



MAURITIUS ATHLETICS ASSOCIATION



25th VITAL CROSS COUNTRY LEAGUE



49

2024



PARTICIPATION RULES

DATES & VENUES

The **VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2024** will be held as follows :-

Leg 1	Sunday 11 th February 24	Germain Commarmond Std, Bambous
Leg 2	Saturday 17 th February 24	Anjalay Coopen Stadium, Mapou
Leg 3	Sunday 3 rd March 24	Palmar Public Beach
Leg 4	Sunday 17 th March 24	Mon Choisy Public Beach
Leg 5 / Championships	Saturday 23 rd March 24	Sodnac Wellness Park

The first race of each leg will start at around 13H30 on Saturdays and 08H30 on Sundays.

Any venue and/or date may change at short notice, at the sole discretion of the organisers, taking into consideration climatic conditions, availability and/or state of the track/course or due any other unexpected afflicting occurrence.

COMPETITION RULES

AGE GROUPS

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

CATEGORIES	AGE (years)	BIRTH YEAR
U 10	7 – 8 – 9	2017 – 2016 – 2015
U 12	10 – 11	2014 – 2013
U 14	12 – 13	2012 – 2011
U 16	14 – 15	2010 – 2009
U 18	16 – 17	2008 – 2007
U 20	18 – 19	2006 – 2005
Senior	20 & Above	2004 (& before)
Masters	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 2024 and, *if need be*, by the Student Pass or Birth Certificate or Identity Card.

PARTICIPATION & MAA LICENSE 2024

- This Event is opened to MAA Licensed 2024 Athletes only.
- MAA Licences will be issued/renewed only by application & payment by the respective MAA recognised clubs. Only Masters and Trailers may apply for Individual Licences.
- Issue of MAA License 2024 will be conditional to **the Senior and Masters athletes submitting to MAA**

Licensing Officer a recent medical certificate issued by any Medical Officer – Government or Private - attesting **Good Health and Fitness to Participate in Competitive Sports**.

- All events will be carried out as per the World Athletics Competition & Technical Rules 2023/2024, including any guidelines, 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 :-

CATEGORIES / DISTANCES (COMMON EVENTS)

WOMEN	MEN	Leg 1	Leg 2	Leg 3	Leg 4	Leg 5
U 10	U 10	600m	600m	800m	800m	1 km
U 12	U 12	1 km	1 km	1.2 km	1.2 km	1.5 km
U 14		1.5 km	1.5 km	1.8 km	2 km	2 km
U 16 & Masters	U 14	2 km	2.5 km	2.5 km	3 km	3 km
U 18	U 16	3 km	3.5 km	3.5 km	4 km	4.2 km
U 20 & Senior	U 18 & Masters	4.5 km	5 km	5 km	5.5 km	6 km
-	U 20	5 km	5.5 km	6 km	6.5 km	7.5 km
-	Senior	8 km	8 km	9 km	9.5 km	10 km

These distances 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 U10 to U 18 categories for both genders.

'SPORTS FOR ALL' ACTIVITIES

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, Zumba, Detection exercise, Awareness Activities, Kids Athletics as well as any other Social

Activity in collaboration with a Service Club like Rotary, Lions etc or any other related activity.

INTER CLUBS CHALLENGE

To generate a lively competition among Clubs, only one team per Club will be considered in all categories.

There will be no need for Clubs to declare the composition of their Teams. The first athletes ending the race will be automatically considered as part of the Club Team as follows :-

Club Team Computation

All Categories	First Five (5) athletes completing the race
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'CHALLENGE VITAL' - REWARDS

MEDALS - LEG WINNERS	The first three athletes of each individual category.
MEDALS - LEAGUE WINNERS	The first ten 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
E-CERTIFICATE	E-Participation Certificate to all participants
PRIZES	Prizes to the Best Teams and Individuals in each category
SHIELD	Best Fan Club

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.
- Participation in the Leg 5 - Championship is **compulsory** for the League determination. This obligation is waived in the event an athlete is representing the country in an international event or there is a justifiable reason satisfactory to the organising committee.
- 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.
- If two or more Clubs tie for any place in the individual legs of the **League**, it will be ranking of the **last finishing runner** that will decide the tie.

