

ATHLETICS - CROSS COUNTRY (men and women)

2016

AUS Cross Country competitions are conducted in accordance with the rules of [Athletics Australia](#) (AA) except where these differ from AUS sports rules; in which case the latter shall take precedence.

1. Team/squad size

- 1.1. There is no maximum limit on the number of competitors in individual events or teams in team events.
- 1.2. A university team in road relay race must consist of 4 men and 3 women.

2. Competition format

- 2.1. The competition shall comprise the following events:
 - Individual and team events for men and women
 - 5km road relay for men and women
- 2.2. Race distances for individual and team events shall be in line with IAAF Cross Country regulations which state a 10km course distance for both male and female athletes.
- 2.3. The cross country events shall precede the road relay events.
- 2.4. A rest day should be scheduled between the cross country events and the road relay. If this is not possible, a period of at least 24 hours should be scheduled.

3. Point score

- 3.1. The overall champion university will be the university with the highest combined total based on the combination of points from the cross country individual and cross country team events, and the road relay for men and women as outlined.
- 3.2. Mens cross country: First 6 finishers from each university score points. Points allocated relative to number of university competitors:
 - 1st No. of competitors plus 1
 - 2nd No. of competitors minus 1
 - 3rd No. of competitors minus 2
 - 4th No. of competitors minus 3 and so on
 - *For example: if there are 50 competitors 1st would get 51pts, 2nd 49, 3rd 48, 4th 47..... etc.*
- 3.3. Womens cross country: First 5 finishers from each university score points. Points allocated relative to number of university competitors:
 - 1st No. of competitors plus 1
 - 2nd No. of competitors minus 1
 - 3rd No. of competitors minus 2
 - 4th No. of competitors minus 3 and so on
 - *For example: if there are 50 competitors 1st would get 51pts, 2nd 49, 3rd 48, 4th 47..... etc.*
- 3.4. Mens cross country team: The sum of the first 4 finishers from each university as allocated in 3.2 above.
- 3.5. Womens cross country team: The sum of the first 3 finishers from each university as allocated in 3.3 above.
- 3.6. Road relay: Points allocated relative to number of university teams competing in the road relay divisions:
 - 1st No. of university teams plus 1
 - 2nd No. of university teams minus 1

- 3rd No. of university teams minus 2
- 4th No. of university teams minus 3 and so on
- *For example: if there are six road relay teams in men's division, 1st would get 7pts, 2nd 5pts, 3rd 4pts, 4th 3pts etc, and if there are four road relay teams in the women's division, 1st would get 5 pts, 2nd 3pts, 3rd 2pts, 4th 1pt.*

3.7. In the event that two or more university's finish on the same points, the university with the highest number of placings within the events will be deemed the overall champion university. If universities are still equal, then a joint winner will be awarded.

4. Uniform requirements

4.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform to the organiser if requested.

4.2. Minimum uniform requirements for AUS events must be met:

- A competitor must not use equipment or wear anything that is dangerous to him/herself or another competitor (including any kind of jewellery)
- Long or sharp fingernails are to be trimmed short
- All participating competitors are to be correctly attired in appropriate, matching team uniforms
- Exceptions may be made for some sports in cold weather, providing permission is granted by the appropriate officials. Additionally the exceptions will only be granted providing they are the same colour, and the extra clothing does not cover up any identification numbers or colours
- All numbers on shirts need to be clearly visible, and in a contrasting colour to the dominant colour of the shirt
- Mouth guards are strongly recommended for all sports where there is a potential for collision. It is compulsory to wear a mouth guard in those sports where it is stated
- All participants must retain the one number throughout the tournament (if numbered jerseys are used)
- Numbers on shirts are restricted to one or two digit numbers
- Players should not take the field of play in any costume or part of a costume. If they do, players will be asked to remove costume items or incur a code of behaviour report

5. Award ceremonies

5.1. Medal ceremonies will be held at the completion of the competition.

5.2. Gold, silver and bronze medals will be presented to those individuals and teams finishing 1st, 2nd and 3rd in the competition.

5.3. Pennants will be presented at the closing presentation to the following teams:

- For regional university games events
 - Mens champion
 - Womens champion

Previous rule amendments

February 1999 | August 2005 | March 2010 | February 2011 | May 2012 | April 2013 | May 2014 | March 2015