

# UOVHSAA Cross Country Playing Regulations

Revised: March 2025

## 1. **Date:**

The UOVHSAA Cross Country Championships shall normally be held in the week prior to the EOSSAA Championship.

## 2. **Location:**

The location of the Championship shall be decided not later than the UOVHSAA Annual meeting held in June of the school year prior to the Championship.

## 3. **Events and Classification:**

a. Competition shall be conducted in three age classifications:

i. Senior: The individual's birth certificate indicates that he/she has not reached his/her 19th birthday by January 1st prior to the start of the school year in which the competition is held.

ii. Junior: The individual's birth certificate indicates that he/she has not reached his/her 15th birthday by January 1st prior to the start of the school year in which the competition is held.

iii. Novice: The individual's birth certificate indicates that he/she has not reached his/her 14th birthday by January 1st prior to the start of the school year in which the competition is held. Students may compete in this category for one year only in Grade 9.

b. There shall be a girls' and boys' run in each classification.

## 4. **Course Design and Facilities:**

a. Approximate distance to be covered by each runner in each classification is as follows:

i. Para Event: 4km

ii. Novice Boys & Novice Girls 4km

iii. Junior Boys & Junior Girls 5km

iv. Senior Boys & Senior Girls 6km The Para Classification will consist of three (3) divisions, as follows:

i. Visually Impaired (VI, Boys and Girls)

ii. Ambulatory (Amb Boys and Girls)

iii. Intellectual Impairment (II Boys and Girls)

b. Registration materials will be given to the teacher accompanying the athletes upon receipt of the required entry materials as outlined on the OFSAA Cross Country website.

c. The teacher-coach/supervisor must attend the coaches' meeting. If the coach is a non-teacher, both the teacher-supervisor and the coach must attend.

## **5. Entry:**

- a. Entries shall be accepted from Association convenors or designates only. E-2
- b. Entries must be received by the convenor as indicated in the coaches' information package on the OFSAA Cross Country website. If entries are sent electronically, an original copy of the entry, accompanied by the entry fee, must be received by noon on the Wednesday prior to the Championship. Late entries will only be accepted if they can be accommodated, and an additional entry fee will be charged.
- c. Each association shall be permitted to enter two teams and five individuals (who are not a member of one of the representative teams/schools) in each of the three classifications (Novice, Junior, Senior)
- d. A team shall comprise no more than six (6) runners in boys' events and six (6) runners in girls' events. Of the potential six (6) runners registered, only five (5) runners may actually compete on race day. All registered athletes must pay the entry fee even if they do not compete.
- e. A competitor must compete in the same age classification as he/she did at the Association meet. Para athletes must compete at their association meet either in a Para event (if the association has a Para Race) or in one of the other age classification events.
- f. Any suspensions or disciplinary actions in Association play shall be carried forward into OFSAA competitions. The Association convenor shall be responsible for reporting such players and the nature of the disciplinary action on the OFSAA entry form.

## **6. Expenses:**

- a. The Convenor of the UOVHSAA Cross Country Championship shall submit a proposed budget no later than one month prior to the Championship. (UOVHSAA Constitution: By-Law 3).
- b. Championship entry fees will cover the following expenses:  
Phone Calls, Postage, Paper, Envelopes, General Supplies, Number for Runners, Stakes  
And Flags, Rope, Fencing, Grass Cutting, Paint and Lining of Course, Starting Shells,  
Allowance for First Aid Personnel, Awards (Ribbons), use of facilities (venue with toilets or rental).  
UOVHSAA will provide: First place medallions
- c. Those schools having entries are responsible for arranging and financing their entry fee, their own travel, meals and accommodation for the event.
- d. All schools entering a Federation Championship shall, by signature of the school principal on the Championship Entry Form, acknowledge responsibility for making restitution for damage resulting from misconduct by their participants.

## **7. Eligibility:**

- a. School/Team Eligibility

*To represent a school in any activity coordinated by the Federation, a school/team must:*

- i. Conduct a 'bona fide' high school program consisting of a minimum of sixteen (16) practices during the current school season (Sept. - Nov.), at a location where the majority of their high school practices are held under the supervision of a teacher as certified by the school principal.
- ii. Participate in the Association Championship or qualifying event.

