

GPS RULES OF COMPETITION

YEARS 5-12 · CROSS COUNTRY
EFFECTIVE 1 JANUARY 2018



100 Years Strong

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www.gpsqld.org.au

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The GPS Rules of Competition – Cross Country is the master source document, found on the GPS website at www.gpsqld.org.au. The web based document acts as the official (authorised) reference document and is maintained based on authorised amendments in accordance with recommendations by the GPS Cross Country Sub-Committee and accepted by the GPS Sport and Activities Committee.

APPROVED BY:

GPS Cross Country Sub-Committee – 20 July 2016, 24 July 2017

GPS Sport and Activities Committee – 6 June 2017, 23 November 2017

GPS Management Committee – 2018 Final Version pending

GPS CROSS COUNTRY SUB-COMMITTEE

The chart below lists the members of the GPS Cross Country Sub-Committee who voted on and recommended the technical rules included in this version of the document. This information is being included for historical purposes.

Name	Member School
Mr. Nigel Greive	Chairman Director of Sport (IGS)
Mr. Michael Simes	Anglican Church Grammar School
Mr. Russel Hansen	Brisbane Boys' College
Mr. Matthew Langmack	Brisbane State High School
Mr. John Clancy	Brisbane Grammar School
Mr. Andrew Ebrington	St Joseph's College, Gregory Terrace
Mr. Andrew Joyce	Ipswich Grammar School
Ms. Maureen Toohey	St Joseph's Nudgee College
Mr. Andrew Budnick	Toowoomba Grammar School
Mr. Andrew Stalling	The Southport School
Nicole L'Efevre	GPS Executive Officer (Ex-officio)

THOSE SEEKING INTERPRETATIONS OF GPS RULES OR TECHNICAL SITUATIONS MAY CONTACT

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SECTION A: PREAMBLE

These rules are for the 2018 GPS Cross Country Season competition which is to be held in Term 1 and Term 2 of the school year.

Cross Country will be offered for Year 5 -12.¹

SECTION B: CODE OF BEHAVIOUR

STUDENTS, COACHES, PARENTS, SPECTATORS AND OFFICIALS ARE ENCOURAGED TO FAMILIARISE THEMSELVES WITH THE "GPS CODES OF BEHAVIOUR" THAT APPLY TO ALL GPS ACTIVITIES.

1. SLEDGING

- 1.1. The Headmasters of GPS schools have determined that 'sledging' has no place in GPS Sport. This practice is forbidden.
- 1.2. The Headmasters have directed that students:
 - a) are to make no derogatory comments **at** an opposing student;
 - b) are to make no derogatory comments **about** an opposing student.

2. MAINTAINING A STANDARD OF BEHAVIOUR – THE BREACH OF CODE OF BEHAVIOUR REPORT SYSTEM²

The above breaches of behaviour are guidelines.

2.1. Coaches

All coaches are responsible for ensuring that the letter and the spirit of the Code of Conduct is followed and are expected to set an example to others at all times.

2.2. Officials

Officials in GPS Cross Country are instructed to watch such negative activities as those listed above. Should an official consider the Code of Conduct is being broken during a meet, he shall, using his discretion (and being mindful of the context of any such comments or actions of either student/s), take action.

The procedure to control unacceptable behaviour is:

- i) warn any student who is displaying any unsportsmanlike behaviour and inform the Captain of the warning, and include the student/s name/s in the report,
- ii) should it persist further the Official/s will report the student/s to the MIC/ Director of Cross Country of the school team.

¹ GPS Headmasters Meeting – 6 May 2013; Y5-12 GPS Reform decision; From the commencement of the 2014 school calendar year the current Year 8-12 sporting and cultural involvement in the nine member schools has been extended to also include these schools' students in Years 5-7.

² Clarification of current Behaviour Management System 2009; GPS Headmasters meeting – 21 October 2013 – preferred terminology to be used is Breach of Code of Behaviour Report

iii) If an Official warns a student he must record the incident on the Officials report form. When an Official reports a student the incident must be recorded in detail. For all incidents the student's name and school must be stated.

2.3. Captains and Vice-Captains of all teams are expected to see that their team competes according to the spirit as well as the letter of the Code of Conduct and set the example to others.