ELECTRONIC ENTRIES & MILESTONES

In order to ensure the smooth preparation and running of the VITAL National Cross Country League, several important milestones have been established as follows :-

By 1 st January 24	Sending to all Clubs of Standard MAA 24 Licence e-registration forms
By 6 th January 24	Vital Cross Country 2024 Rules is sent to Clubs.
By 17 th January 24	Licences of all participating athletes to Vital Cross 2024 must be sent to MAA by return email and relevant dues paid electronically (MCB Juice, Maucas, POP, myt money, Blink or Internet Banking). NO CASH / NO CHEQUE.
By 20 rd January 24	Licences of all participating athletes to Vital Cross 2024 issued/renewed electronically by MAA Licencing Officer
On 23 rd January 24	MAA Secretariat will send Cross e-Registration Forms to Club's Officer. This Form will contain the Athlete's MAA 2024 Licence Number that will be used by the Club to do entry.
By 29 th January 24	Complete final electronic registration must reach MAA by 14H00 by return email. NO LATE ENTRIES WILL BE CONSIDERED FOR THE FIRST LEG.
On 31 st January 24	Draft Start List for 1 st Leg is circulated for information and verification.
On 2 nd February 24	Final Start List is sent to clubs and to printer for printing of personalised bibs
On 9 th February 24	Distribution of bibs to Clubs at the MAA Secretariat

Clubs must ensure that the licence of all participating athletes in the Vital National Cross Country League 2024 are issued/renewed as per above.

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.

The Club Officer will register each entry by simply imputing the athlete's unique MAA License Number.

It is the duty of Club Officers to check this Start List and indicate any corrections or withdrawals immediately to the MAA Secretariat. A **Final Start List** will then be available before each Leg.

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

Unregistered and Non-Licensed Athletes or Athletes not wearing the appropriate Numeral / Personalised Bib turning up on the day of the leg will be **NOT** allowed to participate.

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 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 / PERSONALISED BIBS

The organisers will hand over the either numeral or personalised bibs as well as 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. **No replacement bibs will be available on site on the day of the event.**

The Athlete must wear the same bib number throughout the whole Cross Country League 2024.

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 upmost 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 always prepare and have available 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.

CONTROL POINT / 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 to register/confirm.

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

1 st Call	Final Call	Entry Control Point / CR	Entry to Field of Play
25	20	15	5

It is the Clubs's duty to ensure the presence of their athletes at the Control Point / Call Room on time.

FAN CLUB CONCEPT

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



SAFEGUARDING POLICY

MAA Safeguarding Policy has been validated by World Athletics and has already been circulated to the Athletics Family.

Please note that MAA has a Zero Tolerance with regards to any deviation this Safeguarding Policy and to the Principles and Code of Conduct & Ethics.

SUSTAINABILITY & ECOLOGICAL

The Mauritius Athletics Association is fully aware of the importance of carrying sustainable events which will have a limited impact on the environment.

Hence, several initiatives and innovations are being implemented to help to reduce the negative impact of our ecological footprint. Some of these are :-



- Digital Licence for 2024 - No printing required, simply show licence on phone.
- Electronic competition environment: E-Registration & processing of results hence consideration reduction in use of paper and ink (for writing & printing)
- Less wastage of paper & other supplies
- Use of direct AC instead of Gasoline Generator as main electric supply – Generator as stand-by only
- Use of local structure, infrastructure, supplies & inputs – Reduced costs & carbon emission from Transport of material to and from MAA Base of Operations at Reduit
- Issue of bibs (same number) for the whole competition – Reduced impact for collection, washing, drying, redistribution, recollection & storage – hence more effective storage maintenance and management.
- E-Communication: Full use of emails - Internet – Website, Social Media - Facebook, WhatsApp etc for communication, info sharing, registration and posting of results.
- Provision of Garbage points at all cross-country sites – Educate participants & spectators to use these Garbage points for disposal of waste.
- Cleanliness of Cross-Country site – Complete cleaning up of the site after the event.
- E-certificate to participants.

