



Liverpool Primary School Sports Association

LZPSSA CROSS COUNTRY CARNIVAL BYLAWS

1. STARTING

- i. The Announcer shall call competitors to the Starting Marshals who shall line competitors across a single line.
- ii. The Starting Marshals shall check that competitors are competing in the correct race.
- iii. The Starter is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Chief Judge.
- iv. On the command 'On your marks' all competitors shall approach the starting line and assume the position from which they will commence the race. When all competitors are steady the Starter shall fire the gun to commence the race.
- v. If either the Starter or Starting Marshals are of the opinion that the start was not a fair one, they shall recall the competitors firing a gun. If the unfair start is not due to any competitor, no warning shall be given.
- vi. Any competitor making a false start must be warned. If a competitor is responsible for 2 false starts, that competitor shall be disqualified.
- vii. Competitors who arrive after the event has commenced will not be permitted to compete.

2. THE RACE

- i. The carnival will be contested over specified distances set down by LZPSSA. Students turning 8 – 10 will be run over approximately 2km, whilst students turning 11 – 13 will run approximately 3km.
- ii. A walk through of the course will take place before racing, allowing for familiarisation.
- iii. List of events
 - Girls 8/9 years – 2000 metres
 - Boys 8/9 years – 2000 metres
 - Girls 10 years – 2000 metres
 - Boys 10 years – 2000 metres
 - Girls 11 years – 3000 metres
 - Boys 11 years – 3000 metres
 - Girls 12/13 years – 3000 metres
 - Boys 12/13 years – 3000 metres



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- iv. All competitors must wear shoes.
- v. All competitors must cover the course set for the carnival in the direction designated. Any deviation from this course will result in disqualification of the competitor.
- vi. The finishing line shall be a line across the track from finish post to finish post. Competitors shall be placed in the order in which any part of their bodies (ie torso as distinguished from arms, feet, head, hands) cross the line. No competitor shall be deemed to have finished unless this entire body shall have crossed the line.
- vii. Judges shall give a place card to each competitor as they finish.
- viii. Competitors line up in finishing order and proceed to the recorders.
- ix. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. A competitor shall not be disqualified if they are pushed or forced by another person to run outside the designated course.
- x. MP3, Ipods and similar technology devices should not be used by any athlete. Also any device able to transmit and receive information should not be worn.

3. CHIEF JUDGE

It is the responsibility of the Chief Judge to:

- i. Decide any technical points which arise during the race, and for which provision has not been made in the rules.
- ii. Check the final result.
- iii. Deal with any disputes/protests.
- iv. Verify records.
- v. Warn or exclude any competitor guilty of improper conduct. This includes deliberate impedance or interference, or leaving the course (including cutting corners).

4. GENERAL RULES

- i. Competitors and officials only are permitted on the course. Competitors must leave the course (including recording area) immediately after the completion of their race.
- ii. School team managers must confirm athlete entries and notify carnival convenors of any errors prior to the carnival. Any athlete substitutions must be submitted to the carnival convenor no later than 5 pm the day before the carnival.



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iii. All wild card entries must be submitted in writing to the President of Liverpool Zone PSSA to be considered.

5. PROTESTS

- i. Protests can only be lodged by the individual school's nominated Team Manager.
- ii. Protests must be lodged with the Chief Judge no more than fifteen minutes after the conclusion of a race (when the last runner crosses the line).
- iii. The Starters decision is final, not even the Chief Judge can overturn it. A protest lodged against the start of a race will be deemed frivolous.
- iv. Photographic and/or video evidence from outside the arena will never be used by the Chief Judge to make a decision on a protest.
- viii. When a protest is lodged, the name of the protesting school and the reason for the protest is to be declared.
- ix. Two types of reasons only shall be announced - either on a technicality or on the judges' decision.

6. WILDCARDS (TO COMPETE AT ZONE)

- i. All wild card entries must be submitted in writing to the President of Liverpool Zone PSSA to be considered. Wildcards will be granted for scheduling clashes e.g. a SSW event is postponed due to inclement weather and the rescheduled date clashes with a school's carnival. In the event of illness preventing an athlete from competing at their school carnival, it will be up to the President's discretion whether or not to award a wildcard to that student.
- ii. Having been granted a wildcard/s, schools needs to make it clear which students were issued wildcards on their competitor's sheet. For fairness purposes, only the first seven students from that school will accrue points.

7. WILDCARDS (TO COMPETE AT SSW)

- i. SSW will grant a wildcard entry into the regional championships if a student missed the zone carnival because they were representing SSW at a higher level (State/National Championships) or a DoE event that is deemed higher than Association level e.g. Schools Spectacular etc. Athletes will not be granted wildcards if the clash event in question is organised by an external provider e.g. Paul Kelly Cup.

8. MEDICAL

- i. A Medical Officer, with appropriate first aid or medical qualifications, should be appointed at each cross country carnival.



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- ii. No competitor is to receive assistance or refreshments during the race.
- iii. Asthma medication is permitted to be taken during the course of the competitor's event.
- iv. On advice from the Medical Officer to the appropriate judge, an athlete may be removed from an event if they appear to be suffering from heat stress, an asthma attack or any other medical condition which poses a serious risk of injury.