2.4. MIC /Directors of Cross Country

As the Code of Conduct applies to all teams, MIC/ Directors of Cross Country are to liaise with Directors of Sport and Activities to ensure that all coaches are issued with the Code of Conduct and the appropriate regulations and that the school as a whole is informed of the content of the Code of Conduct.

The purpose of this system is to monitor and support appropriate student behaviour.

SECTION C: GENERAL

3. MEET CALENDAR

- 3.1.** The meet competition will be conducted in accordance with a schedule of dates drawn up by the GPS Sport and Activities Committee prior to the start of the meet season and approved by the GPS Headmasters as part of the GPS Calendar approval process.
- 3.2.** In the event of postponement due to weather, an alternate date will be set for the GPS Cross Country Championships event.

4. HYDRATION AND TRAINING GUIDELINES

- 4.1.** Please refer to the Hydration and Training Guidelines Information Sheet provided on the GPS website under 'Codes and Policies'. This information is to be provided to students and staff in advance of GPS Cross Country events.

5. NUMBERS

- 5.1.** Chest (or Wrist) Numbers may be used for ease and speed of identification of runners. Please make the digits about car number plate size/style.
- 5.2.** The numbering system to be used will be as follows:
 - a) 1st digit is your school [where the existing 1st digit School numbers that have been used for several years are to be retained]:
 - BBC [0]
 - BGS [1]

BSHS	[2]
ACGS	[3]
GT	[4]
IGS	[5]
NC	[6]
TGS	[7]
TSS	[8]

b) 2nd digit is your age group

10 Years & Under,	[0]
11 Years & Under,	[1]
12 Years & Under,	[2]
13 Years & Under,	[3]
14 Years & Under,	[4]
15 Years & Under,	[5]
16 Years & Under,	[6]
Open (all ages)	[7]

c) 3rd & 4th digit is your competitor number e.g. 00- 99

Therefore, for example – School - IGS, 13 Years & Under, Runner # 1 = **Number 5 5 00**

SECTION D: THE GPS CROSS COUNTRY SHIELD³ / LEAD UP MEETS⁴

6. EVENT ORGANISATION

6.1. The GPS lead up meet season will consist of 6 meets prior to the GPS Championships⁵.

6.2. A different school will host each of the 6 meets.

6.3. Wherever possible dates for meets will be set and confirmed as part of the overall scheduling of the GPS Calendar (one year ahead).

6.4. Where it is not possible to hold 6 meets, events will not be postponed or re-scheduled.

6.5. Meets will generally start at 4.30pm for the first 2 events and at 4.15pm for the next 3 events.

NB: TGS – approval granted for request for an earlier start time for Meet #6 due to light at this time of year, and the need to run the course at Limestone Park in preparation for the Championships event⁶.

6.6. The Host School will set the date deadline for other schools to advise of their intention to participate in the lead up event. (It is suggested that schools nominate a closing date one week prior to the agreed date of the event, and a date for Withdrawal Without Penalty).

³ Inclusion in overall rules 2009.

⁴ GPS Sport and Activities Committee Meeting – 21 July 2008

⁵ GPS Cross Country Sub-Committee Meeting – 31 August 2011

⁶ GPS Cross Country Sub-Committee Meeting – 31 August 2011/ reviewed GPS Cross Country Sub-Committee Meeting – 18 July 2012, continue to manage WH&S issues due to amount of daylight. Approved GPS Headmasters meeting – 23 February 2015.

- 6.7. Schools are to nominate by the closing date as advised by the Host School.
- 6.8. All withdrawals must be in writing.
- 6.9. The costs for conducting the lead-up meets (i.e. venue hire and first aid) will be paid by the Host School, and then will be shared equally amongst participating schools.
- 6.10. The Host School will be responsible for invoicing participating schools for their share post event.
- 6.11. Schools who withdraw after the Withdrawal Without Penalty date will be required to pay an equal share of the costs of the event to the Host School.
 - 6.11.1 A notification period of 48 hours notice is required if a member school will not be attending a lead up meet event. The member school that defaults will be included in the Fixed costs levy [wholesale].⁷
- 6.12. Each member school attending GPS Cross Country lead up meets is to consult with the Host School to make arrangements for the placement of their school's timing gates.

