



TECHNICAL RULES FOR

# ISF WSC CROSS-COUNTRY

UPDATED SEPTEMBER 28, 2016

*"We are school sport"*



The competition will be run according to current ISF and IAAF rules under the direction of the ISF Technical Commission for athletics.

Specific ISF regulations are:

1. a. The competition is open both to school teams and selected teams.
  - b. There will be a competition organised in the following categories:
    - school teams, boys,
    - school teams, girls,
    - selected teams, boys,
    - selected teams, girls.
  - c. Each country may enter only one team in each category.
  - d. Each competitor may only compete in one team.
2. All competitors of the school team must have been enrolled the same school since the beginning of the school year.
3. All competitors of the selected team must have been enrolled at a school in the country concerned since the beginning of the school year.
4. Students aged 18, 17, 16 and 15 years on 31 December of the year of the World Schools Championship concerned can participate.
5. Each team shall be composed of a minimum of 4 and a maximum of 6 athletes and 1 teacher.
6. The athletes must be enrolled as full-time students at the school which they represent. They must be attending schools which provide a general education.

The following are not eligible to participate:

- a. pupils of vocational schools who only attend that school as a complement to their vocational training,
  - b. school teams and pupils enrolled at schools which provide sports training without any general education,
  - c. part-time (e.g. afternoon) sports schools which take pupils from a variety of schools for training in one or more sports,
  - d. teams formed as part of clubs, companies, universities or other institutions.
7. Each participating team must be nominated officially by the organisation responsible for school sport and which is member of ISF.
  8. Only athletes, registered on the team's list handed in at the accreditation, are authorized to take part in this competition.
  9. Mixed teams are not allowed.

10. System of the competition:

a. The course -

Distance to run:

for boys: 5000 – 5500 m

for girls: 3000 – 3500 m

If laps are used then the maximum number of laps is as follows: girls a maximum of 2 laps, boys a maximum of 3 laps.

b. Team classification:

(1) Four best runners from every registered team will score for the ranking.

(2) The team with the lowest total score will be the winner.

(3) In case 2 or more teams score the same number of points, the winning team will be the one of which the fourth participant will be the best ranked.

(4) School teams and selected teams will be classified separately.

11. Prize-giving.

a. Each participant will receive a commemorative certificate.

b. Each team finishing the competition and classified in team classification will be given with diploma for placement

c. The teams finishing first, second and third will be rewarded with medals and trophies.

d. The ISF Joy of Moving Trophy will be awarded to a delegation by the Disciplinary Commission following consultation with the Technical Commission ISF, the Organizing Committee and the delegations.

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NB. Additional information will be included in bulletin 1, 2 and/or 3 of the relevant event