

TDCAA CROSS COUNTRY 2025 - 2026

TENTATIVE

PLAYING REGULATIONS

PART A: SAFETY REQUIREMENTS

Ontario Physical Activity Safety Standards in Education (OPASSE)

All coaches must review and follow the most recent copy of the [OPASSE GUIDELINES](#) for the sport they are coaching (under Secondary, Interschool)

Please take special note of the following requirements associated with:

Risk Management

First Aid

Special Rules/Instructions

Supervision

Coaches Expectations & Qualifications (for further information on sport specific NCCP training, visit www.coach.ca)

Excursion/Permission Forms: [TCDSB](#) [OPHEA SAMPLE](#)

Concussion Awareness and Safety

In accordance with Policy/Program Memorandum No. 158, the TDCAA will follow and support the mandates of Rowan's Law. The following must occur annually, at the commencement of the athletic season:

a) coaches must complete the on-line [TDCAA Coaches Concussion Code of Conduct](#)

b) coaches will have student athletes review and follow a Concussion Code of Conduct:

[TCDSB Student Code of Conduct](#) (in section 8)

[OPHEA's Sample Code of Conduct](#)

c) coaches will provide Ontario Concussion Awareness Resources to student athletes and parents:
[Concussion Guides for Athletes and Parents](#)

In the event of a suspected concussion convenors, coaches, and student athletes must follow an established Return to Play Protocol.

Note: TCDSB has established [Concussion Return to Play Protocols](#) for its students and coaches to follow. Non TCDSB participants should reference their Board's or [OPHEA's Concussion Protocols](#)

Coaches may find it useful to have a recognized [Sport Concussion Recognition Tool](#) with them for practices and competition

PLEASE REFER TO "OPASSE" GUIDELINES ON SUPERVISION

PART B: FROM TDCAA CONSTITUTION

TDCAA Cross Country is an official TDCAA activity. Cross Country follows OPHEA/OPASSE OFSAA, and the I.A. A. F. playing regulations.

REGISTRATION

Schools must register for Cross Country at the designated time. A school may withdraw its team before distribution of the final schedule. The school will be charged only the \$ 25.00 registration fee. A school who withdraws its team after the schedule has been distributed will assume the following actions:

- automatic \$100 fine
- automatically ineligible for competition in cross country the following year. (This can be appealed to the TDCAA executive.)

ELIGIBILITY/TRANSFERS

Eligible athletes must satisfy the By- Laws and Standing Rules as per the TDCAA Constitution.

- All eligibility shall be completed electronically through the HUB which is coordinated through the OFSAA office. Athletes and coaches must be included on the HUB site. Athletic Directors have the code for their schools to access HUB.
- Eligibility must be completed before the first competition. (It is recommended that registration be completed before first practice).
- All coaches and athletes must be included on the eligibility sheet.
- Approved transfers are included on the eligibility form. Athletes who have not been approved must not be included until the athlete has been approved.
- All students who transfer into your school (excluding Grade 9-first year of high school) are ineligible for competition for a period of twelve months from the date of transfer. To become

eligible, transfer students must complete the "TRANSFER APPEAL FORM" fully and forward to the TDCAA Transfer

Chairperson : Lorraine Kelly (1st Semester only) & Maggie Carnevale (Senator O'Connor). An athlete awaiting Transfer Appeal decision is ineligible to play in any games (league or exhibition or tournament). This athlete may practice with the team until the transfer has been approved and the athletic director has been notified.

- A student who transfers into your school in second semester is ineligible to compete in winter sports (Alpine Skiing; Snowboarding; Swimming; Jr & Sr. Girls' Volleyball, Boys' & Girls' Hockey, and Jr. & Sr. Boys' Basketball even if their transfer is approved.)
- An athlete whose transfer is denied has the right to appeal the decision to the TDCAA Transfer Appeal Board. Francesco Malfitano – Father Henry Carr is the transfer Appeal Chairperson)

ELIGIBILITY/AGE

- Girls & Boys
- Open Grades 9-12

- Eligibility for the TDCAA and OFSAA is based on the athlete's year of birth. An athlete is eligible to compete in high school sports for five years from the time they entered grade nine .There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

- Senior – Athlete must not have reached their 19th birthday by January 1 prior to the start of the school year in which the competition is held (January 1, 2025)
- Junior - Athlete must not have reached their 15th birthday by January 1 prior to the start of the school year in which the competition is held (January 1, 2025)
- Novice - Athlete must not have reached their 14th birthday by January 1 prior to the start of the school year in which the competition is held (January 1, 2025). They must also be in Grade 9 (eligibility for novice is one year only.