7. FORMAT

7.1. The suggested format for a lead up meet is:

4.30pm	14-15 Years & Under	4km
4.32pm	10 Years & Under	2km
4.55pm	16 Years & Under /Open	6km
4.57pm	13 Years & Under	3km
5.00pm	11/12 Years & Under	3km

- 7.2. It is recommended that GPS events for 10 Years & Under – 12 Years & Under are conducted with senior events on the same date/ same venue with the rationale being this would be logistically feasible for travel, event organisation and staffing.
- 7.3. It is suggested that events for younger age groups are held 2 minutes after the seniors events to allow all events to be conducted in the set time period allocated for lead up meets.

8. SCORING⁸

- 8.1. The results of the race meets will be determined by adding the re-ranked positions of the best six runners from each school.
- 8.2. Incomplete teams will be scored as though their missing runner(s) were ranked last in their race.
- 8.3. The total of the six adjusted rankings of each team determines the team positions (any ties being decided in favour of the team having the best sixth runner).
- 8.4. Points will then be awarded for each age group race (using GPS scoring 10,8,7,...). These points will be totalled to give the meet results.
- 8.5. The winning school will hold the Shield until the next meet.

⁷ GPS Cross Country Sub-Committee meeting – 24 July 2017

⁸ GPS Cross Country Sub-Committee meeting – 11 October 2010 – it was noted that the "Plate" award for the runner-up team, has been lost and will not be replaced.

- 8.6. After the sixth meet (the GPS Practice Races) the best five meet scores for each school will be added to produce the winner of the GPS Cross Country Shield for the year.
- 8.7. If the minimum of five meets is not possible the GPS Shield will not be awarded for that year.
- 8.8. 10 Years & Under, 11/12 Years & Under events will not be included in the Points Score for the GPS Shield.

9. RECORDING

9.1. The host school will be responsible to record the placement of runners so that each runner's school is recorded as they cross the line for all events.

9.1.1. Recording of results required for all age groups will be the name of the runner and their school for the 1st three places [1st – 3rd] and the winning time and then the school only thereafter.

9.1.2. The scoring of the event for the GPS Shield is only for the 13 Years and Under to Open events.

9.2. Positions and names, and team results, should be recorded and calculated by the host school by whichever method is convenient. The "score sheet" template⁹ provided by the GPS office should be regarded as the preferred format.

Refer to APPENDIX D – GPS Cross Country Meet Score Sheet Template

9.3. The Host School must be able to produce a firm set of results and should distribute them to competing schools and the GPS office as soon as possible after the event or before 5pm Saturday.

9.4. For all events, the staff of the relevant school will be responsible to record the times of runners.

10. RESULTS

10.1. Results to the Newspaper

The suggested format for results to be sent to The Sunday Mail, Country Life (Rural Press) and Quest Newspapers will be provided to each host school by the GPS office. The newspaper will accept these sent via email ONLY before 5pm Saturday.

Suggested format for races:

GPS CROSS COUNTRY SHIELD

Round 2 – The State High River Runs (Teams of 6 runners)

13 Years & Under – 4 km - 1st name (school); 2nd name (school); 3rd name (school)

Teams 1st..... ..points

2nd..... ..points

⁹ The "score audit" template was originally created by Brisbane Grammar School.

3rd..... . .points

14 ears & Under – 4 km – 1st name (school) time.....etc as above

Overall Shield Points

BBC.....BGS.....BSHS.....ACGS.....GT.....IGS.....NC.....TGS.....TSS.....

11. SHIELD TALLY

- 11.1. A Shield Tally template will be provided to each Host School by the GPS office. A spreadsheet file will be set up for all rounds, and each round will be linked back to the overall table.
- 11.2. Each host school will be asked to enter your information in your host round sheet, and check this matches the overall tally.
- 11.3. Once updated this will be uploaded to the GPS website for display.

Refer to APPENDIX D – GPS Cross Country Meet Score Sheet Template

12. MEDICAL SERVICES¹⁰

- 12.1. The Host School is responsible for arranging First Aid facilities.
- 12.2. A minimum of one First Aid Officer will be present throughout the competition, predominantly in attendance at the First Aid Tent/ Medical Centre at the Start/ Finish area.
- 12.3. A minimum of one First Aid Vehicle (FAV) will be present (vehicle or buggy).

13. DRINKS/ WATER STATIONS

- 13.1. Drinking water should be available at the Start/Finish Area at each meet. Additional water stations may be provided by the host school at intervals of about 3 km along all courses.
- 13.2. Runners should be advised that taking refreshment at a place other than the Station provided is acceptable if it is carried out in an orderly fashion which does not interfere with other runners.
- 13.3. Deliberate interference with a Water Station may lead to disqualification.