The MAA relies on the comprehension and collaboration of all partners and participants to help in protecting our environment.

Any suggestions from MAA partners & stakeholders are indeed most welcomed to help us implement and reduce further the impact on the environment.

MAURITIUS ATHLETICS ASSOCIATION

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Facebook : Mauritius Athletics Association (MAA)



ADVICE SHEET FOR COACHES & ATHLETES ON THE DO'S AND DON'TS MIDDLE DISTANCE, CROSS COUNTRY, SEMI-MARATHON AND MARATHON

Diet significantly influences athletic performance.

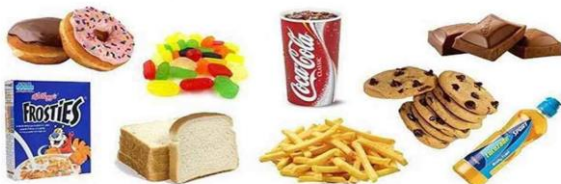
Adopt specific nutritional strategies before, during and after training and competition to maximize mental and physical performance.



1. Events lasting an hour or more, the athlete should aim to begin competition with body carbohydrates stores sufficient to meet their needs by consuming carbohydrate-rich foods in the hours and days beforehand.

✓ COMPLEX CARBS



✗ SIMPLE CARBS

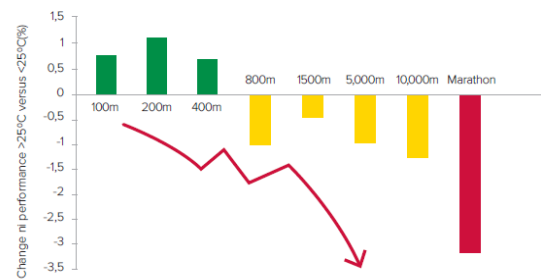


COMPLEX CARBS = GOOD	SIMPLE CARBS = BAD
<p>Good carbs are also referred to as complex carbohydrates. Their chemical structure and fibers require our bodies to work harder to digest, and energy is released over a longer time.</p> <p>For the most part, good carbs are in their 'natural' state – or very close to it (including whole-grain breads, cereals and pastas).</p>	<p>Simple carbohydrates are smaller molecules of sugar that are digested quickly into our body. The energy is stored as glycogen in our cells, and if not used immediately gets converted to fat.</p> <p>Bad carbs are generally 'processed' carb foods that have been stripped of their natural nutrients and fiber to make them more 'consumer friendly.'</p>
 <p>Whole Grain Breads Bran Cereals Green Vegetables Fresh Fruits</p>	 <p>Candy & Desserts Sugared Cereals Sodas & Sugary Drinks Refined Breads</p>
<p>WHY ARE THEY GOOD?</p> <ul style="list-style-type: none"> HIGH IN FIBER & NUTRIENTS LOW GLYCEMIC INDEX HELP YOU FEEL FULL WITH FEWER CALORIES NATURALLY STIMULATES METABOLISM 	<p>WHY ARE THEY BAD?</p> <ul style="list-style-type: none"> LOW IN FIBER & NUTRIENTS HIGH GLYCEMIC INDEX EMPTY CALORIES CONVERTED TO FAT HIGH BLOOD GLUCOSE LEVELS = FEEL TIRED

2. Ingestion of even small amounts of carbohydrates during exercise can enhance cognitive and physical performance in competition.

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How does heat affect performance?