**b. Individual Student Eligibility**

*To represent a school in any activity coordinated by the Federation a student must:*

- a. Be eligible for competition under the Constitution, By-Laws and Standing Rules (Playing Regulations) of the Association to which his/her school belongs.
- b. Be certified as eligible by the Principal of the school.
- c. Meet the age requirements as listed in Section 3.
- d. Be in Grades 9 – 12. E-3
- e. Be eligible under the OFSAA Transfer Policy (By-Law 5, Section 4(f)).
- f. Be eligible for no more than five (5) consecutive years from date of entry into Grade 9 (By-Law 5, Section 4(g)).
- g. Para athletes with T/F 20 classification are permitted to compete until the age of twenty one (21) and shall be eligible for no more than seven (7) consecutive years from the date of entry in grade nine (9).
- h. Have signed the Rules of Behaviour signature form for the competition.
- i. Have participated as a member of a bona fide high school program as outlined in (a) above and attend the majority of practices and competitions.
- j. Have participated in the Association Championship or qualifying event.
- k. Have not participated in both the OFSAA Championship and any other event in that same sport on the same day.
- l. Student-athletes must be able to complete the race in 45 minutes or less.

**8. Rules and Officials:**

- a. I.A.A.F. Rules shall govern competition at the OFSAA Cross Country Championship.
- b. No portable audio devices (excluding hearing devices) are permitted during competition.
- c. Start Protocol includes:

- d. A start official per association box with a red/white (or green) flag.
- e. When the association “box” is ready, each official will raise the appropriate flag (white or green).
- f. An assistant starter will communicate an “all ready” to the chief starter (via visual or aural cue) – athletes are now under “orders/vigil” (hence the silent start).
- g. After 60 seconds, the gun is fired.
- h. Drones are not permitted anywhere near the racecourse for any reason from the day prior to the championship until the completion of the championship.

## **8. Uniforms and Equipment:**

All requirements outlined in the OFSAA General Uniform Policy must be met both on and in the immediate vicinity of the competitive area and during the awards ceremonies. Incidents of non-compliance shall be forwarded to the Protest Committee for resolution.

Sport Specific:

- i. Runners must compete in their school uniforms.
- ii. A school uniform is defined as one which has one of the following crested on it:  
School name, team name or team crest.
- iii. The uniform tops of all team members must be identical. Runners must report to the start and have their uniforms checked by the start official.

## **9. Awards:**

### **a. Team**

- i. OFSAA gold, silver, and bronze medallions six (6) shall be presented to each member of the top three (3) teams in each classification; ribbons to members of the fourth to tenth place teams.
- ii. The school represented by the Championship team in each classification shall receive an OFSAA banner to be retained by the school.
- iii. The school represented by the Overall champions (highest point total from all three divisions, boys and girls) shall receive an OFSAA banner to be retained by the school.
- iv. OFSAA-ineligible athletes who were permitted to compete at the local or association level, shall not receive OFSAA medals either at the Championship or after the event.

### **b. Individual**

- i. OFSAA gold, silver, bronze medallions shall be presented to the first three (3) finishers in each race in each classification; ribbons shall be presented to the fourth

through tenth place finishers in each race in each classification

10. **Supervision:** (Reference By-Law 6, Section 1)

A teacher is defined as a member of the Ontario College of Teachers or a holder of an Ontario Teacher's Certificate or equivalent.

- a. For team sports ("A team consists of all athletes from the same school who qualify for Federation competition as a unit..." {reference By-Law 5, Section 3}), a teacher from the same school, or a retired teacher, as approved by the principal of the school, must accompany and be responsible for the team.
- b. For individual sports (those sports in which athletes from a school qualify for federation competition as individuals), the principal of the school may designate an adult who is not a teacher to accompany the athletes. In addition, a teacher, or a retired teacher, must be present and on site and designated by the principal to be responsible for the athlete(s).
- c. For all sports, where the teacher, as indicated in (a) and (b) above, is not of the same sex as the athlete(s), and where the athletes(s) are required or might be required to stay overnight, a supervisory adult, as approved by the principal of the school, of the same sex as the athlete(s), must be present and available at the accommodation site for the duration of their stay in the accommodation.

