

## REGULATIONS

### (a) Team entries

Only runners who have chosen Cross Country as their Winter sport are eligible to contribute towards team placings and premiership points.

Competition is organised into the following divisions:

1. Boys Open
2. Boys Intermediate (Years 9 & 10)
3. Boys Junior (Years 7 & 8)
4. Girls Open

Boys may compete in their appropriate division, or in a higher age division providing the AGSV Event Manager has been notified prior to the start of the season, or prior to an individual event.

All girls will compete in the same race throughout the season (Girls Open).

\*Runners cannot compete in more than one division at an event.

### Registration process

Prior to the start of the season, AGSV will provide a link for schools to Register student runners via Race Result. Details will be provided. \*The link will close at 5pm on **Friday 19 April 2024**.

Schools to ONLY enter those who will run for their school in the Cross Country season.

Bibs to be distributed and collected by schools (refer (c) below).

**Schools wishing to make additions to their team list during the season** must use the 'Adding New Runners' link provided by the AGSV. This link will close at 4pm on the day prior to the upcoming event. Bib numbers automatically allocated by the Race Result system. Adding runners to the original list: schools to collect bibs for all new runners from the AGSV Event Manager 30 minutes prior to the start of the first event in a new round.

### (b) Boys running up a division

Schools must inform the AGSV of any student who intends to compete in five or more races in a division above the age group they are eligible to run in. As soon as informed, AGSV will alter a student's registration, so they are recognised in a higher aged division. Such runners are eligible for a medal in the higher division. \*Refer (j) and (i) ii.

**Registering a student to 'run up'** - A 'modify' link will be provided to allow coaches/staff to submit a request for a runner to run up a division.

\*This link will close at 4pm on the day prior to an event.

The AGSV will process this request and the runner is to present for the race in the Division above their usual division.

### (c) Bib numbers

- a. Allocation of Bibs** - accuracy of bib allocation is of paramount importance. Any runner wearing the wrong bib number will not register a result from Round 3 (refer j) ii.
- b. Lost Bibs** - bring to the attention of AGSV on or before event day. A new number and bib will be allocated.
- c. Collection of bibs** - once a student has completed their event they are to continue well beyond the finish chute. The finish line must be kept free of crowds. Once bibs have been collected from all runners, Coaches/staff to usher them away from the finish area so as not to interfere with upcoming events.

- d. **Coaches/Staff carrying bib sets** – as per above, please do not crowd the finish line and Coaches/staff are especially asked not to approach the finish area with bibs in your possession. These create a ‘false read’ which interferes with accuracy of recording of results.

**(d) Recreational runner category**

This category is only available to Open Y11-12 boys who do not wish to run the longer course. It is only relevant for teams who have sufficient numbers (ie. x5 runners or more) in the Open male Y11-12 division. Name/s and a bib number must be specified by a school prior to Round 1. Recreational runners will run in the Boys INTERMEDIATE event, however these runners will **not be eligible to compete for points**. Timing information including splits per/km will be listed in the weekly summary of results.

\*When a runner from the Recreational category is required by the school to compete for points or wants to return to compete for points in the Open Boys event, a school must advise the **AGSV Event Manager** ([events@agsvsport.com.au](mailto:events@agsvsport.com.au)) of the need to access a ‘modify’ link. This link will close at 4pm on the day prior to the upcoming event.

**(e) Invitational runners**

Students who did not choose Cross Country as their official winter team sport may run casually in a meet when the winter sport they have chosen has a bye. They enter a race as an ‘Invitational’ runner and **cannot compete for points**. They are not to be issued with a bib. Their finishing place will not be registered / recorded as part of the final results.

**(f) Runner identification**

Before each event, runners who are eligible to compete for points must be issued with their personalised bib. Bibs numbers are to match runner names as per the team list. The bib contains a dual chip which is linked to the electronic timing system. After their event, runners must return their bib with safety pins to their Team Manager for safekeeping. Bibs must be treated with utmost care (not scrunched or folded) to ensure they remain usable for the entire season.

**(g) Footwear and Dress**

Appropriate school sports uniform must be worn [refer (j) i.]. Spikes are permitted, but runners cannot compete bare footed.

**(h) Conduct: Coaches and Runners**

- i. Pacing by any non-competitor i.e. coach/staff/alumni in any event is, **strictly prohibited**.
- ii. Competitors not abiding by the rules will risk being disqualified from their event and will be reported to the Coach of Cross Country from the school concerned.
- iii. All competitors and coaches are fully expected to conduct themselves within spirit of the competition and in accordance with the [AGSV Standard of Behaviour](#)

**HOST SCHOOLS**

Schools who host a meet are required to allocate the following staff to assist with the event as requested by the AGSV (refer <https://www.agsvsport.com.au/wp-content/uploads/AGSV-Cross-Country-Guidelines-for-Host-Schools.pdf>).

This includes:

- i. **Official 1:** x1 Starter
- ii. **Official 2:** x1 assistant to the Event Manager at finish line area. Move on runners and staff who clog up the finish line. Assist with set up/pack up of timing equipment, monitor video recording equipment and tripod (provided).