SECTION E: GPS CROSS COUNTRY CHAMPIONSHIPS

14. APPLICABILITY OF INTERNATIONAL/NATIONAL RULES

- 14.1. The GPS Rules of Competition – Cross Country will be the first point of reference and only when they do not address a particular issue will the International Association of Athletics Federations (I.A.A.F) Rules apply to the conduct of the GPS Cross Country Championships.
- 14.2. The GPS Executive Officer shall be responsible for keeping a current copy of all (I.A.A.F) Rules and to have it available during the Championships as necessary.

¹⁰ GPS Cross Country Sub-Committee meeting, 20 July 2016 - Expectations of minimum standards of medical service delivery.

15. VENUE/ COURSE

- 15.1. The GPS Cross Country Championships shall be held at a venue to be decided by the Committee and ratified by the Association.
- 15.2. The course will be determined by the host school/ organisers.

16. AGE REGULATIONS/ CRITERIA FOR PARTICIPATION

- 16.1. The LOWEST age division in which any student may compete in a school year of competition will be determined by his 'Age as at' date up to and including 31 December of the school year¹¹.
- 16.2. Students in Years 5 to 12 only, enrolled in a GPS member school may participate in the competition. A student must be enrolled on a full time basis at the school that he represents.
- 16.3. No student is eligible to take part in this competition at any time in the year of his 19th birthday or if he had turned 19 before the year of competition.
- 16.4. The competition shall be conducted in the following age groups/ divisions for the Senior competition [13 Years & Under – Open]:
 - 16.4.1. Open (all ages)
 - 16.4.2. 16 Years & Under,
 - 16.4.3. 15 Years & Under,
 - 16.4.4. 14 Years & Under,
 - 16.4.5. 13 Years & Under
- 16.5. The competition shall be conducted in the following age groups/ divisions for the Junior competition¹² 10 Years & Under – 12 Years & Under¹³:
 - 16.5.1. 12 Years & Under,
 - 16.5.2. 11 Years & Under,
 - 16.5.3. 10 Years & Under,
- 16.6. NB: The Championships are to be conducted in one day for age groupings [10 Years & Under – 12 Years & Under] and [13 Years & Under - Open]. The eligibility criteria for Y5&6 students is they cannot compete in the [13 Years & Under - Open] event, but Year 7's who meet the criteria to compete in the 12 Years & Under age group can compete in the [10 Years & Under – 12 Years & Under] event. A Year 7 student may only compete in one Championship event.¹⁴
- 16.7. The maximum number of competitors allowable per age group per school is twenty (20) per event.

¹¹ GPS Headmasters meeting – 21 October 2013; Change to Age Group Cut Off dates from 1st November the previous school year to 1st January of the school year from 2014; GPS Cross Country Sub-Committee meeting – 22 July 2015; 'Age as at' date to be adjusted to the end of the year , 31 December as per all other sports.

¹² GPS Management Committee meeting – 10 August 2015; use of Junior nomenclature approved

¹³ GPS Sport and Activities Committee meeting – 7 May 2014; age groups/ divisions for the Year 5-7 competition to be the same as Swimming for 2014.

¹⁴ Recommendation for age groups [10Yrs&U – 12Yrs&U; 13Yrs&U – Open]; GPS Sports and Activities Committee – 15 October 2014; clarification for Year 7s for two events; approved by GPS Management Committee – 27 October 2014

16.7.1. The exception to this will allow another 10 runners per school in the Open Division for the GPS Cross Country Championships event [i.e. 30 runners]. Runners must be able to meet the cut off times for the end of the race.¹⁵

16.8. See Rules under Section F: Protests for the procedure to be followed for a protest relevant to Age Regulations.

16.9. A student may only compete in one age group race event on the day of the Championships competition¹⁶.

17. ENTRIES¹⁷

17.1. Preliminary Entries

17.1.1. A squad list is to be submitted to the GPS Executive Officer (14) days prior to the event and this is to be circulated to the GPS Headmasters (including information required re: Date of Birth, Date of Enrolment to the school).

17.1.2. Preliminary Entries will be required to be submitted with the use of Team Manager [Hy-Tek for Cross Country] software or Excel spreadsheet.

