

SINGAPORE SCHOOLS SPORTS COUNCIL

58th NATIONAL INTER-SCHOOL CROSS COUNTRY CHAMPIONSHIPS 2017 WEDNESDAY, 22 MARCH 2017, BEDOK RESERVOIR PARK

RULES AND REGULATIONS

1. The Championships shall be run under the IAAF & SSSC General Rules and Regulations for Cross Country.

2. **DIVISIONS**

The Championships shall be run in the following 3 Divisions for Boys and Girls:

- a) **A Division** - 2 Jan 1997 – 31 Dec 1997
1 Jan 1998 – 31 Dec 1998
1 Jan 1999 – 31 Dec 1999
1 Jan 2000 – 31 Dec 2000
1 Jan 2001
- b) **B Division** - 2 Jan 2000 – 31 Dec 2000
1 Jan 2001 – 31 Dec 2001
1 Jan 2002 – 31 Dec 2002
1 Jan 2003
- c) **C Division** - 2 Jan 2003 – 31 Dec 2003
1 Jan 2004 – 31 Dec 2004
1 Jan 2005

Note:

- i. All eligible students in the Junior Colleges and Centralised Institute must compete in the 'A' Division.
- ii. Year 1 to Year 4 students in the Integrated Programme (i.e. Through-Train Programme and International Baccalaureate Programme) will compete in their respective age groups. Those in Year 5 (equivalent to JC 1) and year 6 (equivalent to JC 2) must compete in the 'A' Division.
- iii. All students in Secondary Schools not born in the stipulated year for the 'B' or 'C' Division must compete in the 'A' Division.
- iv. All students in the 'C' division will not be able to opt to represent the school in the 'B' Division, in all individual and team sports.

3. **ENTRIES**

3.1. Individual entries will be permitted and will be considered for individual positions only.

- 3.2. For team events, each school shall be allowed to submit **only one team per division**. Each team shall comprise of a maximum of 8 members **with up to 6 to run** and **only 4 finishers** will count for team placing.
- 3.3. Team placing will be determined by the accumulative score of the best 4 positions of runners who successfully finish the race.

4. INDIVIDUAL AND TEAM CHAMPIONSHIPS

- 4.1. At the end of the Meet, Individual and Team Champions shall be declared in each division.
- 4.2. The first 20 individuals and the first 4 teams in each division shall receive prizes. There shall be 8 prizes per team.
- 4.3. The Champion Team in each division will be awarded the Challenge Shield for Cross Country. In addition, the first 4 teams in each division will be awarded plaques.

5. SCORING

- 5.1. The first runner to finish shall score 1 point, the second runner shall score 2 points, the third runner shall score 3 points and so on. At the conclusion of the race, the **first 4** runners from a school having the lowest aggregate shall be declared the first winning team. The team's four runners, with the next lowest aggregate shall be declared the second winning team and so on.
- 5.2. In the event that a team has less than 4 finishers, the team will not be awarded any position.
- 5.3. In the event of a tie, it shall be resolved in favour of the team whose last scoring member finishes nearer the first place.

6. ASSISTANCE

- 6.1. No competitor is allowed to receive assistance such as pacing or refreshment from any person other than Championship Officials, during the progress of the races. Infringement of rules may lead to disqualification.

7. COMPETITON

- 7.1. Competitors must adhere strictly to the designated route and direction of run. Refer to Annex A (Route Map). Also refer to Annex B for instructions on the Line-up at the Start of each race.
- 7.2. The distance for the 'B' and 'A' Division Boys is **4.75 km** and for the 'C' Division Boys and for ALL the Girls Divisions the distance is **3.80 km**.

8. ATTIRE

- 8.1. All competitors must be in their school attire with the school badge, names or initials prominently displayed throughout the entire race.
- 8.2. **Suitable footwear without spikes is compulsory**. No competitor shall be permitted to run barefooted.

