

G.H.A.C. PLAYING REGULATION

CROSS COUNTRY

1. **AGES:** Competition shall be conducted in three age classifications for both boys and girls. Competitors must meet the age requirements as per the O.F.S.A.A. Constitution.
 SENIOR: under 19
 JUNIOR: under 15
 MIDGET: under 14
by January 1st prior to the school year in which the competition is held.
2. **EVENTS:**
 MIDGET BOYS: 5000M **MIDGET GIRLS: 3000M**
 JUNIOR BOYS: 6000M **JUNIOR GIRLS: 4000 M**
 SENIOR BOYS: 7000M **SENIOR GIRLS: 5000M**
3. **ELIGIBILITY:** All competitors must meet eligibility requirements as per G.H.A.C. Playing Regulations, Article XI, ie. participants must comply with O.F.S.A.A. eligibility By-laws and the Federation Transfer policy.
4. **ENTRIES:** Each member school may enter one Girls and one Boys team in each event. For this purpose, a team shall consist of an unlimited number of runners with the top five eligible to advance.
5. **RULE BOOK:** To be determined (as suggested by the G.H.A.C. Sports Advisory Committee). Each competitor will pin on a sticker bearing his/her name, school and competitive number. These stickers shall be provided by the Convener at the meet and must be completed by the coach.
6. **OFFICIALS:** Officials will be assigned by the meet convener and shall be of the highest possible calibre. Student marshals must be under teacher/adult supervision as appointed by the convener. Teacher officials will include a chief starter, start line judge, chief finish line judge, results recorder. Sufficient course marshals shall be provided to ensure the safety and integrity of the competition.
A jury of appeal consisting of 3 teacher officials shall be appointed by the meet convener propr to the championship.

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

- school uniform/singlet or 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 G.H.A.C. championship shall be held no more than 2 weeks prior to and no less than one week prior to the O.F.S.A.A. championships. The G.H.A.C. convener and championship site must be declared no later than the first Friday in September of the commencement of the school year.

9. **GENERAL REGULATIONS:**

A) **O.F.S.A.A. QUALIFICATION:** The top 3 finishers from each event will advance to the O.F.S.A.A. championship. In addition, the top 2 G.H.A.C. teams consisting of 5 runners from each event will advance to the O.F.S.A.A. championship. If an individual qualifier is also a member of a qualifying team, then the next individual finisher in that event (4th place etc.) Will qualify for O.F.S.A.A.

B) **FINANCES:** Each school shall be charged a fee per competitor to cover the operating costs of the combined G.H.A.C. championship. Each school is responsible for payment of this fee at registration on the day of the meet.