

ATHLETICS FEDERATION OF INDIA
D.T.O. EXAMINATION



CROSS COUNTRY RACES

CROSS COUNTRY EVENTS



CROSS COUNTRY - DISTANCES



The standard distances shall be:

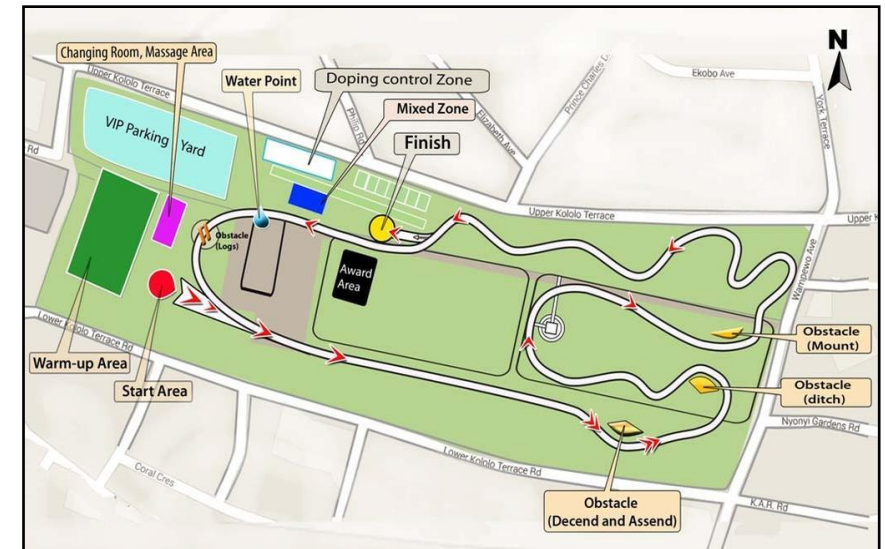
Men	10Km
U20 Men	8Km
U18 Men	6Km

Women	10Km
U20 Women	6Km
U18 Women	4Km

CROSS COUNTRY - COURSE



- ❑ A loop must be designed, measuring between 1500m and 2000m.
- ❑ If necessary, a small loop can be added in order to adjust the distance.
- ❑ If small loop is applied, it should be in the early stages of the event.
- ❑ It is recommended that each loop should have a total ascent of at least 10m.



CROSS COUNTRY - COURSE



- ☐ Apart from start and finish areas, the course **must not contain any longer straights.**
- ☐ The course shall be clearly **marked with tape on both sides.**
- ☐ Apart from the start and finish, the course be a **width of 5m**, including the obstacle areas.



CROSS COUNTRY - OBSTACLES



- ❑ **Existing natural obstacles** shall be used if possible, Very high obstacles, deep ditches, dangerous ascents/descent or any such **dangerous obstacles** should be avoided.
- ❑ **Narrow gaps or other hindrances** which would deny athletes an unhampered run shall **be avoided for the first 300m**.
- ❑ The **crossing of roads** or any **hard surface** must be avoided or to be covered by mud, grass or mats.



CROSS COUNTRY - START



- ☐ The race shall be started by **firing a gun, cannon, air horn or like device.**
- ☐ The command for races longer than 400m shall be used.
- ☐ In races which include large number of athletes, **five-minute, three-minute and one-minute warnings** before the start of the race should be given.
- ☐ On the command “On Your Marks”, the athletes shall assemble on the start line.
- ☐ The starter shall ensure **no athlete** has their foot (or any part of their body) **touching the start line or the ground in front of it**, and shall then start the race.



DRINKING / SPONGING & REFRESHMENT STATIONS



- ❑ **Water** and other suitable **refreshment** shall be provided at **start and finish of all races**.
- ❑ For all events, **drinking / sponging stations** shall be provided **every lap**, if **weather conditions demand**.



