the start of the championship.

6. Costs:

The cost to participate will be established by the convenor(s) in consultation with the Coordinator of Athletics in advance of the preseason meeting and will be based on the cost of the previous year's event and any projected increases. Note that a late entry fee of \$20.00 per runner to a maximum of \$100.00 will be applied to each runner that is registered after the established deadline.

7. Awards:

- i) Team Trophy: presented to the top overall team;
- ii) Individual: six (6) first, second and third place medallions;
- iii) Teams: the first, second and third place teams receive five medallions each;
- iv) Pennants: one (1) pennant for each championship team in each division; one (1) for the overall team champion