



QUEENSLAND GIRLS
Secondary Schools
Sports Association

WORKBOOK

Cross Country

Updated 17 November 2023

Queensland Girls Secondary Schools Sports Association Inc
PO Box 586 Cannon Hill QLD 4170 | admin@qgsssa.com.au | www.qgsssa.com.au

Established 1908 - Performance, Participation, Tradition & Innovation

CROSS COUNTRY

1 ELIGIBILITY

1.1 Each school may be represented by a maximum of fifteen (15) tagged competitors in each event. The first five placings from each school will score points.

1.2

1.2.1 Ages will be: Open Multiclass
 17 and Over
 16 years
 15 years
 14 years
 13 years
 12 and Under

1.2.2 A competitor may compete only in her own age group

2 EVENTS

3000 metres 12 years & under
 13 years
 14 years
 15 years
 16 years
 17 years & over
 Open Multiclass

3 POINTS AND PLACES

- 3.1 A place will be awarded to every competitor issued with a micro-chip who completes the event.
- 3.2 Every competitor issued with a micro-chip who completes the event will allocated points that correspond to their place at the finish of the race.
- 3.3 While micro-chips are used to rank competitors, extra runners without micro-chips will be allowed to run.
- 3.4 The school that accumulates the least number of points from the places gained by their first five runners will be declared the winner in that age group.
- 3.5 A school without five competitors completing the course will be given 151 points for each non-finishing competitor / non participant.
- 3.6 In the case of a tie on points for the Age division pennant, the team whose last scoring member finishes nearest to first place will be the winning team.

EXCEPTION: schools are permitted to tie for age group positions in Open Multiclass Age ladder. Schools will be awarded the following points for the Open Multiclass Age ladder for the aggregate: first to tenth: 10, 9.5, 9, 8.5, 8, 7.5, 7, 6.5, 6, 5.5.

4 SCHOOL NUMBERS

4.1 School numbers, a minimum of 12cm, must be worn on the front of shirts by all competitors.

5 TROPHIES AND PENNANTS

5.1 A pennant will be awarded to the winning school in each age group.

- 5.2 The Association Cup and a pennant will be awarded to the overall winning school.
- 5.3 The Joan Benson Percentage Shield - Calculated on a percentage points basis where the total amount of points scored in the seven age divisions is divided by the total female secondary enrolment. Where a school's total population is less than 550 students, a value of 550 students will be used for the title calculation. The winner of the aggregate trophy is not eligible.

6 OFFICIALS

- 6.1 Each school should supply officials as requested by the Executive Officer.
- 6.2 Officials must report together 45 minutes prior to the start.

7 TEAM ENTRIES

- 7.1 Refer to By-Law 5.15 and 5.16
- 7.2 Emergency team changes on the day must be in the hands of the Executive Officer together with a Medical Certificate or a letter signed by the School Principal or his/her designated adult schools representative, 30 minutes prior to the event.

8 PROTESTS

Refer By-Law 8

9 RULES

- 9.1 The IAAF Handbook is to be used unless modified to suit the needs of the Association.
- 9.2 Competitors must report to the marshals 10 minutes before the start of their race.
- 9.3 Competitors must run between the flags with the red on the left and the white on the right. Yellow markers indicate turns. Markers must be visible from the previous marker.
- 9.4 Competitors failing to follow the course may be disqualified. If a runner leaves the course they must re-enter where they left.
- 9.5 At the finish, competitors should follow the chute before exiting the area.

10 DRESS

- 10.1 Each school will determine the uniform to be worn by their athletes.
- 10.2 Athletes are to wear the official school association number on their uniform as well as the allocated competition number bib on the front of the uniform.
- 10.3 Footwear
- Athletes must not compete in bare feet.
 - Footwear must be worn by all athletes and must comply with World Athletics Rule 143.
 - Shoes with or without spikes may be worn across all events.
 - The surface conditions of the running course should be considered when making a decision concerning the use of spikes.

11 STARTING LINE POSITIONS

Starting line position is determined on a rotational basis of two positions forward each year for each age group. Eg: Position 1 in any year becomes Position 3 the next year. The start line must be straight with the barriers numbered from the inside lane (on the right) as barrier one (1) to the outside lane on the left as barrier ten (10). This is as the runner stands on the start line looking down the course.

12 MARCH PAST

At the completion of the carnival, the teams will march in seating order to the designated area for the presentation of trophies and pennants.

13 BARRACKING

No mechanical devices or musical instruments will be permitted.