- There is no appeal to this rule.

Please link to TDCAA website for dates for each new school year.

ELIGIBILITY / ACADEMICS

An athlete must be a bona fide student at their school.

Students With Less Than 22 Credits:

- non-semester schools – must be registered in a minimum of six (6) full day school credit courses.
- semester schools– must be registered in a minimum of three (3) full day credit courses in the semester that Cross Country takes place (Fall).

Students With More Than 22 Credits:

- non-semester schools – must be registered in a minimum of four (4) full day school credit courses
- semester schools – must be registered in a minimum of two (2) full day credit courses in the semester that Cross Country takes place (Fall).

PART C : SPORT SPECIFIC INFORMATION

SECTION 1

OFFICIAL RULES

CROSS COUNTRY RULES: EXCEPTIONS TO OFSAA AND I. A. A. F. RULES

Competitions shall be governed by the official rules of the **I. A. A. F. Rule Book/ CTFA** and **OFSAA** with the following **TDCAA/OFSAA** exceptions:

Race Distances (TDCAA & OFSAA) : Approximate distance (A 400m tolerance is permitted) to be covered by each runner in each classification is as follows :

Novice girls & boys	4000m
Junior girls & boys	5000m
Senior girls & boys	6000m
Para girls & boys	4000m

CONVENOR INFORMATION

Ashley Masterson – Neil McNeil HS

Ashley.masterson@tcdsb.org

THERAPIST INFORMATION

Medical services provided by Panno Therapeutic.

CHAMPIONSHIP DATE

Friday October 24, 2025

CHAMPIONSHIP LOCATION

Sunnybrook Park

DIVISIONS

- Boys & Girls
- Novice , Junior, Senior, Para
- **NEW – EFFECTIVE SEPTEMBER 2025**
- **DEFINITION – PARA DIVISIONS**
- **Ambulatory – Athletes who compete standing up . This includes athletes with amputations, and /or limb deficiencies, as well as athletes with cerebral palsy , acquired brain injuries and / or neurological disorders that influence athletic performance.**
- **Visually Impaired – Athletes with visual impairment that influence athletic performance**
- **Intellectually Impaired – athletes with cognitive impairments that influence athletic performance**

AWARDS

The first three finishers of each race will receive a medal .

The first 5 finishers of the top three teams in each race will receive medals.

Team Award

- 1) A banner will be presented to each divisional champion (6 divisions)
- 2) A banner will be presented to the overall champion for both girls and boys
- 3) Medals only will be presented to Para Race.

DETERMINING A WINNER IN CROSS COUNTRY

INDIVIDUAL – Winner is determined by place finish at the end of the race

TEAM

- a) **Divisional Championship** – will be determined by the top four place finishers per team. The placing of an athlete corresponds to his/ her number of points. i. e. If an athlete finishes second, he/ she has earned two points for his / her team. The points for the top four place finishers from each school are added together. The team with the fewest accumulated points is declared the winner.
- b) **Overall Championship** – based on a scoring system – 1st – 10 points ; 2nd – 8 points; 3rd – 6 points; 4th – 5 points; 5th – 4 points ; 6th – 3 points; 7th – 2 points; 8th – 1 point.
- 1) The top eight teams in each division score points towards the overall team title (only one team per school can score divisional points)
 - 2) You do not have to have a team in each division to qualify for the overall championship.
 - 3) Overall championship is based on the total team position from all divisions.

TIE BREAKERS

Divisional Championship – If there is a tie for a divisional championship, it will be broken by the place finish of the fourth runner. The team with the better 4th place runner performance will be declared the winner.

