

# 2026 ACS Cross Country Rules

Last updated January 2026

1. The Championships shall be conducted from 10.00 am to 1.30 pm. Schools should arrive by 9.15am.
2. Starting times (subject to change) and distance run

Athletes must run in their own year level

	Starting Times	Division	Distance	Time Limits
1	10:00 am	Year 7 Boys	3km	25 Minutes
2	10:05 am	Year 7 Girls	3km	25 Minutes
3	10:20 am	Year 8 Boys	3km	25 Minutes
4	10:25 am	Year 8 Girls	3km	25 Minutes
5	10:50 am	Year 9 Boys	4km	35 Minutes
6	10:55 am	Year 9 Girls	4km	35 Minutes
7	11:10 am	Year 10 Boys	4km	35 Minutes
8	11:15 am	Year 10 Girls	4km	35 Minutes
9	11:40 am	Year 11 Boys	5km	40 Minutes
10	11:45 am	Year 11 Girls	4km	35 Minutes
11	12:10 pm	Year 12 Boys	5km	40 Minutes
12	12:15 pm	Year 12 Girls	4km	35 Minutes

Multi class events are available for athletes with a disability. ACS encourages athletes with a disability to compete. Please contact your school's Head of Sport for more information.

### 3. TASKS

Prior to the Championships:

- Each school is to supply a spreadsheet (via email) listing the name, gender and year level of their runners (including all reserves) to the ACS. The ACS will then allocate individual competitor numbers to each participant. These competitor numbers will correspond with the individual runner's race bib that is distributed once teams arrive at Bundoora Park and is pinned to the chest. Any additional runners need to be forwarded to the ACS prior to the day of the carnival so they can be allocated a competitor number.
- Late entries can be managed on the morning of the carnival but it is preferred that additions are emailed to the ACS prior to carnival day.
- Once the competitor numbers have been allocated by the ACS, each school will be sent their list of runners with their competitor numbers via email.
- Strict uniform guidelines will be enforced. Please refer to page 40 for information and ensure that all staff and students are clear on uniform guidelines.

On the day of the Championships:

- Each school will need to appoint a **Team Manager** who shall be responsible for ensuring late entries have been lodged at the registration tent.
- Each runner will need to have written their competitor number on their arm with a black marker pen prior to their race.
- Upon arrival at Bundoora Park the Team Manager will need to report to the registration tent to collect the school's allocation of race bibs (that corresponds with the runner's competition number).
- The Team Manager will distribute the race bibs to each athlete and ensure that they are worn correctly.
- Please ensure that runners **do not** swap race bibs as the information and times recorded will be incorrect.
- All disputes must go through the Cross Country Event Coordinator. No one should approach the timers with respect to disputing results.

### 4. PROTEST PROCEDURE

Decisions by the Referee are final; however, Schools have 10 minutes from the completion of a race to lodge any protests with the Cross Country Event Coordinator and will be heard immediately. All Directors/Heads of Sport, Referee and individuals involved in the protest will be called to the hearing. The completion of a race is when the last competitor crosses the finish line.

## 5. INFORMATION FOR RUNNERS

- Strict uniform guidelines will be enforced. Please refer to page 35 for information.
- As each runner completes the race he/she must pass through the finish line and the timing gates for their time and place to be recorded. Timing will be done for all finishers at each year level.
- Runners will need to remove the tear off portion at the bottom of their race bib immediately after the race and a marshal will collect it from them.

## 6. INFORMATION FOR SCHOOLS

- First Aid will be supplied by ACS. Schools should supply their own first aid kit to manage minor issues for their students.
- Shelter or tents are not supplied by the ACS though can be arranged on behalf of a school. Schools are encouraged to arrange their own shelter if the weather forecast is for rain. There is no ready shelter is available at Bundoora Park.
- Students must bring enough food and drink for the day as they are not permitted to use the Bundoora Park kiosk. ACS will arrange for a Food Truck to be present for students and staff to make purchases
- Schools will be allocated areas to base their teams for the day and are asked to keep these areas clean.
- No sport balls of any description are permitted.
- Students are not permitted to use MP3 players during their run
- More detailed information will be available closer to the carnival.

7. **OFFICIALS REQUIRED:** Each school is required to provide officials to assist with the co-ordination of the event. A list of required officials and equipment will be provided closer to the event.

## 8. AWARDS

- 8.1. Medallions for 1st, 2nd and 3rd placed individuals will be handed out for each event.
- 8.2. Trophies will be awarded for the Overall Boys winner, the Overall Girls winner and the aggregate winner.
- 8.3. Pennants will be awarded for each year level winner (Boys, Girls and Aggregate) as well as for the Overall Boys, Girls and Aggregate Totals. **If two or more teams are equal in first place then places will be determined by the raw scores** and if that is also the case with the Overall Boys, Girls or Aggregate Divisions then places will also be determined by the raw scores.

## 9. SCORING: Points subject to change

First place is awarded 1 point, 2nd place 2 points, etc. These points are referred to as "**Raw Points**". For each race once the total number of raw points are awarded (including points for the non-finishers see below) then the "**Ranking Points**" are applied as follows. The school with the lowest total is given 8 points, the second placed team is given 7 points, the third school is awarded 6 points, the fourth team is awarded 5 points, the fifth team is given 4 points, sixth place = 3 points, seventh place = 2 points and eighth place team is given 1 point. **This amounts to 36 points being awarded for each race.** In the event of a tie on totals, then the points are shared i.e., if two schools tie for second place each is awarded 4.5 points  $((5+4)/2)$ , if 3 schools are tied for first then each is awarded 5 points  $((6+5+4)/3)$  etc.

- 9.1. **Displacers:** ACS shall use the displacer system to a maximum of 4 non scoring runners. Displacers do not accrue points but will "displace" the competitors that come after them by one point. If a team has 12 runners then the 4 non scoring runners can still impact the points of competitors following them.
- 9.2. If **Ranking Point** scores are equal for any pennants or major trophies then places will be determined by the team with the **lowest Raw Points score.**

Each school may field as many competitors in each event as they wish.

- 9.3. **For Years 7 – 9:** The first 8 finishers from each school in each race will constitute their 'team' score for that event i.e.. a school needs to have a minimum of 8 finishers (not just runners).
  - 9.3.1. A school must have 8 finishers in each race and in the event where they do not then each non-finisher will be awarded the same amount of points as the last finisher scoring points, including displacers

9.3.2. If a school has more than 8 finishers i.e. the 9th, 10th etc. finisher from that school will not be included in the scoring however the **Displacer** system will be used to a maximum of 4 displacers per event.

9.4. **For Years 10 – 12:** The first 5 finishers (new in 2026) from each school in each race will constitute their 'team' score for that event i.e. a school needs to have a minimum of 6 finishers (not just runners).

9.4.1. A school must have 5 finishers (new in 2026) in each race and in the event where they do not then each non-finisher will be awarded the same amount of points as the last finisher scoring points, including displacers.

9.4.2. If a school has more than 5 finishers ie. the 6th, 7th etc. finisher from that school will not be included in the scoring however the **Displacer** system will be used to a maximum of 4 displacers per event.

## 10. UNIFORM

10.1. Running spikes may be worn.

10.2. Each competitor must be dressed in the appropriate school uniform. This should be uniform for all members of the team.