

# Qld Athletics

## Cross Country Competition Rules

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| ▪ All Schools & Short Course Championship Rules | Under Review |
| ▪ Cross Country Relay Championship Rules        | Under Review |
| ▪ Cross Country Brisbane Series Rules           | Under Review |

All competitions will be conducted under the rules of World Athletics (WA) with any modifications approved by Queensland Athletics and Athletics Australia as permitted under **World Athletics Rule TR1**.

### **GENERAL CROSS COUNTRY RULES**

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*The General Rules apply to all Queensland Athletics competitions except where varied in the specific rules of a particular competition.*

#### **1. ELIGIBILITY TO COMPETE**

Athletes must be currently registered with Queensland Athletics/Qrun under one of the following membership categories.

- Platinum Membership
- Gold Membership
- Base Membership
- Qrun Recreational Running Membership

Unregistered athletes are NOT permitted to compete.

Athletes registered through Athletics North Queensland (ANQ) or Athletics Australia (through another State Association) are eligible to compete (ANQ athletes pay Gold level entry, other states pay Base level entry). Athletes registered overseas may also compete provided relevant clearance has been provided by their National Association.

#### **2. MINIMUM AGE**

Qld Athletics allows athletes from 6 years of age to participate in our competition.

#### **3. UNIFORM**

Whilst there is no specific uniform rule within Queensland, we strongly encourage the wearing of club or school apparel. Athletes in the competition area (including medal presentation) must always be fully attired (no removing shirts after finishing a race, etc). World Athletics advertising rules must be adhered to as appropriate (see **C7.2 Marketing & Advertising Regulations**).

#### **4. COMPETITION NUMBERS**

All competitors will be provided with a bib (championship bibs may contain a timing chip) and this must be attached to the front of the athlete with 4 pins.

#### **5. FOOTWEAR / SHOES**

Under 20 & Open athletes are subject to the **World Athletics Shoes Regulations TR5**. It is the athlete's responsibility to ensure their footwear are permitted in accordance with the current Approved Shoe List as it is regularly revised on the World Athletics website.

#### **6. AGE GROUP ELIGIBILITY**

Athletes should compete in their correct age group subject to age limitations. Athletes can only be selected in the age group they compete in. Note: Athletes may only compete once in an event or similar event on any one day of competition.

## 7. EVENT AGE LIMITATIONS

The following minimum ages apply to specific events. Age is taken as at 31 December in the year the competition is conducted. Athletes must be turning 16 years old in the year of competition to run more than 5km.

### Championship

- U7 – U10 Girls: 1km
- U11 Girls: 2km
- U12 – U14 Girls: 3km
- U15 – U18 Girls: 4km
- Under 20 Women: 6km
- Open Women: 10km
- Masters Women 6km\*\*
  
- U7 – U10 Boys: 1km
- U11 Boys: 2km
- U12 – U14 Boys: 3km
- U15 – U16 Boys: 4km
- U17 – U18 Boys: 6km
- U20 Men: 8km
- Open Men: 10km
- Masters Men 30-69 8km\*
- Masters Men 70+ 6km\*

\* Masters Medals awarded in 10 year age groups (30-39, 40-49, 50-59, 60-69, 70-79, 80+)

### Multi-Class

- 10 – 12 years (Girls & Boys): 2km
- 13 – 19 years (Girls & Boys): 3km
- Open Women & Men: 3km

## 8. PROTESTS & APPEALS

Protests and appeals concerning the eligibility of athletes to compete or concerning the result or conduct of any event must be made in accordance with **World Athletics Rule TR8**, except that in the case of appeals to the Jury of Appeal the accompanying deposit shall be **AUD\$100**.

## 10. EVENT ENTRY

Entry to events is by submitting an entry on the approved entry system for the relevant competition. No event will be delayed because an athlete has not submitted an entry by the closing time for entries. Entries may be rejected at the discretion of the Competition Manager if they do not contain all information requested or are illegible.

## 12. EVENT STARTING TIMES

Events shall start at the scheduled starting time and shall not be delayed for athletes who are missing. No event shall commence significantly earlier than the advertised time, unless all entered athletes are present and in agreement.

## 19. COMPETITION AREA

Safety is of primary importance, particularly in the competition area. The only persons permitted in the competition area are Technical Officials, athletes competing in current events, accredited medical personnel and other persons specifically approved by the Competition Director, including media, venue personnel and the like.

Coaches, non-competing athletes, spectators and non-accredited personnel are not permitted to enter the competition area at any time during competition without the express approval of the Competition Director. Should such unauthorised incursions occur the Competition shall cause competition to cease until all such persons have vacated the competition area.

Competitors making their way to event sites and start lines must not cross the course where possible but must move around the outside of the course for safety reasons.

Competitors are not to warm up on the competition course once competition has started.

## **20. PARA-ATHLETES/MULTI-CLASS (ATHLETES WITH A DISABILITY)**

Para-athletes are eligible to compete in Queensland Athletics competitions in accordance with rule 1.

## **21. DELAY OR CANCELLATION OF COMPETITION**

Competition may be delayed or cancelled by the Competition Director in consultation with the Track Referee and/or event organiser.

## **24. GENERAL CONDUCT**

As with all sports and participatory events there is an expectation that everyone competes and treats each other fairly and courteously. As such, swearing and any display of bad sportsmanship will not be tolerated. Athletes, coaches or parents who contravene this rule will be issued with a warning by a Yellow Card or exclusion from the competition by a Red Card.

## **25. INFRINGEMENTS**

The following shall be subject to disqualification:

- Leaving the marked course, thus shortening the distance run (cutting corners) – **TR56.9**
  - Pushing, obstructing, or jostling another competitor so as to impede his/her progress – **TR17.2.2**
  - Pacing of competitors (including running alongside the course) – **TR6.3.1**
  - The use of electronic devices – **TR6.3.2**
  - Receiving physical support from another athlete – other than helping to recover to a standing position – that assists in making forward progression in the race – **TR6.3.6**
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