

1. Boys' and Girls' - FALL Sport		CROSS COUNTRY RUNNING		2. ZONE/SOSSA/OFSAA	
<p>Many of the Policies in this sport specific section make a direct reference to a specific ARTICLE or SECTION in the NRHSAA CONSTITUTION/ POLICY MANUAL. Where relevant, you will find direct reference(s) to the ARTICLE and/or SECTION of the NRHSAA CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to <a href="http://www.dsb.edu.on.ca">http://www.dsb.edu.on.ca</a> and then click on "schools link". Or, use <a href="http://www.dsb.edu.on.ca/schools.htm">http://www.dsb.edu.on.ca/schools.htm</a> . The policies that follow are specific to this sport and should be adhered to, by every member of the NRHSAA.</p>					
3. N.R.H.S.A.A. Zone members' phone/fax numbers - See Appendix A					
4. Executive Board of Reference - GENERAL (Responsibilities; Procedures);					
5. Athletic Convenors					
6. Soliciting	7. Insurance	8. Personal Property	9. Team Selection	10. Safety	11. Supervision of Interschool Teams
12. Eligibility for...					
a) a School:	b) an Individual  c) Special Considerations;	13. Transfers:  -Sect.2, Board of Reference - TRANSFER (Procedures); -Sect. 1, Transfer Policy,; -Transfer Form; (Appendix); -Transfer Meeting Dates; -Sect.2, Ineligible Ruling; -Sect.3, SOSSA Appeal Process;		14. Scheduling:  -Sect.1, Declaration of play; -Sect.2, School Classification; -Sect.3, League and Play-off format; -Sect.4, Stages of Scheduling.	
Sport Specific Policies that may or may not be in the NRHSAA Constitution an Policy Manual					
15. Eligibility Sheets;  16. Start time;  17. Race Distance;  18. Meet Formats;	19. Team and Individual Zone entries and Advancement to SOSSA	20. Suspensions;  - Ejection- - Physical or verbal altercation -		21. Board of Reference - SANCTIONS And PROTESTS:  Sanctions: Procedures, Penalties, Protests: Procedures.	
22. Uniforms	23. SOSSA Boys' and Girls' Cross Country Running		24. Convening SOSSA Championships  25. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:		

**IMPORTANT:** The policies that follow are specific to this sport and must be adhered to by every member of the NRHSAA. Each sport policy is numbered. Sometimes within a sport policy CAPITALS ARE USED TO IDENTIFY THE ARTICLE and THE SECTION THAT ARE IN THE N.R.H.S.A.A. CONSTITUTION/ POLICY MANUAL. If you want to refer to the NRHSAA CONSTITUTION log on to <http://www.dsbn.edu.on.ca> and then click on "schools link". Or, use <http://www.dsbn.edu.on.ca/schools.htm>. Make sure that you are familiar with each one.

- |     |  |                    |   |
|-----|--|--------------------|---|
| 1.  | Season of Play   |                    |   |
|     | Girls = Fall Season  | Boys = Fall Season |   |
| 2.  | Levels of Competition  |                    |   |
|     | Midget Level   | Boys and Girls     | ZONE; S.O.S.S.A.; O.F.S.A.A.            |
|     | Junior Level   | Boys and Girls     | ZONE; S.O.S.S.A.; O.F.S.A.A.            |
|     | Senior Level   | Boys and Girls     | ZONE; S.O.S.S.A.; O.F.S.A.A.            |
| 3.  | Members:   | Appendix A         |   |
| 4.  | Executive:<br>EXECUTIVE COMMITTEE<br>ROLES OF THE EXECUTIVE<br>STANDING COMMITTEES<br>Section 1 - Board of Reference - GENERAL |                    | ARTICLE VI<br>ARTICLE VII<br>ARTICLE IX |
| 5.  | CONVENORSHIPS<br>Section 1 - Athletic Convenors<br>Section 2 - Athletic Convenor Packages                                      |                    | ARTICLE XIV                             |
| 6.  | SOLICITING STUDENTS  |                    | ARTICLE XVIII                           |
| 7.  | INSURANCE  |                    | ARTICLE XIX                             |
| 8.  | PERSONAL PROPERTY  |                    | ARTICLE XX                              |
| 9.  | TEAM SELECTION   |                    | ARTICLE XXII                            |
| 10. | SAFETY   |                    | ARTICLE XXIII                           |
| 11. | SUPERVISION OF INTERSCHOOL TEAMS   |                    | ARTICLE XXIV                            |
| 12. | ELIGIBILITY  |                    | ARTICLE XI                              |

Athlete eligibility is the sole responsibility of the principal and coach of each school.

A MINIMUM OF 10 SCHOOL TEAM PRACTICES MUST BE ATTENDED BY CROSS COUNTRY STUDENT-ATHLETES.

Section 1 - School

An UNLIMITED number of boys & girls/ age category may compete, (Section 2)

Section 2 - Individual

Midget: the individual's birth certificate indicates that he/she has not reached his/her 14<sup>th</sup>. birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held AND IS GRADE 9 ONLY.

FOR 2006/07 - BORN IN 1992 (OR LATER E.G. 1993 ETC.):

Junior: the individual's birth certificate indicates that he/she has not reached his/her 15<sup>th</sup>. birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held.

