

## PARTICIPATION RULES

### DATES & VENUES

The **VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2020** will be held as follows :-

Leg 1	Saturday 15 <sup>th</sup> February 20	MGI, <b>Moka</b>
Leg 2	Sunday 1 <sup>st</sup> March 20	Belle Mare, <b>Flacq</b>
Leg 3	Saturday 7 <sup>th</sup> March 20	Les Salines, <b>Port Louis</b>
Leg 4	Saturday 14 <sup>th</sup> March 20	Botanical Garden, <b>Curepipe</b>
Leg 5 / Championships	Saturday 21 <sup>st</sup> March 20	Sodnac Wellness Park, <b>Candos</b>

The first race of each leg will start at around 08 H 30.

### **COMPETITION RULES**

#### AGE GROUPS

- The Categories & Age Groups for both genders are :-

<b>CATEGORIES</b>	<b>AGE (years)</b>	<b>BIRTH YEAR</b>
<b>U 12 (Colt)</b>	9 – 11	2011 – 2009
<b>U 14 (Benjamin)</b>	12 – 13	2008 – 2007
<b>U 16 (Minim)</b>	14 – 15	2006 – 2005
<b>U 18 (Cadet)</b>	16 – 17	2004 – 2003
<b>U 20 (Junior)</b>	18 – 19	2002 – 2001
<b>Senior</b>	20 & Above	2000 (& before)
<b>Master</b>	35	(at the competition date)

*Note : The Women U 20 & Senior will be combined into one Category.*

- All Athletes are **strictly** confined to participation in events of their own category / age group as evidenced by their valid MAA Licence 2020 and, *if need be*, by the Student Pass or Birth Certificate or Identity Card.

#### PARTICIPATION & MAA LICENSE 2020

- This Event is opened to MAA Licensed 2020 Athletes only.
- MAA Licences will be issued/renewed only by application & payment by the respective MAA recognised clubs. No Individual Licenses will be issued.
- Issue of MAA License 2020 will be conditional to a Master athlete submitting to MAA Licensing Officer a recent medical certificate attesting **Good Health and Fitness to Participate in Competitive Sports**.

- All events will be carried out as per the IAAF Competition & Technical Rules 2020/2021, with the following modifications :-
  - Protest & Appeal : Any appeal to the Jury of Appeal must be accompanied by a deposit of MUR 500/-

## **IMPLEMENTATION AND INTERPRETION OF RULES**

The preparation, implementation and subsequent interpretation of the participation & technical rules of this competition rests solely on the MAA or any of its delegated body/person. Any decision taken accordingly, as per, and in line with, established procedure (including protest & appeal), will have to be considered as final and accepted, respected & abided by all those concerned.

## **RECOMMENDED DISTANCES**

So as to ensure incremental progression, the MAA is recommending the following distances, in kilometres:-

### **CATEGORIES / DISTANCES (Kms)**

<b>WOMEN</b>	<b>MEN</b>	<b>Leg 1</b>	<b>Leg 2</b>	<b>Leg 3</b>	<b>Leg 4</b>	<b>Leg 5</b>
<b>U 12</b>	-	1.2	1.3	1.3	1.4	1.5
<b>U 14</b>	<b>U 12</b>	1.5	1.6	1.8	2.0	2.3
<b>U 16</b>	<b>U 14</b>	2.3	2.5	2.5	2.7	3.0
<b>U 18</b>	<b>U 16</b>	3.2	3.3	3.5	3.5	4.0
<b>U 20 / Sr &amp; Master</b>	<b>U 18</b>	4.2	4.5	4.5	5.0	6.0
-	<b>U 20 &amp; Master</b>	5.0	5.5	6.5	7.5	8.0
-	<b>Senior</b>	8.0	8.5	8.5	9.0	10.0

These distance may be adjusted, at the discretion of the organisers, taking into consideration climatic conditions, state of the track/course or any other unexpected afflicting occurrence.

