

CROSS-COUNTRY

TECHNICAL RULES AND
REGULATIONS





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GENERAL

The purpose of the “ISF Cross-Country Technical Rules and Regulations” is to provide standardised rules and regulations for all Cross-Country competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

- Define and specify the **general conditions** under which participants can take place at the ISF Athletics events;
- Determine the **delegation composition**;
- Determine the **sport program**;
- Determine the **technical rules**;
- Set the **draw** procedure;
- Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and World Athletics technical rules under the direction of the ISF Technical Commission of athletics. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF cross-country events are open to school teams and/or selected teams. Specific sports formats shall be described in the event bulletins.
- The competition is categorised as: boy categories, and girl categories.
- The composition of each delegation and number of teams/individuals that each ISF Cross country event is accepting will be defined for each event accordingly.
- The competition is held over minimum one (1) day for any event type.

AGE CATEGORY

- For the **U15 category**, students aged **13, 14 and 15** on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged **16, 17, and 18** on 31 December of the year of the competition concerned can participate.



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team.



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Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

3. SPORT PROGRAM

EVENTS

- Girls:
 - U15 Category : 2.000 - 2500 m
 - U18 Category : 3.000 – 3500 m
- Boys:
 - U15 Category : 3.000 – 3500 m
 - U18 Category : 5.000 – 5500 m

4. TECHNICAL RULES

THE EVENTS AND THE COURSE

- a. The length of the course should be:
 - Girls:
 - U15 Category : 2.000 - 2500 m
 - U18 Category : 3.000 – 3500 m
 - Boys:
 - U15 Category : 3.000 – 3500 m
 - U18 Category : 5.000 – 5500 m
- b. The narrowest part of the course must not be less than 4 m.
- c. If laps are used then the maximum number of laps is as follows :
 - Girls: maximum of 2 laps



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- Boys: maximum of 3 laps
- d. A course with good spectator viewing would be helpful, but, the spectators must be kept well clear of the finish and presentation area.
- e. The course must be well marked with tapes on both sides and judges placed at strategic points
- f. At the start there must be a clear straight run of at least 200 m before we have a bend.

COMPOSITION OF TEAM

Each competitor may only compete in one team.

START AND FINISH

Call Up

A call up area must be provided near to the start and call up times published. e.g.

The Start

- a. Start pens must be provided 1 m wide and 3 m long using ropes and stakes.
- b. One start pens to be provided for each country entered.
- c. Each country will be allocated a start pen for each race by lot.
- d. The whole of the start area must be roped off to exclude spectators and coaches.

The Finish

- e. This should be clearly marked and include at least two funnels, depending upon the number of Countries entered, 1m wide and 20 m long with a 15m area behind. (If electronic chips are used there should be no need for funnels).
- f. The whole of the finish area must be roped off to exclude spectators and coaches.
- g. The electronic chips can be used for ranking and time keeping.
- h. It is advisable to use also video recording of finish line at the end of each race.

COMPETITORS NUMBERS (BIB NUMBERS)

Numbers to be allocated to each Country in English alphabetical order e.g. Austria 1 – 6, Belgium 7 – 12, Canada 13 – 18, etc. (If a country participates in the competition with 2 or 3 teams the number to be allocated will be e.g.

Austria team 1 1-6, Austria team 2 1-6 etc.)

- a. Each competitor to have his/her own number and to be supplied with 4 numbers to be worn front and back on warmup clothing and front and back on running kit.
- b. Boys and girls should have different colored numbers.
- c. School Teams and Selected Teams should have numbers on different colored cloth.
- d. Chip system for referring of races, start bibs in different colour for each gender (M-F), containers (boxes, bags) provided at start and end to collect warm up kits, etc. and to have them available at finish

IDENTIFICATION OF COMPETITORS AND TEAMS

- a. Starting numbers shall be prepared separately for each category (four series). They can be given to coaches (preferably) at the Technical Meeting or distributed in the Call-Room (on production of an ID card of each runner).
- b. Arrangement of provisional results shall be prepared as follows:

Individuals in School Teams

Place – Start Nr - Family and First Name – Year of Birth - School Name – Town - Country - Performance

School Teams

Place – School Name – Town – Country – Points

Individuals in Selected Teams

Place – Start Nr - Family and First Name – Year of Birth - Country - Performance

Selected Teams



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Place – Country - Points

Names of schools in provisional results can be abbreviated to a certain number of letters (8 – 12), names of countries can be mentioned in Olympic abbreviations (3 letters).

c. Final official team results shall be prepared as follows:

In school teams

Place – Full name of a school – Town – Country - Points

In selected teams:

Place – Country – Points

TEAM CLASSIFICATION

1. Four best runners from every registered team will score for the ranking,
2. The team with the lowest total score will be the winner
3. In the case of 2 or more teams scoring the same number of points the winning team will be the one with the best fourth placed runner.
4. School teams and selected teams will be classified separately

FRIENDSHIP RELAY

Friendship relay is the fun event, but it is essential that change-over area is well roped off, so that it is kept clear of spectators, coaches, etc. and visibility is good.

- a. This is a relay in which teams are formed of mixed sex and mixed nationality. The teams take part in a relay event with legs of about 300-500 m. It should be held in a public place (known as a historical, cultural, touristic, geographic or other place of particular importance) so that the local population can recognize the friendship among pupils of different nations.
- b. All competitors are expected to take part. In addition teams of coaches, organisers and officials are welcome to participate.
- c. Special starting cards are needed for Friendship Relay (e.g. letters from A to Z and numbers from 1 to 20).
- d. As a relay baton something special can be used (e.g. typical for an area).
- e. No medals, no prizes, this event is for friendship and for enjoyment.
- f. With security in mind – containers (boxes or plastic bags) should be provided at the start for each country to enable coaches to collect warm up kit, etc. from the competitors and have it available at the finish.
- g. The presence of police is advisable, especially if road traffic is adjacent to the course, but, also for security purposes.

RESULTS

- a. Computer operators should be present to produce the results. It is required that 1st, 2nd, and 3rd individual results very quickly in order to make presentations at the venue of competition immediately after each race.
- b. A cover for official Results Booklet should be made ready in advance of the event.
- c. The official Results Booklet should be produced so it could be handed to Heads of Delegations either in the evening of competition or – at least – during the Victory Ceremony (1 copy for each team entered plus 1 for the Head of Delegation – for full delegation 5 copies).
- d. In the official Results Booklet results for all competitors must be included and must indicate the full name of school and country.



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5. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



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