

ESAA English Schools'

Cross Country Schools' Cup Competition Rules

(as in ESAA handbook)

General

5. **Team management** - Teams shall be under the management and control of Team Stewards who must be qualified teachers.

6. Failure to comply with Rule 5 may render a team liable to disqualification.

9. **Drug abuse** - The use of drugs to enhance performance before or during competitions is forbidden and anti doping tests may be carried out at any ESAA event.

10. **Officials** - Officials for Championships and Cup Competition Finals shall be appointed by the ESAA through its appropriate committee.

11. **Protests** –

(a) Any protest or objection by a competitor or team against the conduct or placing of another competitor or team in any competition or relating to any matter which may develop during the carrying out of the programme shall be made to the appropriate referee by an authorised team steward within 60 minutes of the official announcement of the result. The decision of the referee shall be final and shall be announced immediately.

(b) Any other protest concerning eligibility or qualification to compete should be made in writing to the Hon. Secretary ESAA within seven days of the event.

Cross Country Schools' Cup Competition

73. The Cup Final shall normally be held annually on the first Saturday in December.

74. **Ages** - The age groups for the competition shall be:

Junior : 12 years and under 14 years (years 7 & 8)

Intermediate : 14 years and under 16 years (years 9 & 10)

Ages as at 31st August at the end of the school year in which the competition takes place.

75. **Entries**

The competition is for individual school teams only.

Only one team per school may be entered in each age group.

Entries from schools must be completed online by 15th June in the year of the competition. The relevant contributions per team must be received by the Cross Country Cup Coordinator within 10 days of the closing date for entries. The rate of contributions per team shall be determined by the General Committee. Should a school subsequently withdraw a team from the competition the entry contribution is still liable to be paid and the entry contribution will not be refunded.

The entry form must indicate the willingness or otherwise of the school to act as host for meetings prior to the Final. No late or amended entries will be accepted after the closing date.

The Cross Country Committee reserves the right to refuse entries from schools in any area where no school has expressed willingness to act as host.

For each match, entered schools must declare their teams online, where details must be entered of at least four but not more than six pupils who will make up the team. Team lists must be printed, signed by the teacher in charge, and handed to the race organiser at least half an hour before the start of the first race of the meeting.

For the final each team shall make up to twelve nominations online, from which they declare a maximum of six, but not less than four runners, on the day. These nominations are to be made within five days following the Regional Final.

Any team fielding an ineligible runner shall be disqualified.

76. Distances -The length of the course in all rounds shall be:-

	Approximate Distances	Recommended time for race winners
Junior Boys :	2,500 - 3,000 metres	10 minutes
Inter Boys :	4,000 - 4,500 metres	15 minutes
Junior Girls :	2,000 - 2,500 metres	9 minutes
Inter Girls :	2,500 - 3,000 metres	10 minutes

The severity of the course shall be considered when determining the distance within the above limits.

There should be at least 100m straight run in to the finish line.

The course should be clearly marked, free from dangerous hazards, with an unhindered run of an appropriate length to the finish.

77. The Competition

The Competition shall be run in three stages, as follows:

- A Preliminary Round to take place in October, preferably midweek, at 'host' schools within reasonable travelling distance of visiting schools.
- A Regional Round to take place on the second Saturday in November. The matches to take place at 'host' schools in approximately eight Regions, the number and definition of these Regions to be decided by the Cross Country Committee in the light of the annual entry.
- A Final - all arrangements for the Final Round shall be the responsibility of the Cross Country Committee.

A minimum of two schools shall proceed from each match in the competition to the following round.

78. Scoring

At the conclusion of each match, the official Judges shall decide the respective places of the scoring competitors of each school team, add these together, and the team having the lowest aggregate shall be declared the winning team.

The leading four runners in each team shall be scoring competitors and, in the event of aggregate scores being equal, the winning team shall be that whose last scoring runner finished nearer to first place.

79. Officials

For First and Regional Round matches it is advisable that the following officials be appointed: Referee, Judge, Recorder, Funnel Controller, Disc Distributor, Starter and Declaration Steward.

Visiting schools may be asked to assist with the provision of officials.

The duties of Officials shall be in accordance with the recommendation of the English Schools' Athletic Association.

80. Travel

The Management Committee may, in its absolute discretion, make grants towards the travel expenses of schools travelling to Regional and Cup Finals.