The effect of temperature on running performance

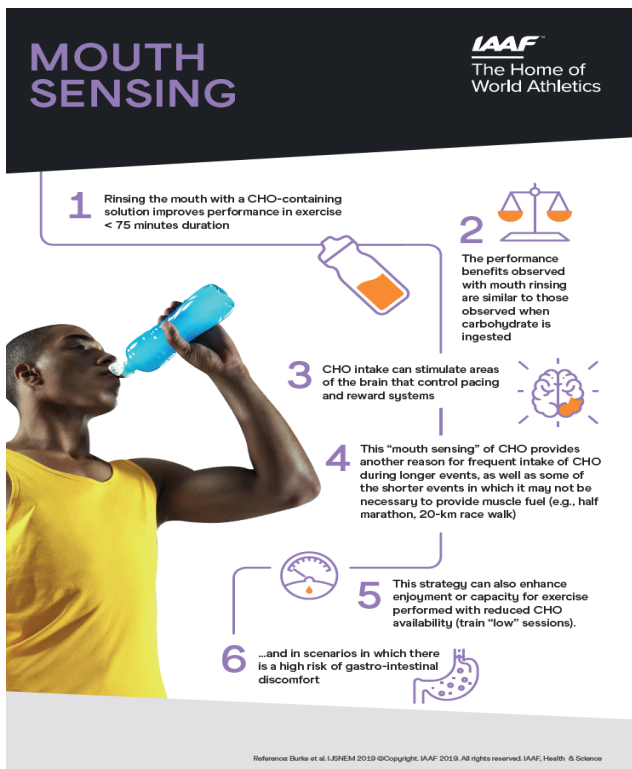
3. Dehydration, if sufficiently severe, can impair performance in most events, particularly in warm and high-altitude environments. Athletes should be well hydrated before exercise and drink sufficient fluid during exercise to limit dehydration to less than about 2% of body mass.

Chilled fluids may benefit performance in hot conditions. Athletes should not drink so much that they gain weight during exercise. Sodium should be included when sweat losses are high, especially when exercise lasts more than about 2 hours. During recovery from exercise, rehydration should include replacement of both water and salts lost in sweat. When athletes must compete in several events in a short time-period, strategies to enhance recovery of fluid and fuel are important.

MOUTH SENSING

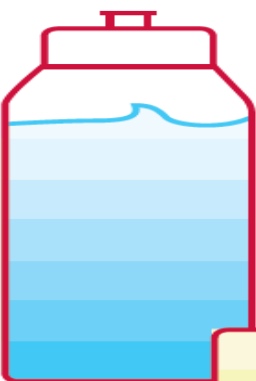
IAAF The Home of World Athletics

- 1 Rinsing the mouth with a CHO-containing solution improves performance in exercise < 75 minutes duration
- 2 The performance benefits observed with mouth rinsing are similar to those observed when carbohydrate is ingested
- 3 CHO intake can stimulate areas of the brain that control pacing and reward systems
- 4 This "mouth sensing" of CHO provides another reason for frequent intake of CHO during longer events, as well as some of the shorter events in which it may not be necessary to provide muscle fuel (e.g., half marathon, 20-km race walk)
- 5 This strategy can also enhance enjoyment or capacity for exercise performed with reduced CHO availability (train "low" sessions).
- 6 ...and in scenarios in which there is a high risk of gastro-intestinal discomfort



References: Burke et al. L19EM 2019 ©Copyright: IAAF 2019. All rights reserved. IAAF / Health & Science

What colour is your urine?



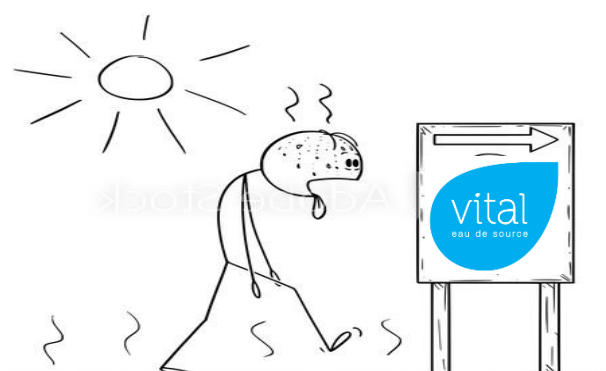
Well hydrated
Well hydrated
Fairly well hydrated
Dehydrated
Dehydrated
Very dehydrated
Severely dehydrated
Severely dehydrated

It is also important to recognise that hydration regimens should never result in over-hydration.