Overall Championship - If there is a tie for the overall team championship, the school with the most the most 1st place divisional team championships will be declared the winner

SCHEDULE

Various invitational meets are held throughout the season. Information will be shared with coaches when it becomes available to the convenor.

The TDCAA Cross Country Championship will take place on Friday October 24, 2025 at Sunnybrook Park

Tentative Schedule for the Championship Day

10:00 – Coaches Meeting

10:30 – Novice Girls (Para) – 4000m

11:05 – Novice Boys (Para) – 4000m

11:35 – Junior Girls 5000m

12:15 – Junior Boys 5000m

12:45 – Senior Girls 6000m

1:35 – Senior Boys 6000m

2:15 – Award Presentations (conclusion of Senior Boys race)

OFSAA 2025

OFSAA 2025 will be held November 1 at Heart Lake Conservation Area (Brampton) hosted by ROPSSAA.

QUALIFICATION FOR OFSAA

- 1) Team: The top two teams in each race will advance to OFSAA. A team consists of five runners. A 6th runner can be registered for OFSAA as an alternate. However, only five runners can race.
- 2) Individuals - The first five runners (who are not members on one of the two teams) to finish in each race will advance to OFSAA.
- 3) A competitor must compete in the same age class at both his/her association (TDCAA) Meet and OFSAA.

UNIFORMS:

All competitors **must** have either an identical school singlet (front and back) or an identical school gym T – shirt displaying clearly their school's name and / or emblem. **Uniforms will be checked at the starting line.**

Competitors can wear running shoes, soccer shoes, a waffle-type racing shoe or a racing spike. Pin spike should not exceed 12mm in length.

INCLEMENT WEATHER AT THE CHAMPIONSHIP

In the event of lightning, the meet will be placed on hold for 30 minutes after the lightning was spotted. Should subsequent lightning occur, the 30 minute wait time resets. If the event is unable to be completed, a determination of next steps will be made by the convenor.

PROTEST PROCEDURE

A coach who chooses to protest a result must do so in writing, within 30 minutes of the official race results being posted . The protest must be given to the convenor and be accompanied by a \$ 50.00 fee which will be returned if the protest is upheld.

SECTION 2

ADDITIONAL INFORMATION

REPORTING RESULTS

The convenor or designate must report the results of the championship within 24 hours.

tdcaascores@gmail.com (Joe Sileika – web master)

morrisis@sympatico.ca (Peter Morris)

SPECIFIC ELIGIBILITY REQUIREMENTS

To be eligible for the OFSAA XC championships an athlete must have participated in 16 school-run practices.

It is highly recommended that all athletes compete in one invitational meet/race prior to the TDCAA championships.

REGISTRATION INFORMATION – online via trackdatabase

ENTRY FEES & ENTRY FORMS – refer to

<https://sites.google.com/tcdsb.ca/neiltrackfieldxc?usp=sharing>

OFSAA INFORMATION – REFER TO OFSAA WEB SITE

SPECIFIC FORMS REQUIRED - refer to

<https://sites.google.com/tcdsb.ca/neiltrackfieldxc?usp=sharing>

SAFETY : Please refer to the OPHEA GUIDELINES (Equipment ; Clothing / Footwear; Facilities; Special Rules & Instructions ; Environmental Considerations; Supervision

Prior to the Initial Use of the Route

The coach or convenor must do a safety check “ walk through” in order to identify potential hazards and severely uneven surfaces which must be brought to the attention of the officials and athletes and coaches.

The coaches must outline the route or course (e.g. notice of areas to approach with caution) to athletes.

If the cross country route is on grass and/or in a wooded area, coaches or convenor must do a safety check “ walk through” after a substantial rainfall and/ or windstorm , in order to identify potential hazards.

If the route has been affected by weather conditions and degradations of the course occur during the competition, ongoing assessments must be conducted by the coach or convenor, and the route changed if necessary.

Competition Route

The competition route must have marshals stationed throughout, all hazards well marked, gate and funnel markers set to enhance safety.

Start and finish areas must provide a wide flat surface.