11. **Deportment:** (Reference By-Law 6, Section 2)

a. **Definitions:**

- i. A team is defined as, "All participants representing the same school at an OFSAA Championship event".
- ii. A participant is defined as, "Anyone who has been granted proper authorization to enter a restricted area." "Restricted area" includes "those areas occupied by athletes and to which access by the general public is restricted or prohibited."

b. **Codes of Behaviour:** [OFSAA Policies](#), [OFSAA By-Laws](#)

- i. All participants are expected to abide by the, "Rules of Behaviour for Participants to OFSAA Championships".
- ii. Supervising adults are responsible for the behaviour of participants for the duration of the Championships.
- iii. Teams are open to censure for failure of its participants to abide by the "Rules of Behaviour".
- iv. All coaches are expected to adhere to the Code of Ethics for Coaches To OFSAA Championships.
- v. School personnel and coaches are expected to adhere to the Statement of Principle on Recruiting.

- vi. Spectators are expected to adhere to the Code of Behaviour for Spectators.
  - vii. All coaches are expected to adhere to the "Return to Play Guidelines".
  - viii. School personnel and coaches are expected to adhere to the Policy on dispensing drugs, medication and food supplements.
- c. No artificial noisemakers are permitted at OFSAA Championship events.

**11. Social:**

- a. If a social event is arranged, all team members and coaches must attend.
- b. Participants are expected to wear 'dress casual'. No jeans, shorts, tank tops or hats are permitted.
- c. Should there be an instance of improper attire, the protest Committee shall deal with the matter and forward a report to the OFSAA Board of Reference-Sanctions.

**12. Medical:**

- a. Coaches shall provide all consumable medical supplies (e.g. tape, bandaids, ice packs) for their athletes.
- b. i. If weather conditions warrant the need for fluids, a convenor may designate a fluid consumption area(s) on the course. Fluids may be provided by coaches or team members.
- ii. Disqualification could result if the distribution and consumption process interferes or impedes the progress of an athlete.

**13. Protest Committee:**

All disputes during an OFSAA Championship/Festival shall be directed to the Protest Committee for resolution.

- a. The Protest Committee shall consist of three (3) individuals; the chairperson of the Sport Advisory Committee or designate, a tournament committee member, and one other member appointed by the Championship convenor. The Head official in some cases, may serve as a member of the Protest Committee. Members of the Protest Committee must not have any conflict of interest relevant to the incident under protest.
- b. All protests must be submitted in writing to the Championship convenor or designate, shall fully outline the incident under protest, and shall be accompanied by a \$50.00 fee (refundable if protest is upheld).
- c. A protest must be submitted within thirty (30) minutes of the completion of the game/event in which the incident under protest occurred, or within thirty minutes of the occurrence if protesting an incident outside the field of play.

d. The following areas may not be protested at a Championship/Festival: • Officials' decisions E-6 • Eligibility of transfer students

e. Any disputes or protests re: tournament structure and procedure must be addressed no later than the coaches' meeting.

f. The Protest Committee shall be the body empowered to delay/modify/cancel an event due to unforeseen circumstances (e.g. weather conditions) at the site(s).

g. Decisions of the Protest Committee shall be final.

A report of all appeals and decisions shall be forwarded to the OFSAA Board of Reference – Sanctions, who may determine that additional sanctions are necessary.

#### **14. Times and Order of Races:**

The Para-division will be a minimum 2 km in length and will be the first race of the day.

- a. 9:30 a.m. Para Race
- b. 10:00 a.m. Novice Girls
- c. 10:40 a.m. Novice Boys
- d. 11:20 a.m. Junior Girls
- e. 12:00 p.m. Junior Boys
- f. 12:40 p.m. Senior Girls
- g. 1:30 p.m. Senior Boys

\* The meet convenor shall not run events ahead of the times listed above.

- h. If the Convenor has to change the race time for logistical reasons all schools must be notified at least four weeks in advance of the race date.