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ATHLETICS MPUMALANGA

Cross Country

2017 CROSS COUNTRY CRITERIA

(IN ACCORDANCE WITH IAAF RULES)

1. All Clubs/Schools affiliated to AMPU may compete in the Cross Country Leagues.
2. All affiliation fees must be paid to AMPU at the beginning of each year.
3. Entry Fee:
 - a. Athletes: R25-00.
4. Each runner must purchase **a new entry sticker at each league.**
5. Club/School colours must be worn and if for some reason the athlete doesn't have Club/School colours, it must be communicated to the organiser and the athlete must wear neutral colours.
6. Athletes must wear category ID tags. (J – Junior; 30, 35, 40, 45, 50, etc). This can be purchased at R15 per set from your club or directly from the AMPU office. One tag must be fixed at the front of the running shirt and one at the back of the running shirt.
7. All runners must display a valid 2017 licence number. This license includes insurance for when an athlete gets injured during his/her race on the race day.

License numbers are available at all affiliated clubs or schools. The costs of the licenses are:

 - a. Athletes below and including 19 years of age, R80
 - b. Athletes 20 years and above, R100.
8. Temporary licences will be available at R30-00 per temporary licence per race.
9. NB: A temporary licence is only valid for one day/race and is not transferable.
10. Sharing licenses will lead to disqualification of both athletes (Temporary and Permanent licences).
11. If an athlete competes while using a Temporary number he/she must indicate a "TL" on the entry sticker and include the licence number.
12. Runners from other Provinces are welcome to compete in the competitions however they will not be taken up in the AMPU team. These athletes can compete with a permanent licence from their home province or buy a temporary licence on the day.
13. No athlete are allowed to run in more than one race (event), e.g. Senior men 12km and Senior men 4km, etc. At the Leagues/Championships, athletes will participate in one event only.
14. Entry Stickers are used to process results. Please complete all entry stickers in full and clearly.
15. Medals: Hosting Clubs/Schools – Gold, Silver and Bronze will be handed out to the first three athletes in all events.
16. All runners must stay within the taped off area at all times during the race. If runners duck under tapes or go out of the running lane, it could lead to disqualification.
17. Water and drinks can only be given to runners at official drinking tables. Refreshments or assistance outside the official drinks table may not be accepted by the runner and if taken, could lead to disqualification.

18. No person (coach or spectator) may run next to a runner either on the outside of the tape or inside the running area. This could lead to disqualification.
19. Objections and appeals can only be lodged within 30 minutes of completion of an event. This must be done in writing and be accompanied with a payment of R100-00.
20. ID document or Birth certificate of an athlete must be handed in by or before the end of the 3rd league.
21. ID documents or Birth certificates must be handed in and will only be accepted at cross-country league meetings. These documents must be given to the Chairperson of the Cross Country Commission or the person as arranged with/indicated by the Chairperson.
22. No ID document or Birth Certificate will be accepted on the day of a Championship.
23. **Criteria for selection:**
 - a. **Only athletes with a valid SA- ID number will be allowed into the AMPU team.**
 - b. A team will be selected to represent Mpumalanga at the Inter-Provincial Championships. The league of 27 May 2017 will be used to select this team. **NB:** If an athlete wants to be considered for inclusion into this team, he/she **must** participate in at least one league prior to the qualifying league of 27 May 2017. This means that on the day of Team Selection (27 May 2017), this should at least be the second league where the athlete is participating.

The qualifying times will be taken into consideration during the selection process.
 - c. Athletes who want to be considered for selection to represent their club/school at the Mpumalanga Cross Country Championships, must have competed in at least 4 (four) of the Cross Country Leagues on the Fixtures list, prior to the Championships.
 - d. During the Mpumalanga Cross Country Championships athletes also need to meet the criteria concerning qualifying times.
- e. In order to be considered for selection to represent AMPU at the National Championships hosted in Potchefstroom on the 9 September 2017, athletes must have competed in 4 (four) of the Cross Country League Fixtures as well as the AMPU Cross Country Championships.
 - i. Attention school children: one of the four compulsory leagues can be an official school league. It is the responsibility of the athlete to hand in a letter confirming that he/she competed in the league. This letter must be signed by the headmaster of the school as well as the cross country organiser, with a stamp of the school. This must be handed in no later than one week before the AMPU Championships on 12 August 2017.
- f. In order to qualify for the Mpumalanga colours (TRACK SUIT) the athlete:
 - i. Must have competed in at least 4 (four) of the AMPU cross country leagues.
 - ii. Must have qualified and participated in the Inter-provincial cross country championships as part of the AMPU team.
 - iii. Must meet the minimum requirements needed to participate at the Mpumalanga cross country Championships.
 - iv. Must meet the criteria concerning the qualifying times.
 - v. Must be selected for the Mpumalanga team **and** participate in the SA Championships.

**FOR PURPOSES OF CLARITY BETWEEN THE CLUBS,
SCHOOLS, COACHES AND PARENTS.**

AMPU (Athletics Mpumalanga) will present the following:

- The Leagues – See Fixture list;
- Mpumalanga Cross Country Championship.

Qualification Requirements:

- 1 x Leagues (compulsory) prior to Qualification for Inter Provincial
- Qualify for the Inter-provincial and participate
- 4 leagues (compulsory)
- Mpumalanga Cross Country Championships. (See qualifying times)

Rules

An athlete risks disqualification if he/she:

- a) Finishes without having registered,
- b) Displays bad behaviour,
- c) Wears another athlete's race number,
- d) Receives assistance or information from anyone during the competition,
- e) Does not complete the full distance,
- f) Athletes/or Supporters meddles with opposition athletes.

ASA (Athletics South Africa) has taken a firm stance that Athletics and Cross Country will in future not take a second place towards any other sport/s. Athletes will have to make choices.

Note: The names of the athletes who met the requirements will be made available at the league prior to the Inter-provincial /AMPU Championships. Only the athletes who met the requirements will be allowed to take part in the Inter-provincial/AMPU Championships.