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**Affiliated to: WORLD ATHLETICS and CAA**

VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2022

**RULES & REGULATIONS**

**DATES & VENUES**

The ***VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2022*** will be held as follows:-

|  |  |  |
| --- | --- | --- |
| Leg 1 | Saturday 30th July 2022 | Candos Wellness Park |
| Leg 2 | Saturday 06th August 2022 | Public Beach, St Felix |
| Leg 3 | Saturday 20th August 2022 | Gros Cailloux, Bambous |
| Leg 4 | Saturday 27th August 2022 | Public Beach, Mon Choisy |
| Leg 5 | Saturday 03rd September 2022 | Public Beach, Flic en Flac |

# *COMPETITION RULES*

## AGE GROUPS

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

|  |  |  |
| --- | --- | --- |
| ***CATEGORIES*** | ***AGE (years)*** | ***BIRTH YEAR*** |
| **U 10** | 7 – 8 - 9 | 2015 – 2014 - 2013 |
| **U 12** | 10 – 11 | 2012 – 2011 |
| **U 14** | 12 – 13 | 2010 – 2009 |
| **U 16** | 14 – 15 | 2008 – 2007 |
| **U 18** | 16 – 17 | 2006 – 2005 |
| **U 20** | 18 – 19 | 2004 – 2003 |
| **Senior** | 20 & Above | 2002 (& before) |
| **Master** | 35 | (at the competition date) |

All Athletes are **strictly** confined to participation in events of their own category / age group as evidenced by their valid MAA Licence 2022.

## PARTICIPATION & MAA LICENSE 2022

* This Event is opened to MAA Licensed 2022 Athletes only.
* MAA Licences will be issued/renewed only by application and payment by the respective MAA recognised clubs. No Individual Licenses will be issued.
* Issue of MAA License 2022 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 World Athletics Competition & Technical Rules 2022 - 2023, with the following modifications :-
* Protest & Appeal : Any appeal to the Jury of Appeal must be accompanied by a deposit of MUR 500/-

## IMPLEMENTATION AND INTERPRETATION OF RULES

The preparation, implementation and subsequent interpretation of the participation and 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)***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  | **Leg 1** | **Leg 2** | **Leg 3** | **Leg 4** | **Leg 5** |
| **U 10** | Women | 600 m | 600 m | 800 m | 800 m | 1 Km |
|  | Men | 600 m | 600 m | 800 m | 800 m | 1 Km |
| **U 12** | Women | 1 Km | 1 Km | 1 Km 200 | 1 Km 200 | 1 Km 500 |
|  | Men | 1 Km | 1 Km | 1 Km 200 | 1 Km 200 | 1 Km 500 |
| **U 14** | Women | 1 Km 500 | 1 Km 500 | 1 Km 800 | 2 Km | 2 Km |
|  | Men | 2 Km | 2 Km 200 | 2 Km 500 | 2 Km 800 | 3 Km |
| **U 16** | Women | 2 Km | 2 Km 200 | 2 Km 500 | 2 Km 800 | 3 Km |
|  | Men | 3 Km | 3 Km 500 | 3 Km 500 | 4 Km | 4 Km |
| **U 18/MASTERS** | Women | 3 Km | 3 Km 500 | 3 Km 500 | 4 Km | 4 Km 200 |
|  | Men | 4 Km | 4 Km 500 | 4 Km 800 | 5 Km | 5 Km |
| **U20** | Women | 4 Km | 4 Km 500 | 4 Km 800 | 5 Km | 5 Km |
|  | Men | 5 Km | 5 Km 500 | 5 Km 500 | 5 Km 800 | 6 Km |
| **SEN** | Women | 4 Km | 4 Km 500 | 4 Km 800 | 5 Km | 5 Km |
|  | Men | 5 Km 500 | 5 Km 500 | 6 Km | 6 Km | 6 Km 500 |

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.

## INTER CLUBS KIDS ATHLETICS CHALLENGE

Each club participating in the KIDS ATHLETICS CHALLENGE will be comprised of a team of 5 girls and 5 boys of the U10 Age Group Category. The team may be composed of athletes having already participated in the cross on the day of the challenge.

**TEAM ENTRIES**

Clubs may enter Teams in all categories. A club may enter a maximum of 2 teams in each category and in any gender.

*Club Team Composition*

* U 10, U 12, U 14 & Master : Minimum Four (4) and Maximum Six (6) Licensed Athletes

* All other Categories : Minimum Five (5) and Maximum Seven (7) 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 (Regional Athletics Training Schools)

In order to enable a wider participation, Regional Athletic Training Schools are invited to participate in Mixed Relays.

The schedule of the Mixed Relays are as follows:

|  |  |  |  |
| --- | --- | --- | --- |
| **Legs 1 & 3** | **U 12**  **U 16** | 4 x 300 M  4 x 500 M | 2 Girls & 2 Boys  2 Girls & 2 Boys |
| **Legs 2 & 4** | **U 14**  **U 18** | 4 x 400 M  4 x 500 M | 2 Girls & 2 Boys  2 Girls & 2 Boys |

## ‘CHALLENGE VITAL’ - REWARDS

|  |  |
| --- | --- |
| **MEDALS - LEG WINNERS** | The first three athletes of each individual category. |
| **MEDALS - LEAGUE WINNERS** | The first twenty athletes of each individual category. |
| **MEDALS - CHAMPIONSHIPS 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 |
|  |  |
| **SHIELD** | Best Fan Club |
| **PRIZES** | Prizes to the five Best Teams in each category |
| **PRIZES** | Prizes to the first five Teams of the Kids Athletics Challenge |

## LEAGUE POINTS ALLOCATION

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

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **RANK** | 1st | 2nd | 3rd | 4th | 5th |  |
| **POINTS** | 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 2022 are issued/renewed and to send all entries to the MAA Secretariat by **20th July 2022.**

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 **24th July 2022.**

Complete finals entries will have to reach MAA, **by return email**, at latest **26th July 2022.**

A **Preliminary Start List** will be circulated by MAA on the Thursday preceding any Leg.

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

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

**Start list.**

## 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 100/-** per unit will be perceived for any unreturned or lost bib or for a replacement bib on the day of the event.

## HEALTH & SAFETY

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

It is the responsibility of ALLClub 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 and 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 :-

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **1st Call** | **2nd Call** | **Entry Call Room** | **Exit**  **Call Room** | **Entry to Field of Play** |
| 30 | 25 | 20 | 10 | 5 |

## 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 and 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

**07.07.2022**