

CROSS-COUNTRY

TECHNICAL RULES AND
REGULATIONS



2024



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TECHNICAL RULES AND REGULATIONS

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GENERAL

The purpose of the “ISF Cross-Country Technical Rules and Regulations” is to provide standardized rules and regulations for Cross-Country competition. This document is set up by the ISF Statutes, the ISF Sport Policy, the ISF General Competition Regulations and the World Athletics rules and regulation (WA).

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Cross-country events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

1.GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and World Athletics technical rules under the direction of the ISF Technical Commission of Cross-Country. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF Cross-Country events are open to individuals.
- The competition is categorized as: boy categories, girl categories.

AGE CATEGORY

Year	U18* YEAR OF BIRTH	U15* YEAR OF BIRTH	U12* YEAR OF BIRTH
2024	2006-2007-2008*	2009-2010-2011*	2012-2013*



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2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation - mandatory
- Student athlete(s) - mandatory
- Team officials - mandatory
- Additional adults - optional
- Safeguarding officer - optional
- Young reporter - optional

HEAD OF DELEGATION (HOD)

- There is a mandatory amount of one (1) head of the delegation per registering delegation.
- The head of the delegation shall be the sole intermediary between the delegation and the Local Organising Committee, and the ISF.
- He/she may not combine the function with any other official role (i.e., coach, referee, etc.).

ATHLETES

- All student-athletes must be enrolled as full-time students at a school in the country in which they represent.
- All student-athletes must be attending schools that provide general education and/or vocational education incorporating segments of general education.
- Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.

The following are *not* eligible to participate:

- Attendees of vocational schools only attend a school as a complement to their vocational training and are not full-time students with a segment of general education.
- Students enrolled at schools that provide sports training without any general education.

TEAM OFFICIALS

- There is no limitation on a number of registered team officials per delegation per gender and age category.

COACHES

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- Each delegation shall enter a minimum of one (1) coach per gender.



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OTHER TEAM OFFICIALS

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

SAFEGUARDING OFFICER

The role of the safeguarding officer is to provide support to the delegation in any situation related to safety.

YOUNG REPORTER

Each delegation may bring additional young students who will take the role of a young reporter during the ISF event.



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3. SPORT PROGRAM

EVENTS

Format: Individual competition/Teams ranking

Boys/Girls

U12:

Boys: U12 Category: 1.000 – 1200m

Girls: U12 Category: 1.000 – 1200m

U15:

Boys: U15 Category: 3.000 - 3.500m

Girls: U15 Category: 2.000 - 2.500m

U18:

Boys: U15 Category: 5.000 - 5.500m

Girls: U15 Category: 3.000 - 3.500m

4. TECHNICAL RULES

THE EVENTS AND THE COURSE

- The length of the course should be:

Girls:

U12 Category: 1.000 – 1200m

U15 Category: 2.000 - 2.5000m

U18 Category: 3.000 - 3.500m

Boys:

U12 Category: 1.000 – 1200m

U15 Category: 3.000 - 3.5000m

U18 Category: 5.000 - 5.500m

- Each country can register as many athletes as it wants per category and per event;
- The narrowest part of the course must not be less than 4 m.
- If laps are used then the maximum number of laps is as follows
 - Girls: maximum 2 laps
 - Boys: maximum 3 laps
- A course with good spectator viewing would be helpful, but, the spectators must be kept well clear of the finish and presentation area.
- The course must be well marked with tapes on both sides and judges placed at strategic points
- At the start there must be a clear straight run of at least 200m before we have a bend.

COMPOSITION OF TEAM

Each country has one team. All participants registered with their delegation represent the country/region within which their school is located in.



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START AND FINISH

Call Up

A call up area must be provided near to the start and call up times published. e.g.

The Start

- Start pens must be provided 1m wide and 3m long using ropes and stakes.
- One start pen to be provided for each country entered.
- Each country will be allocated a start pen for each race by lot.
- The whole of the start area must be roped off to exclude spectators and coaches.

The Finish

- This should be clearly marked and include at least two funnels, depending upon the number of Countries entered, 1m wide and 20 m long with a 15m area behind. (If electronic chips are used there should be no need for funnels).
- The whole of the finish area must be roped off to exclude spectators and coaches.
- The electronic chips can be used for ranking and time keeping.
- It is advisable to use also video recording of finish line at the end of each race.

COMPETITORS NUMBERS (BIB NUMBERS)

Numbers to be allocated to each Country in English alphabetical order e.g. Austria 1 – 6, Belgium 7 – 12, Canada 13 – 18, etc.

- Each competitor will be assigned his/her own number and provided with 4 numbers to be worn front and back on warmup clothing and front and back on running kit.
- Boys and girls will have different coloured numbers.
- Chip system for referring of races, start bibs in different colour for each gender (B-G), containers (boxes, bags) provided at start and end to collect warm up kits, etc. and to have them available at finish

IDENTIFICATION OF COMPETITORS AND TEAMS

- Starting numbers shall be prepared separately for each category (six series). They can be given to coaches (preferably) at the Technical Meeting or distributed in the Call-Room (on production of an ID card of each runner).
- Arrangement of provisional results shall be prepared as follows:

Individuals in Country Teams

INDIVIDUAL CLASSIFICATION

- The first three placed and classified in each event in each category will be considered the winners and will be awarded with Gold, Silver and Bronze medals;



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TEAM CLASSIFICATION

- Four best runners from every registered country will score for the team ranking;
- The team with the lowest total score will be the winner.
- In the case of 2 or more teams scoring the same number of points the winning team will be the one with the best fourth placed runner.
- Teams will be classified separately (U12 - U15 - 18).

FRIENDSHIP RELAY

Friendship relay is the fun event, but it is essential that change-over area is well roped off, so that it is kept clear of spectators, coaches, etc. and visibility is good.

- This is a relay in which teams are formed of mixed sex and mixed nationality. The teams take part in a relay event with legs of about 300-500 m. It should be held in a public place (known as a historical, cultural, touristic, geographic or other place of particular importance) so that the local population can recognize the friendship among pupils of different nations.
- All competitors are expected to take part. In addition teams of coaches, organisers and officials are welcome to participate.
- Special starting cards are needed for Friendship Relay (e.g. letters from A to Z and numbers from 1 to 20).
- As a relay baton something special can be used (e.g. typical for an area).
- No medals, no prizes, this event is for friendship and for enjoyment.
- With security in mind – containers (boxes or plastic bags) should be provided at the start for each country to enable coaches to collect warm up kit, etc. from the competitors and have it available at the finish.
- The presence of police is advisable, especially if road traffic is adjacent to the course, but, also for security purposes

RESULTS

- Computer operators should be present to produce the results. It is required that 1st, 2nd, and 3rd individual results very quickly in order to make presentations at the venue of competition immediately after each race.
- The official Results Booklet should be produced so it could be handed to Heads of Delegations either in the evening of competition or – at least – during the Victory Ceremony (1 copy for each team entered plus 1 for the Head of Delegation – for full delegation 5 copies).
- The final results will be published on the web Page in PDF format.



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5. DRAW PROCEDURE

- The start order of countries will be draw by Technical Commission.

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.

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