17.1.3. All reserve athletes who may be asked to compete for the member school must be included in this squad list.

17.1.4. The submission of entries will be possible from 14 days prior to the preliminary entry deadline.

17.1.5. No 'NEW' competitors will be accepted to be added to the squad list after this date. If an athlete is not registered to compete prior to the nominated closing time for changes to team nominations/ competitor entries on this date, they will be disqualified.

17.2. Final Entries

17.2.1. Final changes to the starting list to be printed in the Official Program must be submitted to the GPS Executive Officer a minimum of (7) working days prior to the competition day.

17.2.2. Final Entries will be required to be submitted with the use of Substitution Notification Form only as all changes need to be entered manually into Meet Manager once the event has been seeded.

17.2.3. An electronic program is to be made available online if possible.

17.3. Final Confirmation of Entries

17.3.1. The notification of changes to competitors will be possible from the deadline for Final Entries and up to the nominated closing time for changes to team nominations/ competitor entries on the day of the Championships [45 mins prior to the first event].

17.3.2. Changes must be submitted in writing on the GPS Substitutions Notification Form only.

17.3.2.1. Changes will be accepted after the nominated closing time for changes to team nominations/ competitor entries only under exceptional circumstances.

17.3.2.2. The Start List for an event is to be checked with competitors by the nominated technical official prior to the start of an event on the day of the Championships. If an athlete is not registered to compete for a school when the Start List is called, the athlete's name and school should be noted by the official. The athlete will be allowed to compete as a "Competitor under Protest". Officials in the Control Room are to be notified of the competitor's status. If a GPS

¹⁵ GPS Cross Country Sub-Committee meeting – 24 July 2017

¹⁶ GPS Cross Country Sub-Committee meeting - 23 July 2014

¹⁷ GPS Cross Country Sub-Committee – 20 July 2016 – recommended entries procedures

Substitutions Notification Form has not been provided to the Control Room within 15 minutes of the notification, the athlete will be disqualified.

17.3.3. No special requests for entry changes will be accepted from 10 minutes prior to the start of each age group event¹⁸.

17.3.3.1. No changes to entries will be permitted 15 minutes following the completion of the last event.

18. COMPETITORS' DRESS

18.1. The attire (shorts, singlet, socks) of each competitor in all age groups/ divisions shall conform to the registered colours of his school.

18.2. **Footwear.** All students must wear footwear to compete¹⁹.

19. EVENTS/ DISTANCES

19.1. The Championships events shall be as follows:

19.1.1. 10 Years & Under	2km
19.1.2. 11 Years & Under	3km
19.1.3. 12 Years & Under	3km
19.1.4. 13 Years & Under	3km
19.1.5. 14 Years & Under	4km
19.1.6. 15 Years & Under	4km
19.1.7. 16 Years & Under	6km
19.1.8. Open	6km

19.2. The Championships sequence of events and Lane Allocations shall be as detailed in APPENDIX B.

20. NUMBERING

20.1. Competitors shall wear numbers and bar codes as per SECTION C; General, Regulation 5.2. **Chest Numbers.** Chest Numbers are used for ease and speed of identification of runners.

20.2.1. Bib tags [with timing chips] will be organized for all competitors through the GPS office.

21. DRINKS/ WATER STATIONS²⁰

21.1. During events, competitors may only receive drinks from the official drinks station.

¹⁸ GPS Cross Country Sub-Committee meeting, 18 July 2012/ GPS Sport and Activities Committee meeting, 29 August 2012/ GPS Headmasters General Committee – Flying Minute, 21 December 2012

¹⁹ GPS Cross Country Sub-Committee meeting - 23 July 2014

²⁰ GPS Cross Country Championships meeting – 20 July 2016

- 21.2.** Competitors accepting drinks at any stage during the event may be disqualified at the discretion of the referee.

22. CROSS COUNTRY OFFICIALS

- 22.1.** All racing will be conducted by Queensland Athletics Officials as approved by the GPS Association.
- 22.2.** ²¹If the appointed officials fail to arrive for the meet, the GPS Sport and Activities Committee delegate from each school should meet to discuss alternatives. Should a suitable alternative be arranged and agreed by all schools, the meet shall proceed. If a suitable arrangement cannot be agreed, the matter is to be referred to the GPS Headmasters to discuss with the GPS Executive Officer to postpone the meet to an agreed time.
- 22.3.** Each school is to provide five (5) Course Marshalls²² to assist with officiating on the course.

