

CMAC

CROSS COUNTRY RULES AND REGULATIONS

GIRLS and BOYS

(Updated November 2024)

The International Association of Athletics Federations (IAAF) rules are used for CMAC, with the following CMAC clarifications and adaptations. Full rules and regulations can be found on the IAAF website at: <http://www.iaaf.org/competitions/technical/regulations/index.html>.

Note: These rules and regulations apply for the CMAC Championship meet only. In addition to this meet, Prem and Grace will host meets during the cross-country season which serve to prepare teams for the CMAC Championship meet.

1. Participants

- a. Teams may bring as many runners as they like, and they will receive bib numbers. However, only the top 5 runners in each category will score towards category winners. The minimum number of runners required to place in team category scoring in four (4). If the fifth runner is unable to finish, the fifth score will be equal to the next place following the final finisher in the race.
- b. Coaches are required to submit athletes' names beforehand, using the form sent out by the Meet Director.
- c. A runner may compete in only one age group race.
- c. Upon arrival at the Meet, runners need to sign-in at the appropriate entry table and get their race number, similar to what is done in community-based events.

2. Age Divisions and Course Distances

	Minimum	Maximum
U14	1.5 km	2.0 km
JV (U16)	3.0 km	4.0 km
Varsity (U20)	4.5 km	5.0 km

Ages reflect the runner's age on August 1st of the current academic year. JV races may be combined to accommodate daylight hours.

3. General Rules

- a. All athletes will wear a competitor number, clearly pinned and visible on the front of their team uniform (provided by meet host).
- b. Runners are not allowed contact with arms or hands or to interfere with the normal progress of other athletes (cutting off).
- d. For corners, the runner must run on the OUTSIDE of the flags and for straight-ahead flags, runner should stay within about one meter of the marker.
- b. There are no qualifying entry times, but coaches should ensure each runner can complete the course in a reasonable time.
- e. Use of spikes is optional—variety of running surfaces should be revealed ahead of time by Meet Director to help inform this decision.

4. Entry Fees

500 baht per team, payable at the Meet.

5. Scoring

- a. There are two scoring formats. One to decide *category* (i.e., U14 Girls, JV Boys, etc.) winners and one to decide overall team champion.

- b. Category Scoring. Normal Cross-Country Meets use a scoring system where *the least amount of points wins* (points awarded in correlation with finish placement). The first five finishers from each team contribute to the score of the team. The sum total of the place numbers of the first five runners from a team is its score in a meet. For example, if members of a team place 3rd, 4th, 6th, 8th and 10th, those numbers are added together to give the team a score of 31 points. The team with the lowest score wins that category.
- c. Overall Team Champion Scoring. The first six finishers in each category will score towards the overall team award. First place receives 10 points, second place 8 points, third place 6 points, fourth place 4 points, fifth place 2 points and sixth place 1 point. The total across all categories will determine the overall team champion.

6. Awards

- a. A first-place championship trophy is presented to the overall team champion.
- b. Although category winners do not receive a trophy, they will be recognized.
- b. Medals are presented to the champions, runners-up and 3rd place individual participants in each of the six age divisions (all recognized at ceremony upon conclusion of final event).