FOR 2006/07 - BORN IN 1991 OR 1992:

Senior: the individual's birth certificate indicates that he/she has not reached his/her 19<sup>th</sup>. birthday by January 1<sup>st</sup>. prior to the start of the school year in which the competition is held.

FOR 2006/07 - BORN IN 1987 (OR LATER E.G. 1988 ETC.):

Section 3 - Special Consideration

- 13. TRANSFERS ARTICLE XIII
- STANDING COMMITTEE(S) ARTICLE IX

Section 2 - Board of Reference - TRANSFER

Transfer meeting dates will be published the first week in Sept. of the current school year.

Section 1 - Transfer Policy

Section 2 - Ineligible Ruling

Section 3 - S.O.S.S.A. Appeal Process

- 14. SCHEDULING ARTICLE XV

Section 1 - Declaration of Play

Section 2 - School Classification

Section 3 - League and Play-off Format

Section 4 - Stages of Scheduling

SPORT SPECIFIC POLICIES:

MEET DAY AND SCHOOL RESPONSIBILITIES:

- 15. ELIGIBILITY SHEETS ARTICLE XII

Note: For Cross Country Running, the eligibility sheets must be received by the Convenor NO LATER THAN 5 FULL SCHOOL DAYS **prior** to the date of each Zone Meet. This is different than in ARTICLE X11 PAGE 13.

- 16. Start Time:

ARTICLE XV; Section 4, Page 19, is not applicable for cross country running. Meet starting times will be determined after the organization meeting held by the Convenor.

- 17. Race Distances

Midget Girls	-	3000m	Midget Boys	-	5000m
Junior Girls	-	4000m	Junior Boys	-	6000m
Senior Girls	-	5000m	Senior Boys	-	7000m

Distances are the same for S.O.S.S.A. Also a 400m tolerance is permitted in each race.

18. Meet and Championship Format

The format for meet competitions and championships will be discussed at the Convenors Individual Sport Body Meeting. All schools participating are to send a representative to the Convenor's Individual Sport Body Meeting otherwise forfeit all **rights for input in** the Meet and Championship format.

19. Team and Individual Zone Entries and Advancement to the S.O.S.S.A Competition:

As of Nov. /03): **EACH COMPETING SCHOOL MUST PROVIDE ONE (1) ADULT TO WORK AT THE MEET (Marshall, Finish line, Scorer, etc.). THIS REGARDLESS OF THE NUMBER OF ATHLETES THE SCHOOL BRINGS.**

TEAM ENTRIES AT THE ZONE MEET: Each school may enter an (as of Nov/03) UNLIMITED number of boys and girls in each category.

The top four (4) finishers for each school will be used to determine team placing.  
The finishing positions of the top four (4) for each school will be added together to determine a team score.  
The three (3) teams with the lowest score will be the winning teams at Zone.

Ties: In the event of a tie with the top three (3) teams, it will be resolved in favour of the team whose fourth (4<sup>th</sup>) runner finishes nearest to first place.

TEAMS advancing to SOSSA: The top three (3) teams (NO TIES) will advance to S.O.S.S.A.  
Also, the 5<sup>th</sup> place runner on those top 3 teams will advance to SOSSA.

The over-all (boys and girls combined) champion from Zone is allowed to send all six (6) teams to S.O.S.S.A.

The over-all boys' and girls' team champions are allowed to send all three (3) boys' or three (3) girls' teams to S.O.S.S.A.

INDIVIDUAL RUNNERS at the Zone Meet: A school may enter individual runners UNDER the supervision of a person approved by the Principal.

Note: Each athlete may only participate in one age category. If a younger athlete runs in a higher age category they must stay in that age category for the rest of the Meet and in any other ZONE/SOSSA/OFSAA Cross Country Running Meet they may run in or qualify for that season.

INDIVIDUAL RUNNERS advancing to SOSSA: The first ten (10) individual runners NOT on a team who are in the first twenty (20) finishers at Zone advances to S.O.S.S.A.

20. SUSPENSIONS

ARTICLE XXIV

Section 1 - Ejection from competition  
Section 2 - Physical or Verbal Altercation

21. STANDING COMMITTEE(S)

ARTICLE IX

Section 3 - Board of Reference - SANCTIONS AND PROTESTS

Procedures  
Penalties  
Protests  
Procedures

22. Uniforms

Each athlete must compete in a proper cross country outfit. Runners should compete in identical tops (preferred, school singlets, or plain white tops, or plain school colour tops.

If there is a question regarding this policy, the convenor will have final say what is appropriate or not.

23. SOSSA INC.: BOYS' AND GIRLS' CROSS COUNTRY RUNNING:

Constitution and By-Laws: pages 1 to 25 of the SOSSA handbook;

BOYS' AND GIRLS' CROSS COUNTRY RUNNING: pages 32 to 34 of the SOSSA handbook.

The championship will held in the fall at least one week prior to the OFSAA. Check ofsa.com for that date.

24. CONVENING S.O.S.S.A. CHAMPIONSHIPS ARTICLE XXIX

25. SOSSA "HOST" TEAM FOR OFSAA CHAMPIONSHIPS:

If a school hosts an OFSAA Championship, the school has the first right of acceptance or refusal of the SOSSA Championship for that activity, in the same school year, as the OFSAA Championship