- iii. **First aid attendants:** x2 medics (minimum) to be arranged and in attendance at each event: one at approximately the halfway mark out on the course (based at a checkpoint), the other at the finish line.
- iv. **Checkpoint Officials:** it is a requirement of the host school to arrange and position a sufficient amount of officials at various checkpoints around the course, such that runners are within view of an official at all times. **Each official must carry a First aid kit & mobile phone.**
- v. **Tortoise x2:** **required for the purpose of Child Safety/ runner wellbeing / injury management and completion of the course by the full field.** Remain at the rear of the pack (may use a bike).
  - **Person 1** assigned to Open & Junior race
  - **Person 2** assigned to Intermediate race (which could start while Open race is still in progress) and Girls race.
- vi. **Finish Line set up to include:**
  1. Canopy with attachable side curtains (if wet)
  2. Cordoned off area (ensures sensor mat is not triggered by spare bibs)
  3. Trestle table/s
  4. 2 chairs
  5. Access to power (power board and extension lead)
  6. Clear line of sight to the start line

## (i) Race distances & Start times

Events	Distance	Start Time
BOYS OPEN (Yr 11/12)	5 - 7 km's	Sat 9:00am / Fri 3.45pm
BOYS INTERMEDIATE Yr 9/10	4 - 5 km's	Sat 9:25am / Fri 4.10pm
BOYS JUNIOR Yr 7/8	3 - 4 km's	Sat 9:50am / Fri 4.30pm
GIRLS OPEN	3 - 4 km's	Sat 9:55am / Fri 4.35pm

## (j) Team Results

- i. **UNIFORM:** Schools are to stipulate and ensure all students compete in their Cross Country uniform as designated by the school before the start of the season. Coaches are responsible for ensuring uniformity is consistent amongst their competitors. A competitor who does not compete in the designated uniform will risk having their place removed from the register i.e. will not score points for that particular round.
- ii. **Scoring (teams)**  
**BOYS** - the first five (5) runners to finish from each school in each event score points. Team members' individual places are added together. Team scores will be ranked from 1 to 9 in each event, with points allocated accordingly (9 points for first, down to 1 point for ninth). Where a school/s fails to have five (5) runners finish a race in a particular division (and provided at least one runner from that school finishes a race) that school/s will be placed progressively behind other schools who had sufficient runners complete the course.

Where a school has no runners in a division, it will score no points. The sum of points from each division will determine the overall placings for the round with premiership points awarded accordingly.

**GIRLS** – the first five (5) runners to finish from each school will score points. Team members' individual places are added together. Team scores will be ranked from 1 to 6 in each event, with points allocated accordingly (6 premiership points for first, down to 1 point for sixth). Where a school/s fails to have five (5) runners finish the race (and provided at least one runner from that school finishes the race) that school/s will be placed progressively behind other schools who had five (5) runners complete the course.

Where a school has no runners, it will score no points. The sum of points from each division will determine the overall placings for the round with premiership points awarded accordingly.

### iii. **Rankings**

The five best performances / placings count towards the overall season rankings.

#### **Note**

The final placing of team/s who do not meet the above qualifying criteria will be ordered/separated according to the following:

- i. A team that does not meet the qualifying criteria outlined above will be automatically relegated in the order of placings for a particular round
- ii. Where more than one team fails to meet the qualifying criteria, separations will be made according to the team with the least number of runners missing
- iii. Teams that have the same number of runners missing will be separated according to points.

\*From Round 3, any runner not wearing their allocated bib, or running in a division outside of their age group without notification will not have their performance recorded in that particular round.

### (k) **Medals**

A presentation will be held immediately after the final round, with Premiership trophies awarded to the winning teams and individual medals awarded to the top three placegetters in each division. An Overall Champion - one boys and one girls – will also be awarded. Where there is a tie in the overall top three runners, placings will be awarded as per the following example: two runners who tie for first will both receive a gold medal, the third placed runner receives a bronze medal.

#### **Eligibility criteria**

**BOYS** – a runner must compete in a minimum of five (5) races in the season according to the division aligned to their age group to be in contention for a medal.

The following categories will be on offer:

- Open Champion (Open division only)

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- Year 7: Gold-Silver-Bronze
  - Year 8: Gold-Silver-Bronze
  - Year 9: Gold-Silver-Bronze
  - Year 10: Gold-Silver-Bronze
  - Year 11: Gold-Silver-Bronze
  - Year 12: Gold-Silver-Bronze

**GIRLS** - a runner must compete in a minimum of five (5) races in the season to be in contention for a medal. The following categories will be on offer:

- Open Champion
- Junior (Yr 7/8): Gold-Silver-Bronze
- Intermediate (Yr 9/10): Gold-Silver-Bronze
- Open (Yr 11/12): Gold-Silver-Bronze

**(l) Premierships**

**BOYS** – the premiership will be awarded to the school with the highest total of premiership points accumulated from all rounds in AGSV season. Where two schools are equal on premiership points, the school with the higher weekly aggregate points score will be placed higher.

**GIRLS** - the premiership will be awarded to the school with the highest total of premiership points accumulated from all rounds in AGSV season.

Where two or more schools are equal on premiership points, the following countback process will be used to separate:

- 1) team/s who were highest placed (premiership points won) by round on the most occasions will be placed higher on the ladder
- 2) if still equal, separate again according to 1), round by round over the season
- 3) if this fails to separate, the position on the ladder will be shared, including the Premiership”.

**(m) Selection of Representative teams**

**BOYS** - to be considered for AGSV selection, a runner must have competed in a minimum of five (5) events. Selection of the AGSV Representative team will be considered according to performances showing in the Individual Tally – Open division at the end of the season.

Intermediate runners can challenge Open division runners in round 6 and/or 7 to be considered for selection. Where separation for the final team is unclear, a delegation from the AGSV Sports Coordinators’ committee (with input from a coach) will conduct an independent meeting to finalise the team.

**GIRLS** - to be considered for AGSV selection, a runner must have competed in a minimum of five (5) events. Selection of the AGSV Representative team will be considered according to performances from the Individual Tally at the end of the season. Where separation isn’t possible according to ranking, a delegation from the AGSV Sports Coordinators’ committee (with input from a coach) will conduct an independent meeting to finalise the team.

**Troy Rowe & Emma Carney**

AGSV Events

March 2024