



**SPECIFIC REGULATIONS  
2017-2018 CROSS-COUNTRY  
PROVINCIAL CHAMPIONSHIP**

**Note: In the event of any discrepancy between the French and English versions of these regulations, the French version shall prevail.**

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## 2017-2018 CROSS-COUNTRY

### **Article 1**    **Age Categories**

\*1.1

Category	Age in 2017-2018 season
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Elementary	Mosquito	From October 1, 2005 to September 30, 2007
Sec. 1 – 2	Bantam	From October 1, 2003 to September 30, 2005
Sec. 3 – 4	Midget	From October 1, 2001 to September 30, 2003
Sec. 5	Juvenile	From July 1, 1999 to September 30, 2001

### **Article 2**    **Composition of the Delegation**

2.1            The official delegation is composed of 21 GIRLS and 21 BOYS.

**This number is increased** by the Mosquito invitational category composed of 5 girls and 5 boys.

#### 2.2            **Support Personnel**

Coach/chaperone:	4
Delegation leader:	1
Chaperone assigned to the Mosquito category	1

#### 2.3            **Changes**

A maximum of four (4) changes (but not new entries) may be made during the accreditation period.

#### 2.4            **Substitutions**

Substitutions are not permitted during the championship.

A Regional RSEQ may append a list of sixteen (16) substitutes (2 per category/gender) to its official entries. Only athletes participating in the championship are permitted to check in at accreditation.

### **Article 3**    **Structure of the Event**

3.1            One (1) start per category and gender is permitted.

3.2            Competitors in the same category and of the same gender all start at the same time on the same line.

3.3            Consequently, there are eight (8) starts (4 categories x 2 genders)

3.4            All runners follow the same route and arrive at the same destination.

**Article 4**      **Distances per Category**

4.1

	<b>Boys</b>	<b>Girls</b>
<b>Juvenile</b>	6000 m	5000 m
<b>Midget</b>	4000 m	4000 m
<b>Bantam</b>	3000 m	3000 m
<b>Mosquito</b> (invitational)	2000 m	2000 m

**Article 5**      **Ranking**

5.1      The finishing rank of a Regional RSEQ’s top five (5) athletes in all of the categories (bantam, midget and juvenile) establishes the overall ranking. As to the mosquito category, the finishing rank of a Regional RSEQ’s first four (4) athletes determines the ranking for this category. This category is not counted in the regions’ overall ranking.

5.2      If a region does not have five (5) athletes at the finish line, it will receive a score equal to the total number of athletes who finish the race, plus one (1) point for each vacancy on the team.

5.3      Accordingly, the lowest number of points accumulated determines the first place ranking of the regions per event.

5.4      The regions’ total points accumulated per event determines their overall ranking.

**Article 6**      **Awards**

6.1      A commemorative banner is awarded to each athlete whose delegation has accumulated the lowest total number of points in the following categories:

- Mosquito girls
- Mosquito boys
- Bantam girls
- Bantam boys
- Midget girls
- Midget boys
- Juvenile girls
- Juvenile boys

6.2      Three (3) medals (gold, silver, bronze) are awarded per category/gender.

**Article 7**      **Identification**

7.1      Athletes must wear their race number in front so it is visible to officials during the race.

7.2 Athletes must check in at the starting line wearing their race number and accreditation bracelet. Any athlete who does not comply with this rule will be disqualified.

**Article 8 Tiebreaker Rule**

8.1 In the event two (2) or more Regional RSEQs finish tied in the overall rankings, the rank obtained by the best fifth place runner determines the position of these Regional RSEQs' ranking.

**Article 9 Official Timekeeping**

9.1 The organizing committee is in charge of the competition's official timekeeping.

**Article 10 Competition-Specific Regulations**

10.1 Access to the tracks is limited exclusively to "competing" officials and runners. No other person, including: coaches, "non-competing" athletes or spectators are permitted on the course between the first starting signal and the end of the last race.

10.2 A runner who takes the wrong path where alternate routes have been mapped out, will be disqualified from the competition.

10.3 Any runner who attempts to physically hinder another during the race will be automatically disqualified.

**Article 11 Course-Specific Regulations**

11.1 Spectators are allowed to access certain sectors along the course. These sectors, however, must be solidly cordoned off with at least one rope and supervised by security personnel.

11.2 Wood fences should be used to form the funnel to the finish line (rope fences can also be used for this purpose).

11.3 The mapped route will be designed to exclude very high obstacles, deep ditches, dangerous uphill or downhill paths, thick undergrowths and generally any obstructions that would augment the level of difficulty prescribed for the event. In races involving a large number of registered competitors, narrow paths or other obstacles that may hinder the runners in their race should be avoided in the first 500 meters.

**Article 12 Official Regulations in Use**

12.1 The Official Regulations in use are endorsed by the Fédération québécoise d'athlétisme.

12.2 RSEQ Sport-Specific Regulations take precedence over the Official Regulations.

12.3 The RSEQ High School Governing Rules must be respected.