



**SPECIFIC REGULATIONS**  
**2024-2025 DIVISION 3 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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**Note :** \*\* New article  
\* Modification to the article

(June 2024)

## 2024-2025 CROSS-COUNTRY

### **Article 1**    **Official Regulations in use**

- 1.1        The Official Regulations used are issued by the Fédération québécoise d'athlétisme (FQA).
- 1.2        Nevertheless, the following RSEQ Sport-Specific Regulations take precedence over the Official Regulations.
- 1.3        The RSEQ High School Governing Rules must be respected.

### **Article 2**    **Age Categories\***

<b>Category</b>	<b>Year of birth for 2024-2025 season</b>
<b>Mosquito</b>	<b>From October 1, 2012 to September 30, 2014</b>
<b>Bantam</b>	<b>From October 1, 2010 to September 30, 2012</b>
<b>Midget</b>	<b>From October 1, 2008 to September 30, 2010</b>
<b>Juvenile</b>	<b>From July 1, 2006 to September 30, 2008</b>

### **Article 3**    **Composition of the delegation**

- 3.1        The official delegation is composed of 42 student-athletes. The number of same-sex student-athletes may not exceed 23.

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

- 3.2        **Support personnel**

Coach/chaperone:	Minimum of 1 per 15 student-athletes
Coach/chaperone:	Maximum of 6

- 3.3        **Changes**

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

- 3.4        **Substitutions**

Substitutions are not permitted during the championship.

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

**Article 4**      **Structure of the event**

- 4.1            One (1) start per category and gender is permitted.
- 4.2            Student-athletes of the same category/sex all start at the same time on the same line.
- 4.3            Consequently, there are eight (8) starts (4 categories x 2 genders)
- 4.4            All student-athletes follow the same route and arrive at the same destination.

**Article 5**      **Distances per category**

<b>Category</b>	<b>Boys</b>	<b>Girls</b>
<b>Mosquito</b> (invitational)	2,000 m	2,000 m
<b>Bantam</b>	3,000 m	3,000 m
<b>Midget</b>	4,000 m	4,000 m
<b>Juvenile</b>	5,000 m	5,000 m

**Article 6**      **Ranking**

- 6.1            The finishing rank of a RSEQ regional association’s top five (5) athletes in all of the categories (bantam, midget and juvenile) establishes the overall ranking. For the mosquito category, the finishing rank of a RSEQ regional association’s first four (4) athletes determines the rank for this category. This category is not counted in the overall ranking of the regions.
- 6.2            If a region does not have five (5) student-athletes at the finish line, it will receive a score equal to the total number of student-athletes who finish the race, plus one (1) point for each vacancy on the team.
- 6.3            Accordingly, the lowest number of points accumulated determines the first-place ranking of the regions per event.
- 6.4            The total points accumulated per event of each of the RSEQ regional associations determines the overall ranking of the RSEQ regional associations.

**Article 7**      **Awards**

- 7.1            A banner is awarded to each student-athlete whose delegation has accumulated the lowest total number of points in each category.
- 7.2            Three (3) medals (gold, silver, bronze) are awarded per category/gender.

**Article 8**      **Permitted equipment**

Student-athletes must wear clothing identifying their RSEQ regional association, their bib, and their accreditation bracelet during the race.

**Article 9**      **Tiebreaker rule**

In the event two (2) or more RSEQ regional associations finish tied in the overall rankings, the rank obtained by the best fifth place student-athlete determines the position in the ranking of these RSEQ regional associations.

**Article 10**      **Official timekeeping**

The use of an electronic time-keeper is compulsory. The organizing committee is in charge of the competition's official timekeeping.

**Article 11**      **Competition-specific regulations**

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

11.2      A student-athlete who takes the wrong route where alternate routes have been mapped out, will be disqualified from the competition.

11.3      If someone physically supports a student-athlete during the race, that student-athlete will be automatically disqualified.

**Article 12**      **Course-specific regulations**

12.1      Spectators are allowed on the perimeters of certain sectors along the course. These sectors, however, must be solidly cordoned off with at least one rope and supervised by security personnel.

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

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