

UniSport Australia Guideline

Cross Country

Men and Women

UniSport Australia (UniSport) Cross Country competitions are conducted in accordance with the rules of [Australian Athletics](#) except where these differ from UniSport competition guidelines; in which case the latter shall take precedence.

1. Individual entry

- 1.1. There is no maximum limit on the number of competitors that can enter the events.
- 1.2. At least four universities need to fulfil the minimum entry qualifications for the event to be recognised as a UniSport Nationals competition.
- 1.3. For a university to be eligible to contest the championship pennant, they must enter a minimum of two competitors in the event (each gender competition is considered separate). The two competitors can be entered in either the open or under 20 competitions.

2. Competition format

- 2.1. The competition shall comprise of men and women open 10km, the under 20 men 8km, the under 20 women 6km and the mixed relay.
- 2.2. The competition will be conducted as part of a single event hosted by an external provider as published on the UniSport event calendar.
- 2.3. Participants must enter through the UniSport Nationals registration system and indicate which race they will be entering.
- 2.4. The general format and conduct of the events will be contested under the rules of the specific event organisers.

3. Mixed Relay

- 3.1. The relay will consist of teams of 2 men and 2 women each running one loop of the course in the order of Male, Female, Male, Female.
 - 3.1.1. The Final Running Order must be declared 1 hour prior the Call Room time.
- 3.2. Athletes can only compete in one relay team.
- 3.3. A maximum of two relay entries per university is permissible.
- 3.4. Relay entries will be submitted via the Australian Athletics online entry system.
- 3.5. The takeover zone will be 20m long of which the scratch line is the centre.
 - 3.5.1. Entrance and exit of the takeover zone will be marked according to World Athletics rules.
- 3.6. No baton will be used.
- 3.7. All the athletes of a team will enter the Call Room at the same time.
- 3.8. A final team time will be provided.
- 3.9. Team management are to record individual lap times which are to be submitted once the team has finished.

4. Point score

- 4.1. Points will be allocated to the top 15 places in the men and women open and men and women under 20 events based on the below point-score table
 - 4.1.1. Points for the mixed relay will be doubled and split between the men's and women's point score total for each university involved (i.e. a first place in the mixed relay would contribute 15 points to the men's pennant and 15 points to the women's pennant):

Finishing position	Individual	Relay
1	15	30
2	14	28
3	13	26
4	12	24

Finishing position	Individual	Relay
5	11	22
6	10	20
7	9	18
8	8	16
9	7	14
10	6	12
11	5	10
12	4	8
13	3	6
14	2	4
15	1	2

- 4.2. The men's and women's overall champion universities will be the university with the greatest combined total point score (i.e. both open and under 20 competitions) at the completion of the competition.
- 4.3. In the instance that two or more universities are tied for first place at the completion of the competition, the university with the highest number of first placings will be deemed the winner.
 - 4.3.1. If universities are still equal, then the process will follow to the University with the highest number of second placings, third placings and so on until a winner is found.
- 4.4. Final results will be calculated upon the completion of eligibility checks post-event. UniSport will post medals out to the sport departments of the top three placed athletes in each distance for distribution on campus, unless presented at the event.

5. Uniform requirements

- 5.1. Each athlete shall wear the uniform of their university. The university shall submit a description of its uniform if requested. A competition bib will be provided to competitors to wear.
 - 5.1.1. In the instance that a university does not have university specific uniform, plain and non-descript clothing will be permitted.
- 5.2. The specific uniform requirements for cross country are as per the Australian Athletics Technical Regulations.

Previous amendments

July 2024 | November 2024| January 2025

*All competitions will be held in accordance with the UniSport competition guidelines.