



Thames Valley Regional Athletics

RULES OF PLAY: CROSS COUNTRY RUNNING

For 2016-2017, in reference to schedule 5, Organization of Competitive Groupings, Seasons and Practice Restrictions, **Cross Country** competition will be organized into the following divisions:

Tri-County

Arthur Voaden
Glencoe DHS
West Elgin
Central Elgin
East Elgin
Parkside
College Ave
Lord Dorchester
Tillsonburg
Woodstock
Huron Park
Ingersoll DCI
Holy Cross
St. Joseph's
St. Mary's
Notre Dame
Providence RC
Strathroy DCI
North Mid. DHS

Central

Montcalm
Westminster
South
Clarke Road
Central
Medway
Oakridge
Laurier
Lucas
Beal
Saunders
Banting
St. Andre Bessette
Gabriel Dumont
London DCSS
Mgr. Bruyere
Catholic Central
Regina Mundi
St. Thomas Aquinas
John Paul II
Mother Teresa

- 1.0 Organization of Competition** see above concerning 2016-17 season
- 1.1 TVRA Cross Country Running will be divided into two (2) conferences: Central and Tri County.
- 1.2 The TVRA Cross Country schedule will consist of scheduled league meets hosted by TVRA schools as well as a championship meet in each of the two conferences.
- 2.0 Eligibility**
- 2.1 Refer to the TVRA Agreement Schedule 6 as well as the following:
- 2.2 All competitors **MUST** participate in a minimum of 14 practices and 1 league meet to be eligible for the TVRA Championships. **As per the OFSAA Cross Country playing regulations, athletes must participate in 16 school practices to be eligible for the OFSAA Championship.**
- 2.3 A student may only play on one team of the same sport (team or individual) during a school year.



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3.0 Competition

3.1 Approximate distances to be covered by each runner in each division as follows:

Midget Girls - 3000m +/- 400m

Para/Amb Athletes – 3000 +/- 400m

Junior Girls - 4000m +/- 400m

Senior Girls - 5000m maximum

Midget Boys - 5000m +/- 400m

Junior Boys - 6000m +/- 400m

Senior Boys - 7000m +/- 400m

*Race distances are subject to change to correspond to OFSAA distances

3.2 A jury of appeal shall be appointed prior to the meet consisting of three people from different schools with the convenor or his/her designate as a non-voting chairperson (4th member). This jury shall rule on any formal complaint at the meet on items such as meet structure and procedure, rules and officials, uniforms and equipment or scoring.

3.3 Protests regarding eligibility or course conditions must be submitted in writing before the competition begins. Protests concerning a race must be made in writing to the convenor within one hour of the completion of the race in question.

3.4 The following is a recommended minimum officials list:

- Convenor and assistant convenor(s)
- Announcer
- Starter and marshals
- Jury of appeal
- Two official recorders plus student help and/or finish line recorders
- Two finish line judges plus student help
- Course marshals at all key points on the course

3.5 A competitor will be disqualified without warning if:

- He/she is assisted by anyone before crossing the finish line
- He/she does not follow the correct course
- He/she deliberately interferes with another runner
- He/she is has a Personal Electronic Device during a race.

3.6 SCORING

3.6.1 Team scoring shall be based on the order of finish of each individual in the race.

3.6.2 The team total shall be the cumulative total of the first four members in the race.

3.6.3 In the event of a tie, it shall be resolved in favour of the team whose fourth (4th) runner finishes nearer first place.

6.6.4 Overall boys and girls team scoring shall be based on the order of finish of the teams. If a tie occurs, the team with the fewest total points will be declared the winner. Teams must have midget, junior and senior teams in each division to qualify as overall team winners.

3.7 Teams may only begin to practice for the upcoming season one week prior to Labour Day.



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4.0 Uniforms and Equipment

- 4.1 All competitors must compete in their school uniforms. The uniform tops of all team members must be identical.
- 4.2 Any legal track shoes, cross country shoes or running shoes may be worn. The convenor may recommend footwear according to the nature of the course.
- 4.3 Any Personal Electronic Device (including listening devices) are prohibited during races and will result in automatic disqualification.
- 4.4 Sport club insignia on uniforms is NOT permitted. Sponsorship recognition is permitted provide it conforms with the placement guidelines outlined in OFSAA By-law 6, section 2 (h).

5.0 Championship Categories and Playoff Procedures

- There will be championship meet held in both TVRA Central and TVRA Tri County.
- 5.1 Team Eligibility forms and entries must be submitted to the conference meet convenor in both electronic and written form by the entry deadline set by the convenor at the pre-season meeting.
 - 5.2 Schools may enter an unlimited number of eligible runners in each age classification, but only four (4) team members will be counted toward team standings.

6.0 Advancement to WOSSAA, OFSAA

- 6.1 Advancement to WOSSAA - The top 7 teams in each age class in TVRA Central, the top 4 teams in TVRA Tri-County **plus the top 20 individuals in each division will qualify for WOSSAA.** A school may qualify only one team of each gender per age class.
- 6.2 Advancement to OFSAA - The top 2 teams in each age class and the top 4 individuals that are not on teams and finish in the top 10 runners and **attend a minimum of 16 practices to be a bonafide team member.**

7.0 Awards

- 7.1 Medals will be given to the first place finishers in each division and ribbons given for 2 to 6th place finishers in each division. Ribbons will be given to the individuals on the top 3 teams in each division.
- 7.2 Midget Boys Cross Country TVRA Central Champions (9 x 12 plaque)
Junior Boys Cross Country TVRA Central Champions (9 x 12 plaque)
Senior Boys Cross Country TVRA Central Champions (9 x 12 plaque)
Midget Girls Cross Country TVRA Central Champions (9 x 12 plaque)
Junior Girls Cross Country TVRA Central Champions (9 x 12 plaque)
Senior Girls Cross Country TVRA Central Champions (9 x 12 plaque)



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- 7.3 Midget Boys Cross Country TVRA Tri County Champions (9 x 12 plaque)
- Junior Boys Cross Country TVRA Tri County Champions (9 x 12 plaque)
- Senior Boys Cross Country TVRA Tri County Champions (9 x 12 plaque)
- Midget Girls Cross Country TVRA Tri County Champions (9 x 12 plaque)
- Junior Girls Cross Country TVRA Tri County Champions (9 x 12 plaque)
- Senior Girls Cross Country TVRA Tri County Champions (9 x 12 plaque)

8.0 Convenor Responsibilities

- 8.1
 - a) As outlined in the TVRA Contests Agreement 5.6 and schedules 3 through 8.
 - b) Course set up for the TVRA Championship meet which they are convening.
 - c) Communication of championship information and results on the TVRA.com website and forwarding necessary entry information to WOSSAA.
 - d) Arrange for first aid coverage at TVRA championship meet.
- 8.2 Convenor Coverage
 - a) There are two (2) days of supply coverage available for convening in TVRA Central.
 - b) There are two (2) days of supply coverage available for convening in TVRA Tri County.