



## **Cross Country Rules (Men and Women)**

### **1. Championship Programme**

Day 1: arrival of the teams and technical meeting

Day 2: training

Day 3: race, technical meeting and closing ceremony

Day 4: departure of the teams

The opening ceremony will be held either on day 1 or day 2.

The excursion will be no more than half a day and will be held at the discretion of the organisers during the USIC championships.

### **2. Composition of Delegations**

Each delegation will consist of a maximum number of 10 (11) participants:

Runners (Men)	5
Runners (Women)	3
Coach	1
Head of Delegation	<u>1</u>
Participants	7/ 10
Interpreter *	1

If any women participate in the championship, the registration shall separately state the exact number of women and men.

*\*for delegations who speak no English (only if required)*

### **3. Championship Course**

The host country shall attach a description of the course to the invitation (length and height differential). The course shall be around 12km for men and around 8km for the women. The participants shall wear "Spike" running shoes over the entire distance

### **4. Starting Sequence**

The starting sequence will be decided by lot. (Lots will be drawn during the championship technical committee meeting). Participating countries will start in the order decided by lot.

There are two separate races (Men/Women).

### **5. Course Safety**

The hosts shall ensure that the course will be entirely free of traffic and safe, whilst members of the jury or representatives of the organising committee will act as safety marshals at various places along the course.

### **6. Race Numbers**

All participants shall be obliged to wear on their chest and back the race numbers supplied by the

event organisers.

### **7. Breaches of the Rules**

Any runners who do not complete the entire course for whatever reason will be excluded from the championship. If applicable, any other disputes shall be resolved by the jury of appeal.

### **8. Individual Evaluation**

There will be a separate Men's and Women's USIC Championship.

### **9. Teams**

Each country may be represented with a separate Men's and a separate Women's team comprising a maximum of six runners for the men's USIC Team Championship and three runners for the women's USIC Team Championship.

Any countries unable to enter the requisite number of athletes in the team event may enter individual runners.

### **10. Team Evaluation**

The finishing times of the four best runners (men) of the participating countries will be added together for the evaluation of the men's USIC Team Championship. For the women's USIC Team Championship, the finishing times of the two best runners of the participating countries will be added together for the team evaluation. In both races the country with the lowest combined finishing time will be the winning nation.

### **Change History**

<b>Approved</b>	<b>Date</b>	<b>Theme</b>
PTC Svetlogorsk	19.Oct. 2012	Women categorie / distance men 12km
PTC Albena	Sept. 2014	One Sportsmen less, 12km for men, 8 km for women