

CONFEDERATION OF AFRICAN ATHLETICS

TECHNICAL REGULATIONS OF THE 3rd AFRICA CROSS COUNTRY CHAMPIONSHIPS KAMPALA (UGANDA) 16 MARCH 2014

I- GENERALITIES

- 1-1- The Confederation of African Athletics CAA will organize the third edition of the Africa cross country championships.
- 1-2- These cross country championships will take place in **KAMPALA, UGANDA on 16th March 2014.**

II- THE EVENTS PROGRAM

- 2-1- The four events comprising the program will be performed on the following approximate distances:

- * **Senior races Men:** 12 km
- * **Junior races Men:** 8 km
- * **Senior races Women:** 8 km
- * **Junior races Women:** 6 km

III- PARTICIPATION

3-1- Invitation to participate

- All CAA member federations are invited to take part in the third edition of the Africa cross country championships.

3-2- Age Categories:

- **Junior Athletes**

- Any athlete aged 18 or 19 years as at 31st December of the competition year (for the 2014 championships, those who **were born in 1995 and 1996**) may participate in the **seniors'** race or the **juniors'**.

- **Youth athletes**

- Any athlete aged 16 or 17 years as at 31 December of the competition year (for the 2014 championships, those who were born in 1997 and 1998) may participate only in the **juniors' race**.

- **Athletes aged under 16 years**

- No athlete aged less than 16 years as at 31st December of the competition year (for the 2014 championships, those who were born in 1999 and after) will be allowed to enter on any race.
- On arrival, the chiefs of delegations must show athletes' passports or any other official documents with the date of birth so that the organizers may make some photocopies of them.

3-3- Entry rules

- For all races, **a maximum of eight (8) runners** will be allowed to enter, **six (06)** will be allowed to start **among whom four (04)** will have their results appear in the ranking.
- The individual entries will be accepted in any one of the four races and at the arrival, athletes will be able to be selected to receive corresponding individual rewards.

3-4- Preliminary entries

- They shall indicate the number of participants and officials as well as the travel dates and shall be sent to the Local Organizing Committee (LOC) **January 6th 2014** at midnight latest(UGANDA local hour) with a **copy to the CAA**

3-4- Final entries

- They shall indicate: the event, name, surname and athletes' date of birth, names of accompanying officials.
- Final entries may be sent to the LOC with a copy to the CAA as from **February 17th 2014 and shall be closed on Monday 3rd March 2012 at midnight** (UGANDA local time).

3-5- final confirmation of entries

- The final confirmation of entries shall be communicated as soon as teams' arrival at the accreditation center and in any case before the start of the technical meeting at latest.

3-6- National Uniform

- All athletes of the same team shall wear the official uniform of their delegation, of the same color during the competition and during all the ceremonies.
- The official uniform shall be in accordance with the IAAF rules and regulations
- All the participating member federations shall come with their national uniform for inspection during the accreditation procedures.

IV CLASSIFICATION

- In all races, the first four (04) finishing athletes shall count for classification per team.
- Each race shall have a separate classification.
- The points will be allocated according to the ranking of the each athlete. For example, the 1st scores 1 point, the 2nd scores 2 points, the 3rd scores 3 points and so on and so forth.
- The results of teams shall be defined according to the total number of points obtained by athletes counting for the classification of each team.
- **The winner team shall be the team with the smallest number of points.**
- If a team finishes incomplete, the runners finishing the event shall be classified individually and will be allowed to compete for the individual awards.
- For the definition of the total number of points, athletes participating individually or those belonging to teams finishing incomplete shall not be deducted from the event's classification for the determination of the classification per team.
- Tied teams shall be separated to the benefit of the team which last runner counting for the classification is the best placed one.

IV- TECHNICAL ISSUES AND SPECIFICATIONS

5-1- The Course

- Delegations will be provided with detailed information about the course on arrival and during the technical meeting

5-2- Technical Facilities along the course

- A certain number of installations, with technical and functional purposes shall be made available by the LOC; all these installations may be visited after the technical meeting. They are :
 - The warm-up area
 - The call room
 - The start zone
 - The post competition zone comprised by: a mix zone for interviews with the Medias, an assembly zone for the protocol ceremonies and possibly for anti doping controls.

5-3- The Technical Information Center(CIT)

- A technical information center shall be placed inside the competition site; the center will help as link between delegations, the technical secretariat, the organizing committee and the technical delegate.
- This technical information center will be responsible of urgent notifications and team leaders and officials will be able to collect the main technical results there.

5-4- Technical meeting

- A Technical meeting will be held on Saturday 15 March 2014. A maximum of two representatives per delegation are allowed to take part in this meeting. The exact time and venue of the meeting will be communicated to delegations.

5-5- Bibs

- Athletes' bibs shall be provided for by the Local Organizing committee

V- ATHLETE'S BEHAVIOR

- Any athlete whose behavior is infringing the sponsors' rights will have himself inflicted punishment.

Ratios for team official

Nombre d'Athlètes Number of Athletes	Nombre d'officials Number of officials
De / From: 01 à / to: 03	01
De / From: 04 à / to: 06	02
De / From: 07 à / to :10	03
De / From: 11 à / to: 15	04
De / From: 16 à / to: 20	05
De / From: 21 à / to: 25	06
De / From: 26 à / to: 30	07
De / From: 31 à / to: 35	08
De / From: 36 à / to: 40	09
De / From : 40 à et / and (au) plus	10