



PLAYING REGULATIONS: CROSS COUNTRY

1. SPORT FORMAT

Canada West follows the U SPORTS Playing Regulations. This document provides additional regulations that will also be followed or supersede a U SPORTS Playing Regulation.

2. TEAM COMPOSITION (Also refer to Policy 7 & 9 of Canada West Operations Manual)

2.1. A team shall have not less than five (5) and not more than fourteen (14) runners to start - five (5) to score.

2.2. The top seven (7) finishers shall count as displacers, for the Canada West Cross Country Championships. Note: There is to be no financial obligation on behalf of the institutions that do not send this maximum allowable number of athletes.

2.3. Student-Athletes must compete in the Canada West Cross Country Championships to be eligible to compete in the U SPORTS Championship unless there are extenuating medical circumstances that are addressed as follows:

The Canada West Eligibility Review Officer receives medical certificate documentation of illness submitted by the Athletic Director or designate within seven (7) days after the start of the Canada West Championship which contains the following information:

- a) Diagnosis
- b) Date of onset of the injury/illness which prevented the athlete from competing the Canada West Championship.
- c) Recommended Treatment/Intervention
- d) Prognosis, with approximate date of clearance for athletic competition.
- e) Any other information relevant to the appeal.
- f) Physician signature, Physician's clinic stamp or letterhead/prescription pad

2.4. ~~The top three teams (Male and female) and top 3 individuals (if not on a qualifying team) will qualify for U SPORTS travel pool funding.~~

3. LEAGUE / SEASON FORMAT (Also refer to Policy 8 of the Canada West Operations Manual) N/A

CROSS COUNTRY REGULATIONS

4. **PLAYOFF / CHAMPIONSHIP FORMAT** (Also refer to Policy 8 of the Canada West Operations Manual)

4.1. The Canada West Cross Country championship will take place each year. The host will be determined by a bid process to the Canada West office. Regional rotation should be considered if bids allow.

4.2. ENTRIES

4.2.1. Entry forms should be in the hands of the member universities one month prior to the meet.

4.2.2. Entries must be in the hands of the host university at least five (5) days prior to the meet.

4.2.3. In addition to the entry form, a team list with athletes' names and events should be included to facilitate assigning of numbers, and for inclusion in the program. This list should include the name(s) of the team coach(s) and manager(s). Full names (not just first initial) of each athlete must be used. Year of birth must be shown.

4.3. **Start order will alternate between gender from year to year. Starting with men in 2022, women in 2023 and so on.**

4.4. **Official start times for the CW Championship races are 12:00pm and 1:00pm.**

5. **UNIFORMS** (Also refer to Policy 9 of Canada West Operations Manual)

5.1. All Canada West members are required to have the Canada West brand on all new uniforms, as per the specifications in the Canada West Brand ID Guide. The Canada West Office shall proof branding on uniforms to ensure guidelines are met.

6. **RULES**

6.1. Ties shall be broken according to U SPORTS Rules.

7. **AWARDS** (Also refer to Policy 15 of the Canada West Operations Manual)

7.1. Teams competing in the Canada West Women's Championship will be competing for the Harold Wright Trophy. Teams competing in the Canada West Men's Championship will be competing for the P.S. Warren Trophy.

7.2. The Coaches of the Year for the Canada West Women's Cross Country Team and the Canada West Men's Cross Country team shall be selected by secret ballot. Each university is allowed one vote per coach (men's and women's) per university. The

CROSS COUNTRY REGULATIONS

ballots are to be turned in to the Meet Convenor immediately upon completion of the meet.

- 7.3. The top seven (7) finalists in the men and women's event at the Canada West Championship will make up the 1st Team Conference All-Stars. The athletes finishing eight (8) to fourteen (14) in the men and women's event at the Canada West Championship will make up the 2nd Team Conference All-Stars.
- 7.4. Canada West Athlete of the Year (Male and Female): The top male and female finishers at the Canada West Championship shall automatically be named Male/Female Athlete of the Year.
- 7.5. Canada West Rookie of the Year (Male and Female)
 1. The top male and female rookie finishers at the Canada West Championship shall automatically be named Canada West Rookies of the Year.
 2. Athlete must be 21 years of age or younger as of September 1st in the year of competition and in their first year of U SPORTS eligibility.
- 7.6. Student-Athlete Community Award - An award for outstanding achievement in athletics, academics, and community involvement will be awarded annually. Nominations are to be submitted to the host institution by the end of day Tuesday, prior to the championship. Winners will be chosen through a vote of coaches held at the pre-event Coaches meeting.

