

# CROSS COUNTRY





# INTER-COLLEGIATE CROSS-COUNTRY RULES

last amended 22/03/2021 by M.Goldsmith

Cross-Country will be conducted according to the rules of the IAAF, with specific ICSC exceptions listed below.

## 1. PARTICIPATION

- 1.1 The carnival is comprised of two individual events contested independently:
  - Female 5000m Cross-Country Race
  - Male 5000m Cross-Country Race
- 1.2 A single college may be represented by a minimum of 5 and a maximum of 7 athletes in each race. Non-complicit teams will result in disqualification of the college from the carnival.
- 1.3 Each college may only be represented by registered members of the college. Per ICSC rules, a maximum of 2 athletes in total (i.e., male + female) may be non-residential members of the college.
- 1.4 Any non-binary athletes are encouraged to participate in the event most appropriate for them.
- 1.5 Colleges are required to submit the names of the athletes competing in each race no less than seven days prior to the event date.
- 1.6 Colleges are permitted to substitute any submitted athlete to another eligible athlete up to 30 minutes before the scheduled start of the race. This can be done at the event site.
- 1.7 Competing athletes must wear uniforms with the colour corresponding to their college. Branded college attire is encouraged.
- 1.8 The use of GPS watches is permitted. All athletes must have enclosed footwear, there are no further restrictions on footwear.
- 1.9 Each competing college will be required to provide one volunteer official to supplement the qualified officials, as determined by the Host. These officials will be required to act as judges, timekeepers and/or marshals. The Host shall provide officials to record results. Volunteers must arrive no later than

30 minutes prior to the commencement of the first race.

## 2. LOGISTICS

- 2.1 The event will be held on a Wednesday morning beginning at 8:00am.
- 2.2 The Male race shall commence at 8:00am sharp. The Female race shall commence at 8:30am sharp.
- 2.3 A 30-minute time cap may be enforced at the discretion of the event organisers for both male and female races. Finishers after this time are not guaranteed to have their result recorded or scored.
- 2.4 The event will be conducted in its entirety around Princes Park.
- 2.5 The actual running course is identical to the Parkville Parkrun Course. A course map is available here: [www.parkrun.com.au/parkville/course/](http://www.parkrun.com.au/parkville/course/). The start/finish point is the footpath at the Southern end of IKON Park (adjacent to the tennis courts).
- 2.6 The course will be marked with marshals and cones, but athletes should be aware the course is circular. It is not expected that direction will be a concern.

## 3. THE START

- 3.1 Athletes must confirm their intention to compete no later than 30 minutes prior to the scheduled start time. This can be done by ticking their name off with a course marshal at the start line at least 30 minutes prior to the scheduled start time.
- 3.2 The final call for the start will be three minutes prior to the scheduled start time. Athletes must report to the start line at this time; race start times will not be held for athletes running late.
- 3.3 Colleges are required to line up in single file lines behind the start line. Each college will have one

## CONTACTS

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athlete standing on the start line, and the remaining athletes creating a single file line back from the start.

- 3.4 Athletes will be permitted to start the race late, but no handicap will be applied to their finishing position or time. They are subject to Rule 2.3 based on the race start time.

## 4. THE RACE

- 4.1 Athletes must cover the course in its entirety and comply with the instructions of all course officials during the race. Athletes who are distracted (e.g. listening to music) and fail to comply with instructions will be disqualified.
- 4.2 Any athlete who intentionally reduces their running distance (e.g. by cutting the course, ignoring cones etc) will be disqualified. Further, the college the offending athlete is representing, will also be disqualified from the carnival.
- 4.3 Any athlete who unintentionally reduces their running distance (e.g. taking a wrong turn) may be disqualified at the discretion of the event organisers.
- 4.4 Any athlete who intentionally makes harmful contact with another athlete, or excessively impinges upon their running, will be disqualified. Depending on the severity of the offence, the college the athlete represents may also be disqualified at the discretion of the event organisers.

## 5. SCORING

- 5.1 Athletes will be scored based on their finishing position within their individual race. Each athlete will receive their finishing position as their score (e.g. the 1st place athlete receives a score of 1). Times will be taken, but will not factor into event scoring.
- 5.2 Only the top five athletes from each college will count toward the overall college score in each event. Note that the 6th and 7th placed athletes (non-scoring athletes) for a college are still relevant, as they may increase the scores attained by scoring athletes of other colleges.
- 5.3 The college with the lowest aggregate score of their top five athletes will be declared the winner of each individual race, and subsequent rankings determined identically.
- 5.4 The college with the lowest aggregate score of their top five male and top five female athletes will be declared the winner of the carnival, and subsequent rankings determined identically.

## 6. DISPUTES

- 6.1 Any disqualified athlete will be notified of the decision the day of the competition with the reason for their disqualification. Only in exceptional circumstances may a disqualification be imposed days after the event.
- 6.2 Any athlete/college wishing to dispute a decision of an official must do so in writing on the day the disqualification is declared. No protests will be accepted after this time.
- 6.3 Event organisers reserve the right to disqualify any athlete for any breach of these rules, or for competing in such a way that goes against the spirit of inter-collegiate sport.

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