23. PLACES /POINTS/ SCORING

- 23.1.** For each event:
- 23.1.1. Places shall be awarded to competitors in their order of finishing according to the electronic printout, where such timing apparatus is in operation. When such timing apparatus is not in operation, a competent officer will be appointed to check the correct allocation of places and points.
- 23.1.2. Only the first six (6) competitors from each school will contribute to that school's points for the event.
- 23.1.2.1. Age group teams that finish with less than 6 competitors will be given '0' points as a score due to it being an incomplete team²³.
- 23.1.3. The placings of each of the first six (6) placegetters (after adjustment) are then totalled for each school.
- 23.1.4. Placings will not be awarded to any competitors failing to complete the course or who are disqualified.
- 23.1.5. The school having the lowest aggregate shall be declared the winner; the school with the next highest aggregate will be declared second, and so on.
- 23.1.6. The place points awarded for Cross Country events per school shall be 10, 8, 7, 6, 5, 4, 3, 2, 1.
- 23.1.7. NB: With only 8 schools in the 10 Years & Under and 11 Years & Under events, place points will be 10, 8, 7.....2.²⁴
- 23.2.** In the case of a tie for any placing, it shall be resolved in favour of the school whose last scoring member finishes nearer the first place.
- 23.3.** If two or more competitors are credited with the same time in any event, they shall all be declared the record holders.

24. CHAMPIONSHIP AWARDS

- 24.1.** The GPS Cross Country Championship [13 Years & Under – Open] winner (Champion School) shall be the school with the highest aggregate points for all events.

²¹ GPS Sport and Activities Committee meeting – 13 October 2008; standard protocol.

²² GPS Sport and Activities Committee meeting – 31 August 2009

²³ GPS Cross Country Sub-Committee meeting, 18 July 2012/ GPS Sport and Activities Committee meeting, 29 August 2012/ GPS Headmasters General Committee – Flying Minute, 21 December 2012

²⁴ GPS Sport and Activities Committee Flying Minute -31 May 2014

- 24.1.1. The "Jack E. Ross" Memorial Trophy is presented to the winning school based on the first six (6) competitors from each school contributing to that school's points for the event in each age division.
- 24.1.2. The school having the lowest aggregate points for all events shall earn the highest overall placing points and shall be declared the winner.

24.2. The Junior GPS Cross Country Championship [10 Years & Under – 12 Years & Under] winner shall be the school having the lowest aggregate points for all events to earn the highest overall placing points.

24.2.1. This is based on the first six (6) competitors from each school contributing to that school's points for the event in each age division.

24.2.2. Commemorative Medallions are to be awarded to first, second and third place getters in each of the 10 Years & Under, 11 Years & Under, and 12 Years & Under age groups only.

24.3. Should two or more schools accumulate the same number of points in first place over the event program, there shall be no count back and those schools shall be declared joint Champions.

25. CANCELLATION OR POSTPONEMENT OF CHAMPIONSHIPS²⁵

25.1. If weather or facility conditions will make the event impossible, the GPS Executive Officer will communicate to all member schools, and if approved, the event will be postponed to an alternative Championship date (back up date).

25.2. Similarly, should the safety of competitors or spectators be at the risk of physical, environmental, political or health threats at the venue, the GPS Executive Officer will communicate to all member schools, and if approved, the event will be postponed to an alternative Championship date (back up date).

SECTION F: PROTESTS

26. PROTESTS SUBMITTED DURING THE CHAMPIONSHIPS (SEE APPENDIX A)

26.1. Course Marshalls are to report, as soon as practical, any disqualification to the Event Assistant Convenor of the Championships (IGS) and the GPS Executive Officer of the Association.

26.2. A report of a disqualification is to include the following detail:

- 26.2.1. The competitor's number;
- 26.2.2. The competitors school;
- 26.2.3. The name of the competitor (if possible);
- 26.2.4. An explanation of the reason for the disqualification.