## **REGIONAL CROSS COUNTRY**

In order to create awareness and interest of Cross Country throughout the island, it is recommended that each Region organises its own Regional Cross Country events in different local sites in the categories - U 12, U 14, U 16 & U 18 - for both genders.

This will enable the setting up of Clubs Teams to participate in the National Cross Country Team Competitions.

## 'SPORTS FOR ALL' ACTIVITIES

It is also recommended that a Fun Run be organised for non-licensed participants of the region during each Regional & National Cross Country Legs/Championships.

Furthermore, the organisers of each leg of the National Cross Country League must ensure that parallel 'Sports For All' Activities are also carried out on that day – for example Fun Run, Local Animation around Sports, Detection exercise, Awareness Activities, as well as any other Social Activity in collaboration with a Service Club like Rotary, Lions etc or any other related activity.

## TEAM ENTRIES

Clubs may enter Teams in all categories. There is no limit to the number of Teams a Club may decide to enter in each category & in any gender.

### Club Team Composition

- U 12, U 14 & Master : Minimum Four (4) and Maximum Six (6) Licensed Athletes
- All other Categories : Minimum Six (6) and Maximum Eight (8) Licensed Athletes

Once an athlete is entered in one Club Team, there cannot be any change during the whole League – for example if an athlete is entered in Team 'A', he/she will remain in Team 'A' throughout.

## MIXED RELAYS

In order to enable a wider participation, Regional Training Centres (RTC) and Clubs are invited to participate in Mixed Relays open to athletes **not** participating in the Cross Country League

The schedule of the Mixed Relays are as follows:

Legs 1 & 3	U 12	4 x 500 M	2 Girls & 2 Boys
	U 16	6 x 600 M	3 Girls & 3 Boys
Legs 2 & 4	U 14	6 x 600 M	3 Girls & 3 Boys
	U 18	6 x 800 M	3 Girls & 3 Boys

Note : An athlete entered in a Mixed Relay by a RTC is not eligible to represent his/her Club in that same particular event.

## 'CHALLENGE VITAL' - REWARDS

MEDALS - LEG WINNERS	The first three athletes of each individual category.
MEDALS - LEAGUE WINNERS	The first three athletes of each individual category.
MEDALS - CHAMPIONSHIP WINNERS	The first three athletes of each individual category.
TROPHIES/SHIELDS	The Best Teams of the League in each category
CERTIFICATE	Participation Certificate to all participants
PRIZES	Prizes to the first three Teams of the Mixed Relay
SHIELD	Best Fan Club

## LEAGUE POINTS ALLOCATION

- Points allocation for each leg for all categories will be as follows :-

<b>RANK</b>	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	
<b>POINTS</b>	1	2	3	4	5	Etc

- The best four (4) out of five (5) legs points will be used to determine the League ranking.
- If two or more Athletes or Clubs tie for any place in the **League**, it will be ranking of the **Championship** that will decide the tie.

## ELECTRONIC ENTRIES

Clubs must ensure that the licence of all participating athletes in the Vital National Cross Country League 2020 are issued/renewed at latest **Monday 3<sup>rd</sup> February 2020**.

All entries must be input electronically on the appropriate e-registration file that will be sent by MAA Secretariat to each Club's designated Officer by email on **Wednesday 5<sup>th</sup> February 2020**.

The Club Officer will register each entry by simply imputing the athlete's unique MAA License Number and choosing the Club Team (eg A, B, C, D) in which the athlete will participate, from a pre-established drop-list in the e-file.

Complete finals entries will have to reach MAA, **by return email**, at latest **Saturday 8<sup>th</sup> February 2020**.

A **Preliminary Start List** will be circulated by MAA on the Tuesday preceding any Leg – However, for the first leg it will be issued on Wednesday 12<sup>th</sup> February 2020.

It is the duty of Club Officers to check this Preliminary Start List and indicate any corrections or withdrawals immediately to the MAA Secretariat.

