

ESAA RULES 2019

Cross Country Schools' Cup Competition Rules

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

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

- i. Junior 12 years and under 14 years (Years 7 & 8)
- ii. Intermediate 14 years and under 16 years (Years 9 & 10)
Ages as at 31st August in the school year in which the competition takes place.

21. Entries.

- i. This competition is for individual school teams only.
- ii. Only one team per school may be entered in each Competition.
- iii. Entries from schools must be completed by 15th June in the year of competition. The relevant contributions per team must be received by the Cross Country Cup coordinator within seven (7) days of the closing date for entries. The rate of contributions per team shall be determined by General Committee. Should a school subsequently withdraw a team from the competition the entry fee will not be refunded.
- iv. The entry form must indicate the willingness or otherwise of a school to act as host for meetings prior to the Final. No late or amended entries will be accepted after the closing date.
- v. The Winter Events Committee reserves the right to refuse entries from schools in any area where no school has expressed a willingness to act as a host.
- vi. For each match, schools should complete their team declarations online, with at least four (4), but not more than six (6) pupils to make up the team, at least a day before each match or earlier if requested to do so by the competition organiser. Reserves may be nominated online and only those nominated reserves may be substituted in the match.
- vii. The team declaration must be printed and a signed copy handed to the race organiser at least half an hour before the first race of the match. Any changes to the pre-declared team must be clearly marked on this copy.
- viii. For the Final each team shall make up to twelve (12) nominations, from which they declare a maximum of six (6), but not less than four runners, on the day. These nominations to be made within five (5) days following the Regional Final.
- ix. Any team fielding an ineligible runner shall be disqualified.

22. **Distances.** The length of the course in all rounds shall be:

Junior Boys:	2,500 – 3,000 metres
Intermediate Boys:	4,000 – 4,500 metres
Junior Girls:	2,000 – 2,500 metres
Intermediate Girls:	2,500 – 3,000 metres

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

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

23. The Competition.

- i. The competition shall be run in three stages:
 - (a) A First Round to take place in October, preferably mid-week, at “host” schools within reasonable travelling distance of the visiting schools.
 - (b) A Regional Round to take place on the second Saturday in November. The matches to take place at “host” schools in approximately eight(8) Regions, the number and definition of these Regions to be decide by the Winter Events Committee in the light of the annual entry.

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(c) The Cup Final. All arrangements for the Cup Final shall be the responsibility of the Winter Events Committee.

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

25. Scoring.

- i. At the conclusion of each match, the official judges shall decide the respective places of the scoring competitors of each school team and add these together. The team with the lowest aggregate shall be declared the winner.
- ii. The leading four runners in each team shall be the scoring competitors and, in the event of aggregate scores being equal, the winning team shall be that whose last scoring runner finished nearer to the first place.

26. Officials.

- i. For first and Regional Round matches it is advisable that the following officials be appointed:
Referee; Judge; recorder; Funnel Controller; Disc Distributor; Starter; Declaration Steward.
- ii. Visiting schools may be asked to assist with the provision of officials.
- iii. The duties of officials shall be in accordance with the recommendations of the ESAA.