9. COMPETITOR'S TAGS AND NUMBERS

- 9.1. Only the Official number and/or electronic tags or chips issued by the Organising Committee shall be used and it is the responsibility of the competitors and the teachers in-charge to ensure that these are securely worn throughout the competition.
- 9.2. Competitors who start and/or finish the race without the official number and/or electronic tags or chips attached as instructed will be disqualified.
- 9.3. Schools must undertake to return, if required, all the electronic tags or chips issued to them at the designated Collection Centre before they leave the competition site after the event.
- 9.4. A charge will be levied on the school for each unreturned or for any replacement electronic tag or chip (if applicable).

10. REGISTRATION / BASELINE SAFETY ACKNOWLEDGEMENT FORM

- 10.1. Online registration can be done at <https://sssc.ereg.sg> from 13th Feb 2017 till 6th March 2017.
- 10.2. All Number tags must be collected on 20th March at PSOEB at Evans Road from 12 noon to 5 p.m. together with the submission of **the completed Baseline Safety Acknowledgement Form.**

11. REGISTRATION FEES

- 11.1. All MOE registered schools and member schools of the SSSC in 2017 do not have to pay participation fees.

12. REPORTING TIME AND AREA

- 12.1. All team must report to the marshalling area at least **30 minutes** before the scheduled start of the race.
- 12.2. Once the team has been cleared by the marshals, they are to remain in the marshalling area until starting time.
- 12.3. Any runner who does not present himself/herself at the start shall be deemed to have withdrawn from the race.

13. RESULTS AND PROTEST

- 13.1. Provisional results will be announced and posted at an indicated location.
- 13.2. Results will be finalised **20 minutes** after the posting.
- 13.3. Any protest to the result must be made by the teacher-in-charge **only**, to the Meet Manager who will be stationed at the Announcer's table, using the prescribed form **within this 20 minute period.** A protest fee of \$150.00 will be charged. If the protest is upheld, the protest fee will not be required. If it is overruled, the protest fee of \$150.00 will be deducted from the protesting school's account, via IFAAS.
- 13.4. The Protest Committee shall comprise of the National and Zone Convenors, Advisor, Meet Manager and Referee.

14. INCLEMENT WEATHER

14.1. In the event of inclement weather, and in the interest of safety of the competitors, the Referee / Meet Manager reserve the right to postpone the race/s. When that is the decision, the race/s will be re-scheduled to take place the next day. The new time for the races shall be announced over the public address system.

14.2. In such an event, the teachers in-charge of teams must ensure that they know of the re-scheduled race/s. Any team that is absent from the re-scheduled race shall be deemed to automatically forfeit the right to compete.

15. REFRESHMENT

15.1. It is the responsibility of the participating schools to ensure that their runners are well hydrated before and after the race

15.2. Runners should be encouraged to drink about 400 to 500 ml of fluids 30 minutes before the start of the competition.

16. SAFETY

16.1. Each team must be accompanied by a teacher who shall remain with the team or be at the designated areas throughout the competition.

16.2. Championship Officials reserve the right to stop competitors momentarily or from competing further should they detect signs of danger, heat stroke, heat exhaustion or indications that the competitor is physically unable to continue with the competition.

16.3. Teachers in-charge and runners should be made thoroughly conversant with the guidelines on safety as outlined in the Physical Education and Co-Curricular Activities. (refer to Chapter 5, Para 62 – 73 of the School Safety Handbook) and adhere to the Baseline Safety Standards for National School Games.

16.4. Schools sending supporters to the event must ensure that their students are in proper school uniform and that there is sufficient number of teachers on duty to maintain discipline.

17. OTHER MATTERS

17.1. The Cross Country Organising Committee shall deal with all matters not provided for under these rules and its decision shall be final.

18. SSSC CROSS COUNTRY WEBSITE

18.1. For more information and updates please refer to: <http://www.sssc.sg/games/crosscountry>

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