²⁵ GPS Sports and Activities Committee Meeting – 13 October 2008

- 26.3.** The GPS Executive Officer is then to inform the Chair of the GPS Cross Country Sub-Committee and the GPS Sport and Activities Committee delegate of the competitor's school of the disqualification and its reason.
- 26.4.** Protests relevant to disqualifications are to be lodged, by the relevant school's GPS Sport and Activities Committee delegate, with the GPS Executive Officer no later than 15 minutes after the school is informed of the disqualification. ²⁶
- 26.5.** A Protest is to be made on the form provided in APPENDIX A.
- 26.6.** The GPS Executive Officer is then to brief the Chair of the GPS Cross Country Sub-Committee on the protest.
- 26.7.** Protests relevant to matters other than disqualifications are to be lodged, by the school's GPS Sport and Activities Committee delegate, with the GPS Executive Officer within 15 minutes of the relevant information being announced or displayed on the scoreboard. The GPS Executive Officer is then to brief the Chair of the GPS Cross Country Sub-Committee on the protest.
- 26.8.** The Chair will then Chair the Protest Hearing Committee. This Committee will comprise:
- 26.8.1. the Chair of the GPS Cross Country Sub-Committee (or his replacement - if the Protest relates to a disqualification of a competitor of the Chair's school, in which case the Chair of the GPS Sport and Activities Committee will determine another GPS Sport and Activities Committee delegate to chair the Committee); and
 - 26.8.2. GPS Sport and Activities Committee delegates from two GPS schools (appointed by the Chair) not involved in the Protest
 - 26.8.2.1. NB: The Championships Referee will not be a member of this Committee. Instead, the Referee will be consulted, as necessary, so that the Protest Hearing Committee is fully informed in order to adjudicate fairly on the matter of protest.
- 26.9.** Once the Protest Hearing Committee has reached a decision, that decision will be communicated by the Chair to:
- 26.9.1. the GPS Executive Officer;
 - 26.9.2. the GPS Sport and Activities Committee delegate or MICs/ Director of Cross Country of the relevant schools; and
 - 26.9.3. the Championship scorer
- 26.10.** The results of an event in which a disqualification occurs will not be announced until a final decision has been made with respect to the disqualification.

27. PROTESTS SUBMITTED AFTER THE CHAMPIONSHIPS (SEE APPENDIX A)

- 27.1.** Protests relevant to a competitor's age or the events run by a competitor may be lodged, by a school's GPS Sports and Activities Committee delegate, with the GPS Executive Officer within seven days of the date of the Championships.
- 27.2.** The GPS Executive Officer will then brief the Chair of the GPS Cross Country Sub-Committee on the protest.

²⁶ Consistency with Section E: Protests Rule 1.1

- 27.3.** The Chair will then Chair the Protest Hearing Committee. This Committee will comprise:
- 27.3.1. the Chair of the GPS Cross Country Sub-Committee (or his replacement);
 - 27.3.2. the GPS Executive Officer; and
 - 27.3.3. GPS Sports and Activities Committee delegates from two GPS schools (appointed by the Chair) not involved in the Protest.
- 27.4.** Once the Protest Hearing Committee has reached a decision, that decision will be communicated by the GPS Executive Officer to:
- 27.4.1. the Headmasters' Executive Committee; and
 - 27.4.2. the Headmasters of the remaining schools; and
 - 27.4.3. the GPS Sports and Activities Committee delegates of all schools.
- 27.5.** Should the decision of the Protest Hearing Committee cause a recalculation of the points relevant to the Championships, then the following procedure will apply:
- 27.5.1. The **penalty** for contravention of any part of **Section E: GPS Cross Country Championships - Rule 16 (Age Regulations/ Criteria for Participation)** will be the removal of that student from the field of competitors at the Championships.
 - 27.5.2. Aligned to this action will be the advancement of all students placed behind the contravening student and the adjustment of their school's points.
 - 27.5.3. The **penalty** for contravention of **Section E: GPS Cross Country Championships - Rule 17 (Entries)** will be the removal of that student from the field of competitors at the Championships.
 - 27.5.4. Aligned to this action will be the advancement of all students placed behind the contravening student and the adjustment of their school's points.
 - 27.5.5. If the contravention of the rule is discovered prior to the student completing his planned schedule of events, he may be substituted in his event.

SECTION G: AMENDMENTS TO RULES OF COMPETITION

28. No amendment to these Rules of Competition is authorised unless such amendment is issued by the GPS Executive Officer of the Association.

