AABHN CROSS COUNTRY

PLAYING REGULATIONS

All coaches must be familiar with the content of the AABHN Constitution.

1. **Start Date**: First Day of School

2. **Length of Season**: The first day of school in September to OFSSA (first week of November)

3. **Competition Limits**: 8 meets per individual

4. **Members per Team**: Unlimited

5. Eligibility

All players must meet the eligibility criteria as outlined in Article 12 in the AABHN Constitution

6. Eligibility Lists

a) **Submission**

A completed and correct AELS eligibility lists must be submitted to the convenor and Athletic Coordinators one week prior to the start of the regular season for each District. The names of all potential players and coaches, and managers and/or others affiliated with a team must be included on the AELS eligibility list. Each eligibility list is to clearly identify the head coach.

7. League Structure: None

8. Championship Structure

- **a.** A one day meet for both D5 and D9 to be held the Wednesday of the week prior to CWOSSA championship.
- **b.** Entries must be received by convenor no later than 4pm on the Monday prior to the AABHN championship.

9. Playing Rules

a. Approximate course distances:

Para – 3000m

Novice Girls – 4000m	Novice Boys – 4000m
Junior Girls – 5000m	Junior Boys – 5000m
Senior Girls – 6000m	Senior Boys – 6000m

b. It is the responsibility of each athlete to know the course (it is not the marshals' responsibility to direct the athlete).

c. Approximate starting times: (Subject to change due to COVID)

Para/Novice Girls – 11:00am	Novice Boys – 11:30am
Junior Girls – 12:00pm	Junior Boys – 12:30pm
Senior Girls – 1:00pm	Senior Boys – 1:30pm

d. Athletes will compete in at least one qualifying meet to be eligible for the county championships. Athletes must compete at the AABHN meet to be eligible for CWOSSA. Athletes must have participated in a minimum of 8 practices including meets to compete at AABHN and a minimum of 10 practices including meets to compete at CWOSSA.

e. Team Scoring:

a. The team score consists of the total of the top 4 runners.
b. In case of a tied score: i) the fifth place finisher of either or both teams will count. ii) the higher placing fourth place runner (if both teams only have 4 runners).

f. Course marshals are required to ensure athletes know where to go.

10 Finances

a. Those schools having entries in the regular season will split costs evenly. Fees will be paid by the Association.

11. Awards

a. AABHN plaques will be awarded to individual event champions.