



**CROSS  
COUNTRY  
BY  
LAWS**



**2023**

***AIC BY LAWS ARE DEVELOPED IN ADDITION TO  
THOSE OF THE STATE AND NATIONAL  
GOVERNING BODY, EXCEPT STATED OTHERWISE.  
THE BY LAWS ARE REVISED ANNUALLY.***

# AIC CROSS COUNTRY BY LAWS 2023

## RULES PERTAINING TO ALL TEAMS

### Clause 1 DIVISIONS

Events will be run in the following divisions:

Year 5	Year 6	12 Years	13 Years
14 Years	15 Years	16 Years	17 Years – 19 Years

### Clause 2 AGGREGATE TROPHIES

The following trophies and presentations will be made at the Championships:

Year 5	Champion Cross Country School	Year 6	Champion Cross Country School
12 Years	Champion Cross Country School	13 Years	Champion Cross Country School
14 Years	Champion Cross Country School	15 Years	Champion Cross Country School
16 Years	Champion Cross Country School	17 – 19 Years	Champion Cross Country School

The first three place getters will be presented with a pennant

AIC Aggregate Trophy – Champion School Years 5-6

AIC Aggregate Trophy – Champion School 12 Years – 19 Years

### Clause 3: PLACES AND POINTS

- (a) Points awarded shall be the competitor's actual placing in the event, with only the first six (6) finishers from each College counting towards their total. The College with the lowest amount of points is the winner of the age group or year level.
- (b) At the completion of each individual age group or year level race, colleges will be ranked from first to ninth. The exception to this is the primary year level races where points will be allocated from first to eighth as per below. The following points shall be awarded for the calculation of the aggregate:

1 <sup>st</sup>	10 points
2 <sup>nd</sup>	8 points
3 <sup>rd</sup>	7 points
4 <sup>th</sup>	6 points
5 <sup>th</sup>	5 points
6 <sup>th</sup>	4 points
7 <sup>th</sup>	3 points
8 <sup>th</sup>	2 points
9 <sup>th</sup>	1 point

- (c) In the event of a tie in an individual age group or year level, points shall be shared as per the allocation for all other AIC team sports. The Aggregate Shield shall be determined by adding the points from each age group and year level allocation.
- (d) In each race only the first six (6) competitors to finish from each College shall count towards age group/year level and aggregate points. The remaining runners will be placed in their finish position but not count towards their school total.

#### **Clause 4: COMPETITOR RESTRICTIONS**

- a) A competitor may compete in only one age group or year level on the day of the Championships
- b) A maximum of twelve (12) nominated competitors from each school per event may compete on the day

#### **Clause 5: FORMAT OF EVENTS**

The age group and year level events shall be conducted at the following times and order:

Year 5	2km	10.15am
Year 6	3km	10.30am
12 Years	3km	10.50am
13 Years	3km	11.10am
14 Years	4km	11.30am
15 Years	4km	12.00pm
16 Years	6km	12.30pm
17 Years – 19 Years	6km	1.00pm
Presentations	1.45pm	

#### **Clause 6: DRAW FOR START POSITIONS**

A random draw for start positions for each race per school will be done prior to the Championships.

#### **Clause 7: OFFICIALS**

- a) An accredited official shall be in attendance at the Championships
- b) Each College will provide officials as designated by the host school.

#### **Clause 8: RECORDS**

No records shall be recorded at the AIC Championships.

#### **Clause 9: COURSE**

- a) The Championships shall be conducted on an approved course each year
- b) The course shall be marked with red, white and yellow markers. The red markers will be posted on the left side of the said course; the white markers on the right and the yellow markers posted to indicate a turn on course.
- c) A designated drinks station will be provided on the course, in a position as to not impede runners (as set up by the host colleges).

## **Clause 10: COURSE ACCREDITATION**

The following aspects shall be considered by the Heads of Sport when a course is appointed for the Championships:

- a) Venue
- b) Topography
- c) Competitor safety
- d) Spectator viewing and safety
- e) Other guidelines and requirements as deemed necessary by the Heads of Sport

## **Clause 11: PRE-SEASON MEETS**

- a) The allocation of host college duties will be rostered as per the AIC General By Laws. The host college for that competition year must host a lead up carnival at the venue where the Championships are held.
- b) The host college for each lead up carnival is to provide the following: starter, announcer, marshal and to distribute the course map and venue information in the week prior to the meet.
- c) The schools competing are to provide their own recording staff and refreshments.

## **Clause 12: HOST COLLEGES**

- a) In consultation with the Executive Officer, the host colleges will distribute any venue information required, the course map and notify schools what officials need to be provided for the Championships
- b) The host colleges shall convene a meeting for the officials at least 30 minutes prior to the first event to assign on course points
- c) The host colleges shall ensure that the course is marked correctly in time for the first event
- d) The host colleges shall provide a starter and an announcer
- e) The host colleges shall provide staff and transport when required to review the course and attend to any incidents on course whilst events are being conducted
- f) The host colleges shall provide extra officials as deemed necessary

## **Clause 13: RECORDING COLLEGE**

- a) The allocation of recording duties will be rotated and rostered as per the AIC General By Laws.
- b) The recording college will be responsible for all of the recording of results for the Championships
- c) The Executive Officer will distribute the team nomination forms, the recording college will collate the team list nominations and receive any competitor changes at least three (3) days prior to the Championships.
- d) In consultation with the Executive Officer and Heads of Sport the recording college will appoint an outside body to provide the electronic recording of the Championships results, and assist in distributing results to all schools at the conclusion of the Championships.
- e) The recording college will organise and provide staff and equipment to run a manual recording system as a back-up to the electronic process.

## **Clause 14: MEDICAL**

First aid staff with a minimum qualification of Basic Life Support must be present.

## **Clause 15: PROTESTS AND DISPUTES**

Protests must be lodged in writing and signed by the Head of Sport or Head of College within twenty (20) minutes of the completion of the Championships. In addition, refer to Protests and Disputes of the AIC General By Laws.