

# TDCAA CROSS COUNTRY 2021

## PLAYING REGULATIONS

### PART A: SAFETY REQUIREMENTS

#### **Ontario Physical Activity Safety Standards in Education (OPASSE)**

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit [www.coach.ca](http://www.coach.ca) )

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

#### **Concussion Awareness and Safety**

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents: [Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition

## **PLEASE REFER TO "OPASSE" GUIDELINES ON SUPERVISION**

## **PART B: FROM TDCAA CONSTITUTION**

TDCAA Cross Country is an official TDCAA activity. Cross Country follows OPHEA/OPASSE OFSAA, and the I.A. A. F. playing regulations.

### **REGISTRATION**

Schools must register for Cross Country at the designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee. A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in cross country the following year. (This can be appealed to the TDCAA executive.)

### **ELIGIBILITY/TRANSFERS**

Eligible athletes must satisfy the By- Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility shall be completed electronically through Athletic Eligibility List System (AELS) which is coordinated through the OFSAA office. Athletes and coaches must be included on the AELS site. Athletic Directors have the code for their schools to access AELS.
- Eligibility must be completed before the first competition. (It is recommended that registration be completed before first practice ).
- All coaches and athletes must be included on the eligibility sheet.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become eligible, transfer students must complete the "TRANSFER APPEAL FORM" fully and forward to the TDCAA Transfer

Chairperson ( Lorraine Kelly – Senator O'Connor or Tavia Ferreira – St. John Paul II ). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.

- An student who transfers into your school in second semester is ineligible to compete in winter sports ( Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls' Volleyball, Boys' & Girls' Hockey, and Jr. & Sr. Boys' Basketball even if their transfer is approved. )
- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board.

## **ELIGIBILITY/AGE**

- Girls & Boys
- Open Grades 9-12
- Eligibility for the TDCAA and OFSAA is based on the athlete's year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine and were born in \_\_\_\_\_ or later. Athletes must meet both requirements.

There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

## **ELIGIBILITY / ACADEMICS**

An athlete must be a bona fide student at their school.

### Students With Less Than 22 Credits:

-non-semester schools – must be registered in a minimum of six (6) full day school credit courses.

-semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Cross Country takes place (Fall).

### Students With More Than 22 Credits:

-non-semester schools – must be registered in a minimum of four (4) full day school credit courses

-semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that Cross Country takes place (Fall).

## **PART C : SPORT SPECIFIC INFORMATION**

## **CROSS COUNTRY RULES: EXCEPTIONS TO OFSAA AND I. A. A. F. RULES**

Competitions shall be governed by the official rules of the **I. A. A. F. Rule Book/ CTFA** and **OFSAA** with the following **TDCAA/OFSAA** exceptions:

**Race Distances : Approximate** distance ( A 400m tolerance is permitted ) to be covered by each runner in each classification is as follows :

Novice girls	4000m
Novice boys	4000m
Junior girls	5000m
Junior boys	5000m
Senior girls	6000m
Senior boys	6000m
Para ( co-ed)	3000m

### **AGE ELIGIBILITY**

NOVICE – Athletes born in 2005 ( and in their first year of high school)

JUNIOR – Athletes born in 2004

SENIOR - Athletes born between 2003 and 2001

**TEAM COMPOSITION:** Teams must have all players on the team roster.

Qualification to OFSAA

- 1) Team: The top two teams in each race will advance to OFSAA. A team consists of five runners. A 6<sup>th</sup> runner can be registered for OFSAA as an alternate. However , only five runners can race.
- 2) Individuals : The first five runners ( who are not members on one of the two teams) to finish in each race will advance to OFSAA.
- 3) A competitor must compete in the same age class at both his/her association (TDCAA) Meet and OFSAA.

### **SCORING**

a) **Divisional Championship** – will be determined by the top four place finishers per team. The placing of an athlete corresponds to his/ her number of points. i. e. If an athlete finishes second, he/ she has earned two points for his / her team. The points for the top four place finishers from each school are added together. The team with the fewest accumulated points is declared the winner.

**TIE BREAKING PROCEDURE** : If there is a tie for a divisional championship, it will be broken by the place finish of the fourth runner. The team with the better 4<sup>th</sup> place runner performance will win the tie.

b) **Overall Championship** – based on a scoring system – 1<sup>st</sup> – 10 points ; 2<sup>nd</sup> – 8 points; 3<sup>rd</sup> – 6 points; 4<sup>th</sup> – 5 points; 5<sup>th</sup> – 4 points ; 6<sup>th</sup> – 3 points; 7<sup>th</sup> – 2 points; 8<sup>th</sup> – 1 point.

- 1) The top eight teams in each division score points towards the overall team title ( only one team per school can score divisional points )
- 2) You do not have to have a team in each division to qualify for the overall championship.
- 3) Overall championship is based on the total team position from all divisions.

**TIE BREAKING PROCEDURE** : If there is a tie for the overall team championship , the school with the most 1<sup>st</sup> place divisional team championships will be declared the winner.

## **AWARDS**

The first three finishers of each race will receive a medal . **The first 5 finishers** of the top three teams in each race will receive medals.

Father John Redmond Award is an award that is presented annually to the top senior female and male athlete of the TDCAA championships.

### Team Award

- 1) A banner will be presented to each divisional champion ( 6 divisions)
- 2) A banner will be presented to the overall champion for both girls and boys

## **UNIFORMS:**

All competitors **must** have either an identical school singlet ( front and back ) or an identical school gym T – shirt displaying clearly their school’s name and / or emblem. **Uniforms will be checked at the starting line.**

Competitors can wear running shoes , soccer shoes, a waffle-type racing shoe or a racing spike. Pin spike should not exceed 12mm in length.

**EQUIPMENT:** The following is required for each play date:

- Mouth and shin guards must be worn by all players
- Goalies must have correct safety equipment

- Home team will provide a game ball and first aid kit/ice
- Proper field hockey nets should be used when possible
- Fields for playoffs shall be regulation size, must have nets and be properly lined

**SAFETY : Please refer to the OPHEA GUIDELINES ( Equipment ; Clothing / Footwear; Facilities; Special Rules & Instructions ; Environmental Considerations; Supervision**

***Prior to the Initial Use of the Route***

The coach or convenor must do a safety check “ walk through” in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the officials and athletes and coaches.

The coaches must outline the route or course ( e.g. notice of areas to approach with caution) to athletes.

If the cross country route is on grass and/or in a wooded area, coaches or convenor must do a safety check “ walk through” after a substantial rainfall and/ or windstorm , in order to identify potential hazards.

If the route has been affected by weather conditions and degradations of the course occur during the competition, ongoing assessments must be conducted by the coach or convenor, and the route changed if necessary.

***Competition Route***

The competition route must have marshals stationed throughout, all hazards well marked, gate and funnel markers set to enhance safety.

Start and finish areas must provide a wide flat surface.