4. Dieting in young athletes should be discouraged. Robust immunity and reduced risk of infection can be achieved by consuming a varied diet adequate in energy and micronutrients, ensuring adequate sleep and limiting other life stress.
5. The use of supplements does not compensate for poor food choices and inadequate diet, but supplements that provide essential nutrients may be a short-term option when food intake or choices are restricted due to travel or other factors. Athletes contemplating the use of supplements and sports foods should consider their efficacy, their cost, the risk to health and performance, and the potential for a positive doping test. Supplement use in young athletes should be discouraged, and the focus should be on consuming a nutrient-rich, well-chosen diet to allow for growth while maintaining healthy body composition.



Dr. Henry Bernard BAPTISTE
Director, Mauritius Sports Council



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VITAL CROSS COUNTRY LEAGUE 2024
1st Leg – G. Comarmond Stadium, BAMBOUS
Sunday 11th February 2024



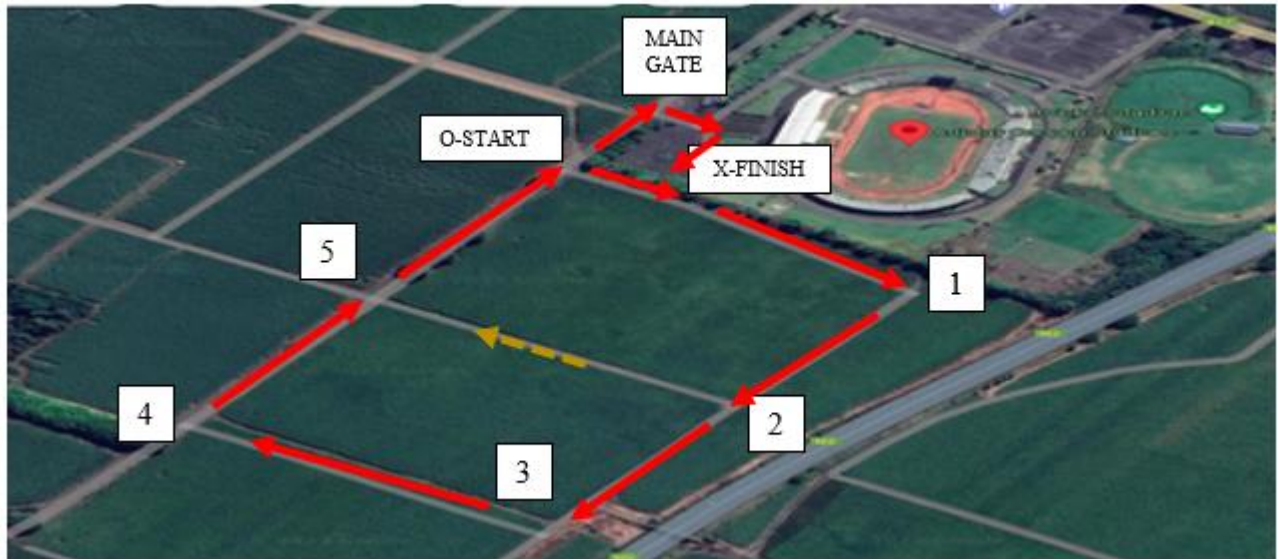
LOOP (A)	1-2-3-4-5-6-1	1.7 Km
LOOP (B)	1-2-5-6-1	1.1 Km

1	09:00	U10 (M) & (W)	Stadium Circuit	600m
2	09:15	U12 (M) & (W)	Start X + 1 Loop (B) – X	1.0 Km
3	09:30	U14 (W)	Start 1 + 1 Loop (A) - X	1.5 Km
4	09:45	U14 (M) & U16 / MAS (W)	Start 1 + 2 Loops (B) – X	2.0 Km
5	10:05	SEN (M)	Start 1 + 5 Loops (A) - X	8.0 Km
6	10:40	U16 (M) & U18 (W)	Start 1 + 3 Loops (B) – X	3.0 Km
7	11:00	U18 / MAS (M) & U20 / SEN (W)	Start X + 2 loops (A) + 1 Loop (B) – X	4.5 Km
8	11:20	U20 (M)	Start X + 3 loops (A) – X	5.0 Km

