

## Small Schools Athletics Federation (SSAF)

### Technical Guidelines

### *U20 Cross Country*

Feb. 2024

#### ***General Rules***

- (1) Race distances are as follows:
  - a) U16 Boys' & U16 Girls' approx. 3000-3500 m
  - b) U20 Boys' & U20 Girls' approx. 3500-4000 m
- (2) Runners will receive race number to identify them at the finish line.
- (3) Maps will be included in the race invitation and course description.
- (4) Each participating team MUST provide one official/marshal.  
Marshals
  - a) Each race MUST have an adult/senior student rabbit and sweeper.
  - b) A cell phone and walkie-talkies should be available for race hosts.
  - c) Marshals will be placed at important places throughout the course. The marshals should be in pairs (with bright coloured pinneys) in case one must leave to assist a competitor.
  - d) An official panel of judges (3) will be drawn from the host school and selected visitors to adjudicate disputes – decisions will be made by majority vote.
- (5) Start area:
  - a) Make sure there are clear signs directing the schools to the start area.
  - b) The start line will measure 70-80m wide, and will remain that way for approximately the first 100m of the race.
  - c) When space is tight on the starting line each school is allowed a maximum of 2 runners on the line, with all other teammates behind them.
- (6) Finish area:
  - a) The finish chute should be at least 7m wide, and remain that way for at least 10 m.
  - b) After 10 m the chute will be narrowed to prevent passing.
  - c) There will be 2 finish judges, and 3-4 people taking stickers, depending on the size of the meet. There will also be officials in the chute to control the order of finish, and provide assistance if needed.
- (7) In order for a race (age division) to be awarded a banner, there must be at least 4 different schools participating in that particular race. Each individual school must have at least 3 runners in a particular race in order to be eligible for that banner.
- (8) AWARDS:  
Top 10 in each division= placement ribbon  
Top 3 in each division= placement ribbon and a medallion

Banners- based on top 3 runners from your school (You must have 3 in your division to qualify for a banner)  
Banner for each division and gender.

#### ***Team Responsibilities***

- (1) All teams must complete the SSAF eligibility sheet and fax or email it to the convenor within the specified time frame.
- (2) Each participating team MUST provide one official/marshal.
- (3) Coaches must ensure all students know their times.
- (4) All athletes must wear school shirts with school name clearly identifiable, or face possible disqualification.
- (5) All parents and spectators are to remain behind the boundaries throughout the course so as not to interfere with the runners.