

CONFEDERATION OF AFRICAN ATHLETICS

TECHNICAL REGULATIONS OF THE 4th CAA AFRICA CROSS COUNTRY CHAMPIONSHIPS YAOUNDE (CAMEROUN) 12 MARCH 2016

I- GENERALITIES

- 1-1-** The Confederation of African Athletics CAA will organize the fourth edition of the Africa cross country championships.
- 1-2-** These cross-country championships will take place in **YAOUNDE (CAMEROUN) on 12th March 2016.**

II- THE EVENTS PROGRAM

- 2-1-** The four events comprising the program will be performed on the following approximate distances:
- * Senior race Men: **10 km**
 - * Junior race Men: **10 km**
 - * Senior race Women: **8 km**
 - * Junior race Women: **6 km**

III- PARTICIPATION

3-1- Invitation to participe

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

3-2- Age Categories:

- **Senior Athletes**

- Any athlete aged 20 years and more as at 31st December of the competition year (for the 2016 championships, those who were born in **1996 and before**) may participate in the **seniors' race**

- **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 1997 and 1998**) 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 1999 and 2000**) may participate only in the **juniors' race**.

- **Athletes aged less than 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 2001 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 the four races, **a maximum of eight (8) runners** will be allowed to enter; **six (06) athletes** will be allowed to start **among whom four (04)** will have their results taken in account in the ranking by team.
- 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.
- **Also one mixed-relay event will be organized in which two senior Men and two senior Women will be allowed to participate, each athlete running a loop. The details of this will be communicated later.**

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) latest **31st December 2015** at midnight (CAMEROON local hour) with a **copy to the CAA**

3-5- 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 **Monday February 1st 2015 and shall be closed on Monday 15th February 2016 at midnight** (CAMEROON local time).

3-6- final confirmations 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.

3-7- 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

- For the ranking by team, each athlete shall be awarded the number of points corresponding to their ranking for example: the 1st scores 1 point/ the 2nd scores 2 points/ the 3rd scores 3 points and so on...
- 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.

V- 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, a gathering 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. It will be open as from 11 March in the morning until the end of the championships.

5-4- Technical meeting

- A Technical meeting will be held on **11 March 2016**. 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 by the Local Organizing committee and athletes shall wear these bibs properly.

5-6- Timing system

- A transponder timing system shall be used by the organizers. Athletes and officials shall be informed about the arrangements to make as regard this transponder timing system.
- A rescue manual timing system shall be provided the modalities of which shall be decided by the Technical delegate.

VI- 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 Athlètes	Nombre d'officiels 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