LOCAL ORGANISATION : BLACK RIVER REGIONAL ATHLETICS COMMITTEE
in collaboration with the District Council of BLACK RIVER



VITAL CROSS COUNTRY LEAGUE 2024
2nd Leg – Anjalay Coopen Stadium, MAPOU
Saturday 17th February 2024



LOOP (A)	O-1-2-3-4-5-O	1.5 Km
LOOP (B)	O-1-2-5-O	1.1 Km

1	14:00	U10 (M) & U10 (W)	Start O – 1 – O – X	600 m
2	14:15	U12 (M) & U12 (W)	Start 1 – 2 – 5 – O – X	1.0 Km
3	14:30	U14 (W)	Start O + 1 Loop (A) – X	1.5 Km
4	14:45	U14 (M) & U16 / MAS (W)	Start O + 2 Loops (B) - X	2.5 Km
5	15:00	U16 (M) & U18 (W)	Start O + 2 Loops (A) - X	3.5 Km
6	15:20	U18 / MAS (M) & U20 / SEN (W)	Start O + 3 Loops (A) - X	5.0 Km
7	15:45	U20	Start O + 5 Loops (B) - X	5.5 Km
8	16:10	SEN (M)	Start O + 5 Loops (A) - X	8.0 Km

LOCAL ORGANISATION : PAMPLEMOUSES REGIONAL ATHLETICS COMMITTEE
in collaboration with the DISTRICT COUNCIL OF PAMPLEMOUSES & TERRA



VITAL CROSS COUNTRY LEAGUE 2024
3rd Leg – PALMAR Public Beach
Sunday 3rd March 2024



LOOP (A)	O-1-2-4-5-O	1.0 Km
LOOP (B)	O-1-2-3-4-5-O	1.5 Km

1	09:00	U10 (M) & (W)	Start 1 – 2 – 3 – 4 – 5 – X	800m
2	09:15	U12 (M) & (W)	Start X – O – 1 – X – O + 1 Loop (A) - X	1.2 Km
3	09:30	U14 (W)	Start 5 – O + 1 Loop (B) - X	1.8 Km
4	09:45	U14 (M) & U16 / MAS (W)	Start O + 1 Loop (A) + 1 Loop (B) - X	2.5 Km
5	10:05	SEN (M)	Start O + 6 Loop (B) - X	9.0 Km
6	10:45	U16 (M) & U18 (W)	Start 5 – O + 2 Loop (B) - X	3.5 Km
7	11:05	U18 / MAS (M) & U20 / SEN (W)	Start 5 – O + 3 Loop (B) - X	5.0 Km
8	11:25	U20 (M)	Start O + 3 Loop (B) – X	6.0 Km

LOCAL ORGANISATION : FLACQ REGIONAL ATHLETICS COMMITTEE
in collaboration with the BEACH AUTHORITY and the District Council of FLACQ



VITAL CROSS COUNTRY LEAGUE 2024
4th Leg – MON CHOISY Public Beach
Sunday 17th March 2024



LOOP (1)	A – B – C – D – E – F – G – A	1.4 km
LOOP (2)	A – B – E – F – G – A	1.0 km
LOOP (3)	A – O – X1 – F – G – A	800m

1	09:00	U10 (M) & (W)	Start A + 1 Loop (3) – A	800m
2	09:15	U12 (M) & (W)	Start B – C – D – E – F – G – A	1.2 Km
3	09:30	U14 (W)	Start A + 2 Loops (2) – A	2.0 Km
4	09:45	U14 (M) & U16 / MAS (W)	Start G + 2 Loops (1) – A	3.0 Km
5	10:05	SEN (M)	Start A + 1 Loop (2) + 6 Loops (1) – A	9.5 Km
6	10:45	U16 (M) & U18 (W)	Start B – C – D – E – F – G – A + 2 Loops (1) - A	4.0 Km
7	11:05	U18 / MAS (M) & U20 / SEN (W)	Start A + 4 Loops (1) – A	5.5 Km
8	11:25	U20 (M)	Start A + 1 Loop (2) + 4 Loops (1) – A	6.5 Km