TIMING SYSTEM



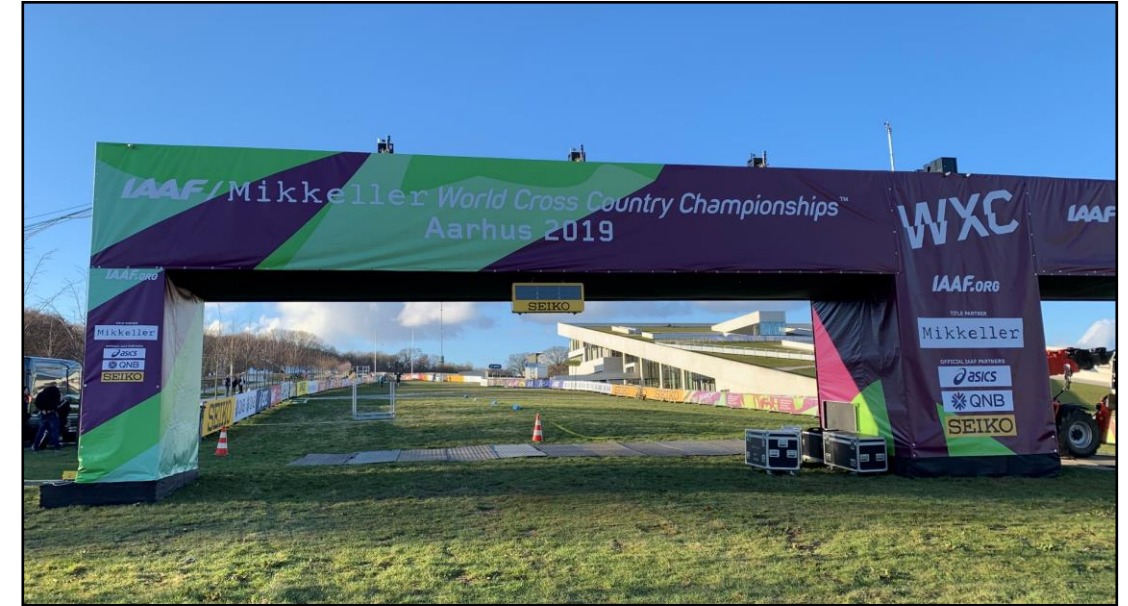
- ☐ **Electronic Transponder Timing system** is used in the event.
- ☐ It has **Sensors / antennas** to read the **RFID chip** provided on BIBs of each participants.
- ☐ Such **Sensors / antennas** are placed at the **start and finish** point and other key points **on the course**.