Based on the NSW Primary Schools Sports Association – Handbook



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ZONE CROSS COUNTRY 2KM COURSE



CHECK POINTS

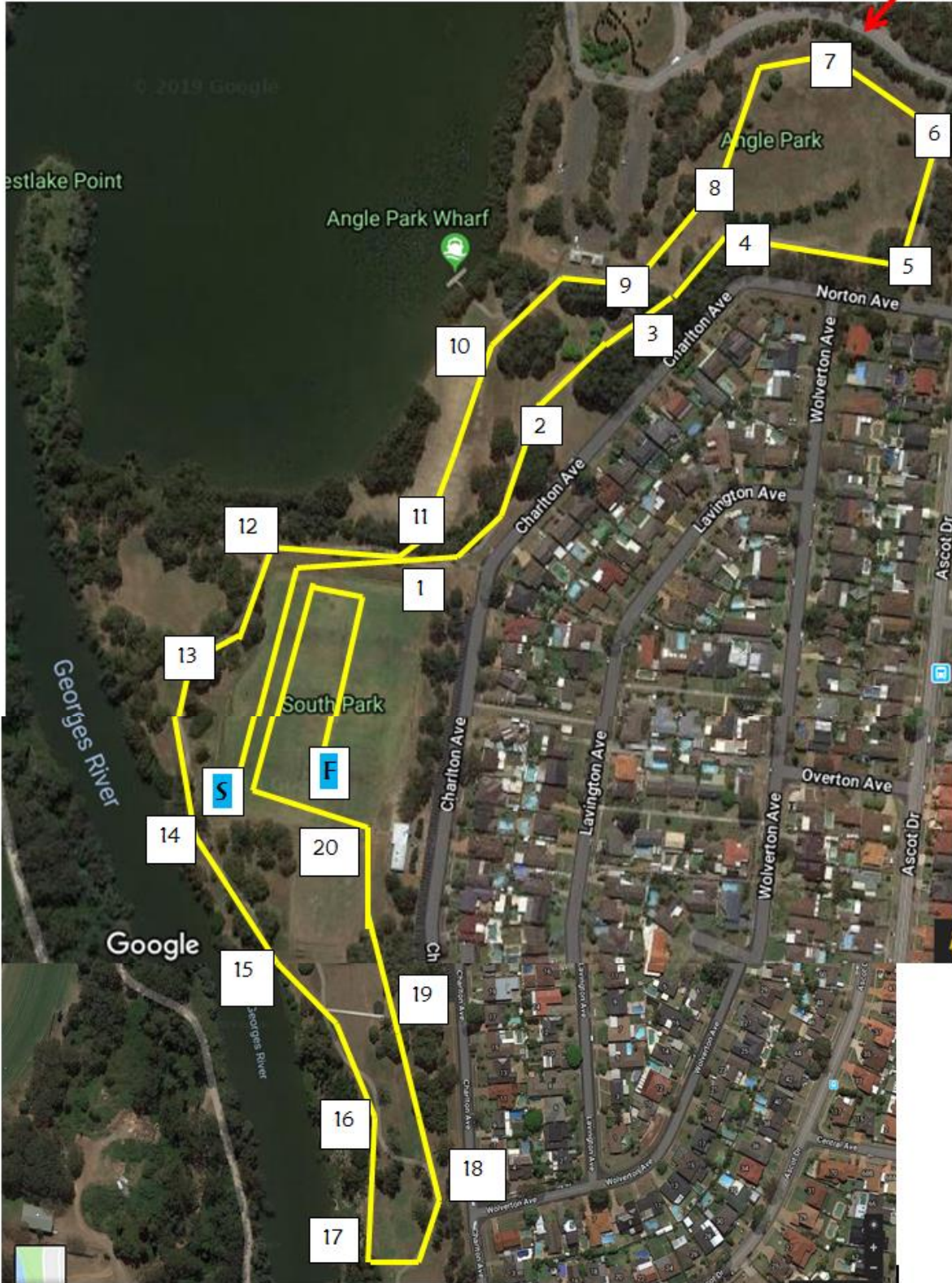
1	Top of hill on path	2	Halfway to playground
3	Playground	4	Corner of park
5	Sharp left hand bend	6	Boatshed road
7	Far Corner	8	Angle Park
9	Heading for beach	10	Beach
11	Top of Sandy beach hill	12	Soccer Field Corner
13	Half way down path	14	River edge
15	Adjacent to cricket nets	16	Soccer Field Edge
17	Gate opening		



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ZONE CROSS COUNTRY 3 KM COURSE

Do not cross road





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CHECK POINTS

1	Top of hill on path	2	Halfway to playground
3	Playground	4	Corner of park
5	Sharp left hand bend	6	Boatshed road
7	Far Corner	8	Angle Park
9	Heading for beach	10	Beach
11	Top of Sandy Beach hill	12	Soccer Field Corner
13	Half way down path	14	River edge
15	Adjacent to cricket nets	16	Soccer Field Edge
17	Hill Top	18	Charlton Corner
19	Home Stretch	20	Gate opening