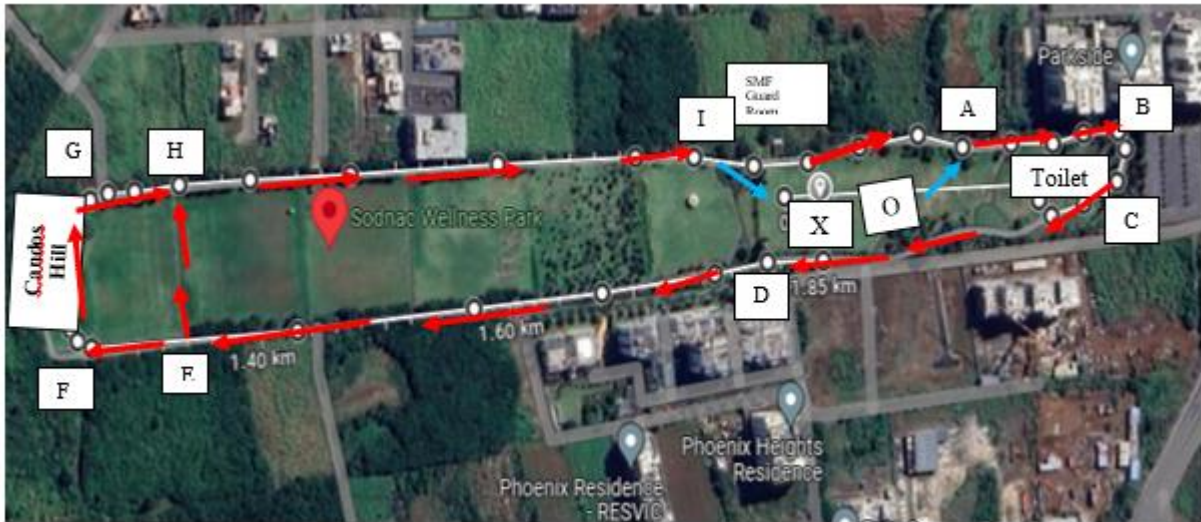
LOCAL ORGANISATION : RIVIERE DU REMPART REGIONAL ATHLETICS COMMITTEE
in collaboration with the BEACH AUTHORITY and the District Council of RIVIERE DU REMPART



VITAL CROSS COUNTRY LEAGUE 2024

5th Leg – Sodnac Wellness Park, CANDOS

Saturday 23rd March 2024



LOOP (1)	A-B-C-D-E-F-G-H-I-A	1.8 Km
LOOP (2)	A-B-C-D-E-H-I-A	1.5 Km
LOOP (3)	A-B-C-D-I-A	1.0 Km

1	14:00	U10 (M) & U10 (W)	Start O + 1 Loop (3) – I - X	1.0 Km
2	14:15	U12 (M) & U12 (W)	Start O + 1 Loop (2) – I - X	1.5 Km
3	14:30	U14 (W)	Start O + 2 Loop (3) – I - X	2.0 Km
4	14:45	U14 (M) & U16 / MAS (W)	Start O + 2 Loop (2) – I - X	3.0 Km
5	15:00	U16 (M) & U18 (W)	Start O + 3 Loop (2) – I - X	4.2 Km
6	15:25	U18 / MAS (M) & U20 / SEN (W)	Start O + 4 Loops (2) – I - X	6.0 Km
7	15:55	U20	Start O + 5 Loops (2) – I - X	7.5 Km
8	16:25	SEN (M)	Start O + 1 Loop (3) + 5 Loops (1) - I - X	10.0 Km

**LOCAL ORGANISATION : VACOAS/PHOENIX REGIONAL ATHLETICS COMMITTEE
in collaboration with the MUNICIPAL COUNCIL OF VACOAS/PHOENIX**