A **Final Start List** will then be circulated on the Thursday before each Leg – However, for the First Leg it will be issued on Friday 14<sup>th</sup> February 2020.

**No late entries, manual entries nor modifications will be accepted after the publication of the Final Start list.**

Unregistered and Non-Licensed Athletes turning up on the day of the leg will be directed to the Fun Run.

### **NO-SHOW FEE**

The preliminary/final start lists are worked out based on the electronic entries of the Clubs. This is a very tedious and time consuming administrative and technical task that is done meticulously so as to ensure that fair and balanced events are held. Hence, it is the duty of the Club Officers to ensure that only athletes who will participate in the League/Championships are entered in the system.

Consequently, unless satisfactory documentary evidence is produced (*for example a Medical Certificate*), a No-show Fee of **MUR 50/-** will be perceived for any athlete who has been duly entered by the Club by e-registration but fails to participate in the event.

### **NUMERAL BIBS**

The organisers will hand over the numeral bibs and the start list to the Club Officer at least one day before the First Leg. Unless exceptional unforeseen circumstances, no bibs will be distributed on the day of the competition itself.

The Athlete must wear the same bib number throughout the whole Cross Country League.

The Club Officers should ensure that the proper numeral bibs are allocated to the athletes as per the official start list of the event. Athletes not wearing the appropriate numeral bib (including wearing the bib of another athlete) or competing without one will be automatically disqualified.

It is also the duty of the Club Officers to return to MAA all numeral bibs immediately after the end of the last leg of competition.

A fee of **MUR 50/-** per unit will be perceived for any unreturned or lost bib or for a replacement bib on the day of the event.

### **IN-FIELD COACHING**

*Coaches and Parents are strictly not allowed on the track/course or infield at any time.*

The infield is for Technical Officials & Competing Athletes only. Parents & Coaches are not allowed on the infield, those found to be in violation of this guideline risk disqualification of their athletes. They are requested to stay outside of the perimeter of the Track/Course.

## HEALTH & SAFETY

Health & Safety of all participants is of the utmost concern for the organisers.

It is the responsibility of ALL Club officers and coaches to ensure athletes are fit and adequately prepared to participate in their events on the day of competition. They must also ensure that the athletes take the appropriate nourishments and refreshments prior, during and after the competition. Clubs must also prepare and have available at all times refreshments, fruits & snacks as may be required by the athletes from time to time.

In the event an athlete fails to exhibit the required or expected level of health, fitness and proficiency in a discipline, so much so that the athlete represents a health/safety hazard for the participants (including him/herself), the Club officer/coach may be contacted and the athlete sympathetically requested to desist from competition.

## CALL ROOM

Being given that the Final Start List will have been issued on the Thursday prior to the Leg, there is no need for the Team Officials to report to the Competition Secretariat for registration/confirmation.

Hence, the participating Athletes will have to report directly to the Call Room, respecting strictly the Call Room Schedule below – **in minutes**, before their event, as follows :-

1 <sup>st</sup> Call	2 <sup>nd</sup> Call	Entry Call Room	Exit Call Room	Entry to Field of Play
45	35	30	15	10

## FAN CLUB CONCEPT

In order to encourage a wider spectator and supporter base for each individual Club, the organisers are introducing the concept of FAN CLUB.

Each participating Team will be encouraged to set up a Fan Club that will be composed mainly of parents, siblings, family, friends, friend of friends, etc .

This Fan Club concept will help generate a joyful, noisy & participative atmosphere in the Event Site during these League/Championships and will be a welcomed encouragement for participating athletes.

In order to encourage maximum participation of Fan Clubs, a Best Fan Club Shield will be allocated.

Among the **main** criteria defined for the allocation of the Shield are :-

- Number of fans
- Visual presence
- Vocal Support & Animation
- Respect for the Environment & Competitors
- Fair Play