8. SPORT ADMINISTRATION (Also refer to Policy 9 of the Canada West Operations Manual)

- 8.1. The Canada West host institution shall
 1. Hold a coaches' meeting in conjunction with the Cross Country Championships the day before the meet.
 - Coaches will elect an executive. Terms shall be two years with a maximum of two consecutive terms.
 2. Be responsible for ensuring the timely communication of Canada West Conference Championship Results and Award Winners to the Canada West Office. Refer to Policy 13 of the Canada West Operations Manual for post-game reporting duties.

9. MEDICAL SUPPORT SERVICES

Refer to Policy 14 of the Canada West Operations Manual for host and visiting team responsibilities.

10. PROTESTS

Protests shall be managed in accordance with Athletic Canada/IAAF regulations.

11. FILM EXCHANGE (N/A)

12. INAPPROPRIATE CONDUCT AND SERIOUS MISCONDUCT IN COMPETITION

Refer to Policy 6 of the Canada West Operations Manual for the policy and process for dealing with complaint of inappropriate conduct or incidents of serious misconduct in competition.

12.1 SUSPENDED/EJECTED COACH OR PLAYER

1. A suspended/ejected coach must adhere to the following (for non-conference, league, and playoffs):

- a. Will not be permitted anywhere within the playing venue from one hour before until 30 minutes after their games.
- b. Coaches ejected during a game are to leave the vicinity of the playing surface, dressing rooms and benches, and cease all engagement with any participants, including players, coaches, officials, spectators etc. until 30 minutes after the game concludes.

NOTE: Where a Team Official is ordered to the dressing room under this rule, it is sufficient that they are away from the Players', benches or playing surface and are not directing or interacting with the teams in any manner and in no way interacting with or bothering the officials. Should the individual violate this rule, they are subject to further discipline following a Policy 6 review.

- c. Coaches suspended for a game may not be within the vicinity of the playing surface, dressing rooms and benches as of 60 minutes prior to the game; during this time coaches may not have any interaction with the team, through technology or other means, until 30 minutes after the game has been completed.

2. A suspended/ejected player must adhere to the following (for non-conference, league, and playoffs):

- a. Student athlete suspended can be in the venue and should be as close as possible to the team bench without being on the team bench.
- b. Are not allowed within the field of play during competition.
- c. Student athletes suspended can join in the locker room only after the game is complete.

13. RESULTS, STATISTICS AND SCORESHEET MANAGEMENT

Refer to Section 13 of the Canada West Operations Manual for regulations and procedures regarding statistical reports and results/scoresheet management.

14. APPENDICES

- A. Official Entry Form for Canada West Cross-Country Championship.
- B. Student-Athlete Community Service Award

CROSS COUNTRY REGULATIONS

APPENDIX A OFFICIAL ENTRY FORM CANADA WEST CROSS COUNTRY CHAMPIONSHIPS

HOSTED BY: THE UNIVERSITY OF _____

AT: _____ DATE: _____

TEAM NAME: _____

TEAM COLOURS: SINGLET _____ TRIM: _____

Men	Year	Women	Year
Name	Born	Name	Born
1. _____	_____	1. _____	_____
2. _____	_____	2. _____	_____
3. _____	_____	3. _____	_____
4. _____	_____	4. _____	_____
5. _____	_____	5. _____	_____
6. _____	_____	6. _____	_____
7. _____	_____	7. _____	_____
Alternates:		Alternates:	
1. _____		1. _____	
2. _____		2. _____	
3. _____		3. _____	

Please Print

Coach: _____ Address: _____

City: _____ Province: _____ Postal Code: _____

Phone: (H) _____ (O): _____ (FAX): _____

Other team staff attending: _____

I certify that the above information is correct.

Signature of Head Coach

Entry forms must be received one week prior to championship.

**APPENDIX B
Student-Athlete Community Service Award**

STUDENT-ATHLETE COMMUNITY SERVICE AWARD

Name: _____ University: _____

Hometown: _____ Year of Eligibility: _____

Faculty & Program: _____ Year in Program: _____

Stats: (current regular season only) _____

Academic Performance: (please list the most recent performance first)

Community Service: (please list the most recent accomplishments first)

Provide a brief description of the candidates' involvement in paragraph form. (include a quote from coach or AD)