



SSSAD ACTIVITY POLICY – CROSS COUNTRY RUNNING

1. Sport Committee - See SSSAD Constitution – Section E – Article 6.5
 - a. Create the Cross Country Sport Committee at the pre-season meeting.
 - b. A commissioner will be determined upon or announced at the pre-season meeting.
 - i. Shall assist in design and setting up of course and recording of results.
2. Sport Season
 - a. SHSAA – As defined by the SHSAA Policy for Interschool Competition and the SHSAA Calendar.
 - b. SSSAD – As Defined by the SSSAD Bylaws – Section F – Article 15.7 – Competition
 - i. Practices may begin on the first day of school each fall and conclude with the SHSAA Championship.
 - ii. Teams may hold a spring camp commencing with the SHSAA start date for Cross Country and finishing at least 48 hours before final exams.
3. Student Athlete Eligibility
 - a. It is the responsibility of the participating school to ensure that each athlete meets the eligibility requirements of the SHSAA and SSSAD according to:
 - i. SHSAA – See SHSAA Bylaws – Eligibility of Student Participants
 - ii. SSSAD – See SSSAD Bylaws – Section F – Article 13
 - b. SHSAA Eligibility Forms (E5) must be completed on the SHSAA website 24 hours prior to the first league game or scheduled event for the school. Additions and deletions to your roster may be made up to 24 hours prior to the provincial final.
 - c. SSSAD Athlete Registration, parent consent forms and waivers must be completed in full on the SSSAD website by the parent and athlete. Email confirmation must be received prior to participation in the sport.
 - d. Age Division for both boys and girls shall be as set out by the SHSAA Cross Country Activity Policy.

4. Rules of Play

- a. SHSAA – The SHSAA Cross Country Activity Guide will be followed
- b. SSSAD exceptions:
 - i. **Uniforms:** Competitors are required to wear school colors (uniform or singlet with competitor number) in all competitions to facilitate the keeping of accurate scoring positions.

5. League Structure

- a. The SSSAD Cross Country season is divided into three phases:
 - i. Pre-Season - Meet 1.
 - ii. Regular Season - Meet 2, Meet 3, and Meet 4
 - 1. Results used to determine the League Team Championship.
 - iii. City Championship.
- b. Competitions will begin the week immediately after the Labor Day Weekend in order to have four (4) weekly meets plus the City Championship.
- c. Weekly competitions will be staged on various courses within the proximity of the city as determined during previous year's post-season coach's meeting.
- d. **Team League Standings**
 - i. At each of Meets 2, 3 and 4, the six divisions will be scored based on their place in the race, with the low score winning the division.
 - ii. A team will comprise of 3 competitors in a division.
 - iii. Teams in each division will earn points for their school based on the team's overall placing as follows:
1st place - 10 points, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1, 9th - 1, 10th - 1
 - iv. Division points will be aggregated each meet to determine a meet team winner.
 - v. Division points will also be aggregated over the League Season to determine the League Team Champion.
- e. **City Championship**
 - i. This competition is to be held on a Wednesday ten (10) days prior to the SHSAA provincial championship.
 - ii. The distance to be run will approximate that set out for the provincial (SHSAA) championships, generally:

3000 m - Intermediate Girls and Intermediate Boys

4000 m - Junior Girls, Junior Boys, and Senior Girls

5000 m - Senior Boys

- iii. Runners must compete in the age division for which they wish to be considered for selection for provincial competition (runner may run 'up' an age division).
- iv. City Championship qualifying meets are to be determined at the pre-season coaches meeting.
 - 1. A student must finish at least two of the league competitions, including pre-season, to be eligible to compete in the City Championship.
 - a. One (1) approved community meet (with verification) can be used to replace a regular season SSSAD competition.
 - 2. An exception to the eligibility rule can be made to the Athletics Consultant by request.
 - a. Basis for this request must be illness or injury documented in a note from a physician.
 - b. The Athletics Consultant and commissioner will rule on the eligibility request.

f. **Provincials**

- i. At the Provincial Team Selection Meeting, Saskatoon District entries will be determined based primarily on the results from the City Championship. Exceptions may be made, if circumstances warrant, to depart from the order of finish as the basis of team selection.
- ii. The number of athletes to be selected is determined from SHSAA sport guidelines for Cross Country.
- iii. The Saskatoon District head coach will be the coach of the City Championship team.
 - 1. The assistant head coaches for the District team should be chosen from the schools with most members on the team (at least two coaches are recommended).
- iv. It is an expectation that all schools with athletes selected to the provincial team send a coach or teacher supervisor to the competition.

g. **Transportation**

- i. Schools are responsible to get their teams to the weekly sites.
- ii. **Provincial Travel** – SSSAD Bylaw – Section F – Article 19.4

6. **Tie Breakers**

- a. If two or more teams tie for the city championship (most points):
 - i. the team with the most age group pennants receives the higher standing.
 - ii. the team with the most second place finishes in the age group pennant categories,
 - iii. the team with the most third place finishes in the age group pennant categories,
 - iv. if still no winner the championship will be declared a tie.

7. **Awards**

- a. An aggregate City Championship Trophy shall be awarded to the winning school. This will be based on the schools' finish in each age division as follows:
 - 1st 5 points

2nd 3 points

3rd 1 point

A team scoring in each age group will consist of 3 runners.

- b. Age Division Pennants will be awarded to the winning school in each of the six age groups.
- c. If two teams have the same score in an age division, the team whose fourth-place finisher has the better finishing score wins the age division.
- d. Medals will be given to 1st, 2nd, and 3rd place winners of each age group.
- e. Ribbons will be presented to 4th through 10th place finishers of each age group.
- f. The selection of the Graham Davies Most Improved Team will be based on total participation from the four league meets (including the pre-season meet) prior to the City Championships as compared to the four-meet total from the previous year. It will be expressed as a percentage increase.
 - i. To be eligible for the Graham Davies Most Improved Team Award, a team must have had a minimum of 20 total races ran (ie - 5 runners running 4 races each) competing in the previous season.
 - ii. The school that wins the City Team Championship is not eligible to win the Graham Davis Most Improved Team Award. If this occurs the school with the second greatest percent increase will win the Graham Davies Award.

8. Discipline/Ejection

- a. **Breach of bylaws by students or teams – SSSAD Bylaws – Section F – Article 20 – Breach of Bylaws**

Penalty for violations of the bylaws may result in forfeit of meet or meets in which violation occurred. If the Commissioner in consultation with the coaches cannot resolve a dispute or violation of league play or player conduct, the matter shall be presented to the Saskatoon Secondary Schools Athletic Directorate for settlement as outlined in the SSSAD constitution.
- b. **Player Ejection - SSSAD – See SSSAD Bylaws – Section F – Article 17.4 – Conduct**
 - The head official shall complete an Officials Special Report Form (E9) found on the SHSAA website (under forms). The E9 Form must be emailed to the Athletic Consultant immediately following the game.
 - Coaches are required to report the player ejection to the Athletic Consultant
 - Such suspensions shall be automatic.
 - An appeal may be submitted by email by the Head Coach, Athletic Director and Principal to the Consultant (Athletics) by 5:00 p.m. on the next school day.
- c. **Coach Ejection**
 - i. **SSSAD – See SSSAD Bylaws – Section F – Article 17.5 - Conduct**
 - ii. **SHSAA – See SHSAA Bylaws – Ejection of a Coach from a Contest**