



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

### **1. Championship Programme**

Day 1: arrival of the teams, technical meeting and ID-Check\*

Day 2: training

Day 3: race, technical meeting and closing ceremony

Day 4: departure of the teams

\*Necessary documents from the Head of Delegation for the ID-Check: Signed form "Declaration of Participation" and personal legitimation from the participants.

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
Head of Delegation	1
Trainer	<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 with the invitation (length and height differential). The course shall be around 12km for men and around 8km for the women. The course shall be suitable for "Spike" running shoes.

### **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. There will also be ~~some~~ safety marshals at various places along the course.

## **6. Race Numbers**

All participants will 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 five 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 positions 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 positions 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 total points 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 Almaty (KAZ)	6. Sept. 2015	Minus 1 men, New 12km men / 8km women, separate Races
Board	Aug 2021	ID-check