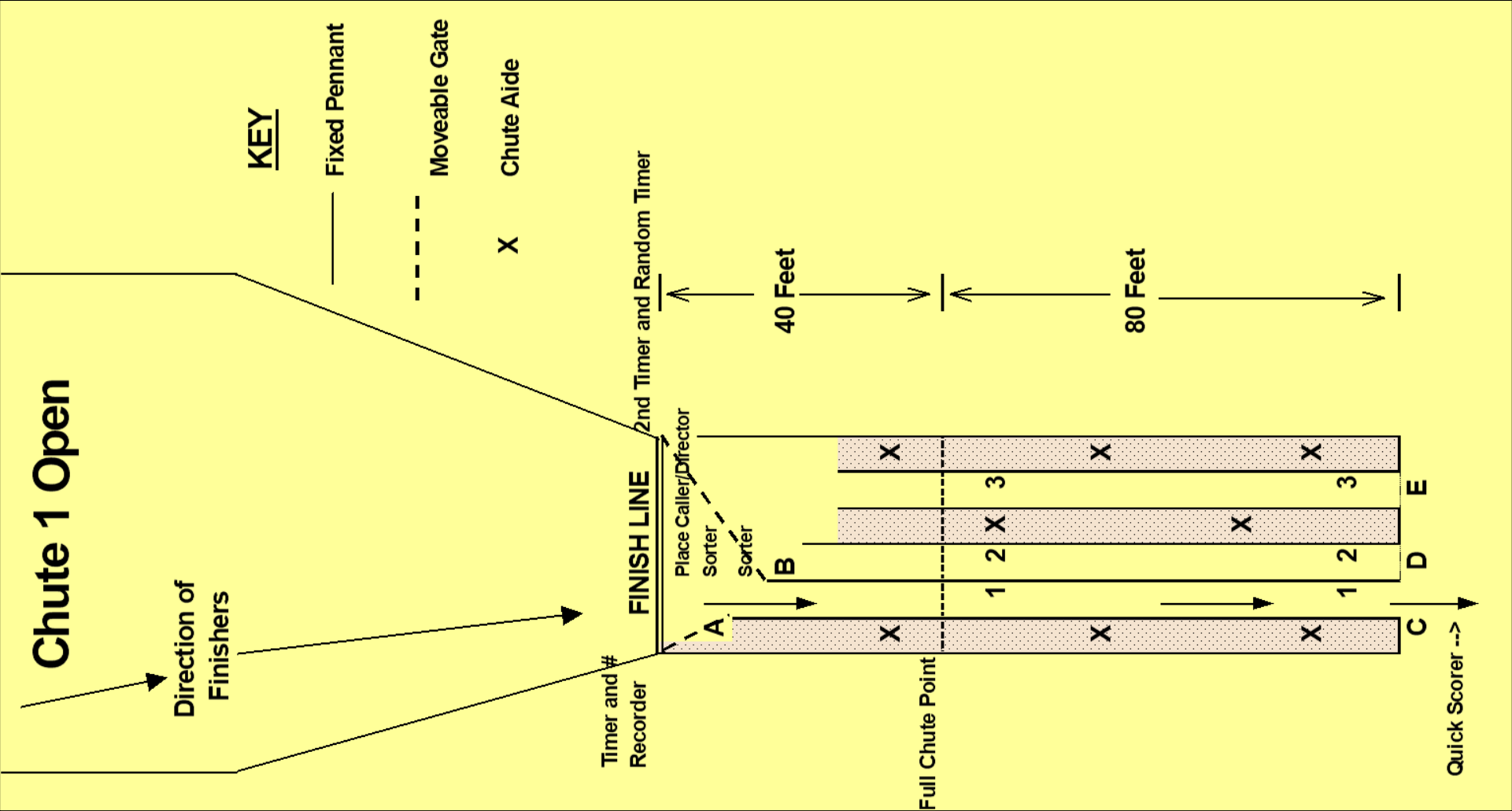
CROSS COUNTRY - FINISH



- ☐ The finish area **shall be wide enough** to enable runners to sprint side by side and long enough.
- ☐ If transponder Timing system is not used, to check finishing order **Finish lanes (funnels) should be set up 8 to 10m after the finish line.**
- ☐ Funnels should be of **75cm – 80cm wide.**
- ☐ Once **in funnels**, athletes **must not be able to overtake one another.**
- ☐ Funnel should be **35 – 40 m long.**



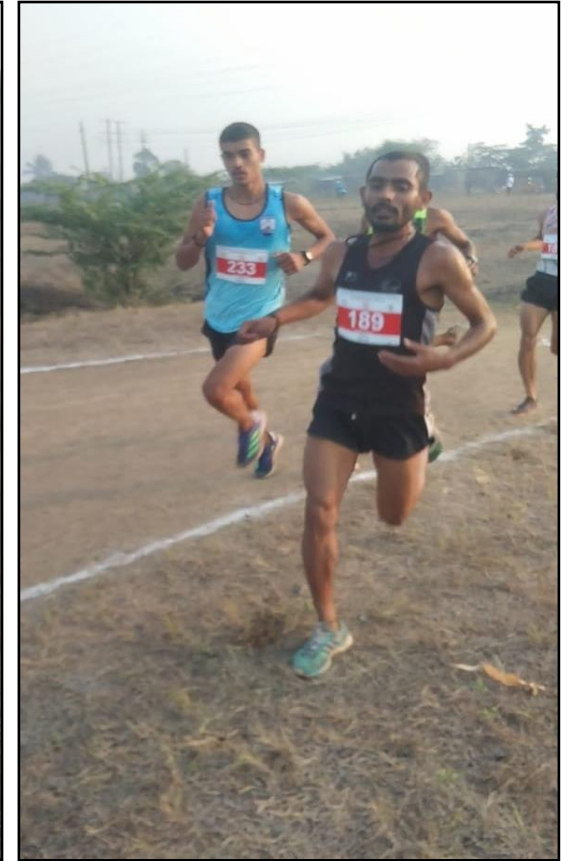
CROSS COUNTRY – FUNNELS AT FINISH



CROSS COUNTRY – RACE CONDUCT



- ❑ If the Referee is satisfied on report from a Judge or Umpire that an athlete has **left the marked course** and thereby **shortening the distance** to be covered, **they shall be disqualified**.



CROSS COUNTRY – TEAM & SCORING



Cross Country Team

6 to Run and 4 to Score

Scoring

Points will be given to the individual runner as per their finishing order

Runner with **1st position** will get **one point**

Runner with **100 position** will get **Hundred points**

Team scoring aggregate minimum points of all scoring members will be the **winner**



CROSS COUNTRY – TEAM & SCORING



Team Championship – Finish order

Place	Bib No	Place	Bib No	Place	Bib No
1	120	9	119	17	112
2	107	10	104	18	121
3	122	11	117	19	109
4	102	12	124	20	103
5	113	13	108	21	114
6	110	14	106	22	116
7	115	15	123	23	105
8	101	16	118	24	111

CROSS COUNTRY – TEAM & SCORING



Team Championship – Scoring

Team	Team A		Team B		Team C		Team D	
S.No.	Bib No	Points	Bib No	Points	Bib No	Points	Bib No	Points
1	120	1	107	2	102	4	113	5
2	122	3	110	6	101	8	115	7
3	119	9	108	13	104	10	117	11
4	124	12	112	17	105	14	118	16
5	123	15	109	19	103	20	114	21
6	121	18	111	24	106	23	116	22
Total		25		38		36		39
Place		1		3		2		4

CROSS COUNTRY – TEAM & SCORING



TIE BREAK

Position of **Last Scoring Member** runner shall be considered.

Team with its **4th runner closer to the first position** will be given higher placing in the championship.

CROSS COUNTRY – TEAM & SCORING



Team Championship – Tie break

Team	Team A		Team B		Team C		Team D	
S.No.	Bib No	Points	Bib No	Points	Bib No	Points	Bib No	Points
1	120	1	107	2	102	4	113	5
2	122	3	110	6	101	8	115	7
3	119	9	108	13	104	12	117	11
4	124	10	112	17	105	14	118	16
5	123	15	109	19	103	20	114	21
6	121	18	111	24	106	23	116	22
Total		23		38		38		39
Place		1		3		2		4

BORDERED COURSE



NATURAL OBSTACLES



NATURAL OBSTACLES



MADE UP OBSTACLES



ASCENT / DESCENT



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THANK YOU