APPENDIX A: PROTEST FORM

GPS CROSS COUNTRY CHAMPIONSHIPS – PROTEST FORM

This form, when completed, is to be presented, by the relevant school's delegate to the GPS Sport and Activities Committee to the GPS Executive Officer as soon as possible after the school is informed of a disqualification but by no later than 15 minutes after that notification. If the protest relates to another matter, the protest is to be presented to the GPS Executive Officer within 15 minutes of the results being announced or displayed on the scoreboard. Protests relevant to a competitor's age or the events swum by a competitor may be lodged, by a school's delegate to the GPS Sport and Activities Committee with the GPS Executive Officer within seven days of the date of the Championships.

DATE: ____/____/____ **LANE:** _____ **EVENT TIME:** _____

EVENT NUMBER AND DESCRIPTION: _____

SCHOOL: _____

THE PROTEST IS BEING LODGED IN REFERENCE TO GPS REGULATION/ CROSS COUNTRY REGULATION (Note item):

DETAILS: _____

SIGNED: _____
 MIC Signature

 GPS SPORT & ACTIVITIES COMMITTEE MEMBER Signature

Note Time Received: _____ AM/ PM	Panel Convened: _____ AM/ PM
Athletics Official's ruling in relation to the incident:	

DECISION: **UPHELD** **OVERTURNED**

RATIONALE FOR DECISION/ REFERENCE TO GPS REGULATION/ CROSS COUNTRY REGULATION (Note item):

SIGNED: _____
 CHAIR of PROTEST PANEL Signature

 GPS SPORT & ACTIVITIES COMMITTEE MEMBER Signature

 GPS SPORT & ACTIVITIES COMMITTEE MEMBER Signature

NB. Attach additional documentation if required

APPENDIX B: GPS CROSS COUNTRY CHAMPIONSHIPS EVENT SEQUENCE

1. LANE ALLOCATIONS

1.1. The starting line position is determined on a rotational basis of one position forward each year for each age group. The start line will be numbered with Lanes 1-9 from the inside lane on the right as Lane 1 to the outside lane, Lane 9 on the left as one stands on the start line looking down the course.

2. PROGRAM – ORDER OF EVENTS²⁷

2.1. The GPS Cross Country Championships will comprise the following sequence of events:

Event Number	Time	Distance	Age Group	Lane Draw								
				1	2	3	4	5	6	7	8	9
1	9.30am	2000m	10 Yrs & U	BGS	TGS	TSS	NC	BBC	IGS	ACGS	BSHS (N/A)	GT
2	9.50am	3000m	11 Yrs & U	TGS	TSS	NC	BBC	IGS	ACGS	BSHS (N/A)	GT	BGS
3	10.10am	3000m	12 Yrs & U	TSS	NC	BBC	IGS	ACGS	BSHS	GT	BGS	TGS
	10.40am	Presentation Ceremony [10Y & U, 11Y & U, 12Y & U]										
		GPS Shield Presentation Ceremony										
4	11.00am	3000m	13 Yrs & U	BBC	IGS	ACGS	BSHS	GT	BGS	TGS	TSS	NC
5	11.20am	4000m	14 Yrs & U	NC	BBC	IGS	ACGS	BSHS	GT	BGS	TGS	TSS
6	11.40am	4000m	15 Yrs & U	TSS	NC	BBC	IGS	ACGS	BSHS	GT	BGS	TGS
7	12.10pm	6000m	16 Yrs & U	TGS	TSS	NC	BBC	IGS	ACGS	BSHS	GT	BGS
8	12.40pm	6000m	Open	BGS	TGS	TSS	NC	BBC	IGS	ACGS	BSHS	GT
	1.30pm	Presentation Ceremony [13Y & U - Open]										

²⁷ GPS Headmasters meeting – 18 May 2015; Approved Program of Events; GPS Cross Country Sub-Committee meeting, 22 July 2015; Following the 2015 event it was determined that more time [10 -15 minutes] was required to confirm results for the Junior GPS Championships event [i.e. 10Yrs & U – 12 Yrs & U] and to allow for a presentation ceremony for these competitors prior to the senior event commencing.

APPENDIX C: GPS CROSS COUNTRY MEET SCORE SHEET TEMPLATE

Follow the link to the GPS website to download the:

GPS Cross Country Meet Score Sheet Template

File Note: See separate attachment template provided with the DRAFT Rules