



GMAA Cross Country Running Handbook

Section 1: Sports Committee

The Cross-Country Running Sports Committee shall consist of the chairperson of the above sport and all the coaches for that season of the above sport. The chairperson shall call one meeting prior to the opening of the season. A mid or post season meeting may be called at the discretion of the chairperson of the above sport or at the request of 1/3 of the coaches involved in this sport.

Section 2: Team Entry and Classification

2.1) All official team entries must be submitted on S1 by the deadline

2.2) Classification:

Boys or Girls

Bantam, Cadet, or Juvenile

2.3) A juvenile team consists of 4 or more runners. Cadet and Bantam teams consist of 5 or more runners.

Section 3: Player Registration & Eligibility

3.1) Player Registration is due on S1 prior to the deadline.

Late additions to cross country – Any student added after the deadline for Cross Country Entries will be charged an additional \$25 for registration.

3.2) A school may enter an unlimited number of competitors in any one category.

Section 4: Uniform (also refer to Governing Rules – Rule VI, Section 5)

All competitors must wear identifying school top (school t-shirt must be worn on top of any other clothing).

All competitors must wear their official race number on the front at chest level.

Spiked shoes may be worn, but please be advised that parts of the race will be on asphalt.

Section 5: Starting Time

The walk-around and race times will be sent out prior to the season.

Section 6: Governing Rules & Rule Modifications

6.1) Marshals and spotters will be placed around the course at various locations to check the arrival of competitors and will be identified. Runners are expected to know the course.

6.2) FAILURE to pass all the check points for any particular course will result in disqualification.

6.3) Students are not permitted to wear headphones during the GMAA Cross Country Run. Any student wearing headphones during the race will automatically be disqualified.

6.4) Only the runners that have been pre-registered will be eligible to participate. Schools will be charged for all registered runners.

Section 7: Official Distances and Team Scoring

7.1)

Division	Length	Length
Bantam Girls	3000m	3k
Bantam Boys	3000m	3k
Cadet Girls	4000m	4k
Cadet Boys	4000m	4k
Juvenile Girls	5000m	5k
Juvenile Boys	5000m	5k

7.2) Scoring: The top four runners for each juvenile team will score points for their team. The top five runners for each bantam and cadet team will score points for their team. The finish position of these runners will be added, and the winning team shall be the team scoring the least number of points.

7.3) Incomplete Teams: Points will not be totaled for teams with less than the required number of runners. However, the positions of a non-scoring member of a team shall be scored in computing the scores of other teams.

Section 8: Championships & Playoffs (see Rule XI Secondary Governing Rules)

8.1) Awards

Medals will be distributed to the top 3 runners and ribbons to places 4-10 in each category.

A championship banner will be awarded to the winning team in each category.

The top 6 runners on the 1st and 2nd place teams will receive medals. Schools will have the option to order additional medals for their team at the cost of the school.

8.2) Ties: If two or more competitors tie for any place, the points for the place concerned shall be an equal split of the total points for those places. In the event of a tie in team points, two banners will be handed out.

Section 9: Duties

9.1) Coaches responsibilities: Coaches will be assigned a duty as an official. Those not assigned should be available to help where needed.

9.2) Officials Required

1. Starter
2. Chief Timer
3. Finish Judges
4. Marshals & spotters- positioned at check points on the course.

A school not supplying their full complement of officials or helpers will be subject to a monetary fine of \$100.00.

Section 10: Provincials

Seven (7) competitors in each category will be eligible for the RSEQ Provincial Run. Coaches of schools that have students who qualify for the provincials must be prepared to attend the provincial cross country meet and meet required commitments. The GMAA will only send a team if at least one staff member volunteers to attend the provincial meet.

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