

MAURITIUS ATHLETICS ASSOCIATION

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Affiliated to: WORLD ATHLETICS and CAA

VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2023

RULES & REGULATIONS

DATES & VENUES

The *VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2023* will be held as follows:-

Leg 1	Saturday 25 th February 2023	Candos Wellness Park
Leg 2	Saturday 04 th March 2023	Public Beach, St Felix
Leg 3	Saturday 11 th March 2023	Public Beach, Belle Mare
Leg 4	Saturday 18 th March 2023	Public Beach, Mon Choisy
Leg 5	Saturday 25 th March 2023	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	2016 – 2015 - 2014
U 12	10 – 11	2013 – 2012
U 14	12 – 13	2011 – 2010
U 16	14 – 15	2009 – 2008
U 18	16 – 17	2007 – 2006
U 20	18 – 19	2005 – 2004
Senior	20 & Above	2003 (& 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 2023.

PARTICIPATION & MAA LICENSE 2023

- This Event is opened to MAA Licensed 2023 Athletes only.
 - MAA Licences will be issued/renewed only by application and payment by the respective MAA recognised clubs. **Only Masters and Trailers may apply for individual Licence.**
 - Issue of MAA License 2023 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 500	2 Km 500	3 Km	3 Km
U 16	Women	2 Km	2 Km 500	2 Km 500	3 Km	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 500	5 Km	5 Km	5 Km 500	6 Km
U20	Women	4 Km	4 Km 500	4 Km 800	5 Km	5 Km
	Men	5 Km	5 Km 500	5 Km 500	6 Km	6 Km 500
SEN	Women	4 Km	4 Km 500	4 Km 800	5 Km	5 Km
	Men	6 Km 500	6 Km 500	7 Km	7 Km	8 Km

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.

2 KM FUN RACE

A 2 Km Fun Race Open for parents and coaches for both Men and Women will be the last event on the programme of each Leg. Prizes will be awarded by Draw of Lot.

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	4 x 300 M	2 Girls & 2 Boys
	U 16	4 x 500 M	2 Girls & 2 Boys
Legs 2 & 4	U 14	4 x 400 M	2 Girls & 2 Boys
	U 18	4 x 500 M	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 - 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 Best Teams and Individuals in each category

LEAGUE POINTS ALLOCATION

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

RANK	1 st	2 nd	3 rd	4 th	5 th	
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.

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 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 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