

CROSS COUNTRY CHAMPIONSHIPS

1. Juvenile Even Ages
2. Juvenile Uneven Ages
3. Juvenile B
4. Novice
5. Intermediate
6. Masters
7. Junior Inter Club
8. Junior Inter County
9. Senior Inter Club
10. Senior Inter Country
11. Irish Schools
12. Irish Universities

Current Configuration

- Juvenile Even Ages 12,14,16,18 , Junior & Senior Inter County Championships
NOVEMBER
- Juvenile Uneven Ages 11,13,15,17,19 , Novice Championships DECEMBER
- Intermediate, Masters & Juvenile B Championships FEBRUARY
- Junior Senior Inter Club Championships MARCH
- Schools & IUAA Championships MARCH

Cross Country Regulations

1. All competitors must wear official team colours.
2. In Inter County Competition (Senior and Junior) all athletes **must** wear county colours
3. In Inter County (Senior and Junior) all entries must be approved by relevant County Board
4. Graded teams within a competition, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
5. Applications for regrading will be accepted on a publicised date prior to the commencement of the Cross Country Season for individual Senior, Intermediate and Novice.
6. Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three year period commencing in 2010, 2013,2016 etc.

SENIOR

1. An athlete must be **18** years or over to compete in Senior Cross Country
2. Three (3) Grades within the competition for Senior Men
3. Two (2) Grades within the competition for Senior Women
4. Relegation will apply, the last finishing team in a grade shall not be relegated where there exists in that grade a team that has not competed within that grade. Such non-competing teams shall be relegated instead. If there is more than one such team, lots shall be drawn to determine the team to be relegated.
5. Teams who are awarded 2nd or 3rd positions cannot be demoted
6. First team Grade B and C promoted
7. Regrading for Inter Club and Inter County teams will be implemented based on previous participation and results over a three year period commencing in 2010, 2013,2016 etc
8. Club and County teams who do not compete for (2) two consecutive years **may** be demoted

NOVICE

1. Novice athletes must be **19** years of age or over on the 31st December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at the National Novice Championships.
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
4. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championship.
5. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
6. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or
7. An athlete who is a scoring member of the winning club or county team at National Senior Grade A, Road, Cross Country or Track Championships
8. An athlete who has never represented Ireland at any IAAF or EAA Senior International Championship.
9. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win.

INTERMEDIATE

1. Intermediate athletes must be **20** years of age or over on the 31st December in the year of competition
2. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Intermediate Championships
3. An athlete who has never been an individual medal winner or a scoring member of the winning club or county team at National Senior Grade A Championships
4. An athlete who has never been an individual medal winner at National level in any senior track indoor or outdoor at 1500m and upwards.
5. An athlete who has never been an individual medal winner at National level in road event at 1500m and upwards, or a scoring member of the winning club or county team at National Senior Grade A Championships
6. An athlete who has never been on a representative team at Senior International Level.

7. Status of an athlete will not be altered during a cross country season (September to April) other than in the case of an individual win

UNDER 23

(In conjunction with Senior Inter County)

1. Under 23 athletes must be aged between 20 and under 23 years on the 31st December in the year of competition
2. Under 23 athletes must declare and must indicate correctly on entry form

JUNIOR

1. Junior athletes must be 16 years on the 31st December in the year of competition and under 20 years on the 31st December in the year of competition.
2. Athlete may score only in one age category where applicable under 18 or Junior.

MASTERS

1. Athletes both male and female attain eligibility on their 35th birthday .
2. Age Categories are 35,40,45,50..... etc in multiples of 5

UNIVERSITY CHAMPIONSHIPS IUAA

1. A registered student shall be defined as:
 - An undergraduate who is pursuing a course of study that is equivalent to 60 ECTS per annum or leads to an award ranked at a minimum of Level 6 on the NQAI Framework (National Qualification Authority of Ireland) at a Member university/college/institute..
 - One who is pursuing a recognised postgraduate course of study at a Member university/college/institute. A part- time postgraduate student must be studying for at least fifty percent (50%) of the time an equivalent full time student would be studying.
2. Those entitled to compete in Championships shall be :-
 - (i) Entered by the Member to which they are attached, **AND**
 - (ii) Be a registered student as defined above **OR**
 - (iii) Be a student who may be repeating an examination as allowed under the regulations of their respective university/college/institute, **OR**
 - (iv) Be a person who has completed a course of study in the academic year immediately prior to a particular Championship, **OR**
 - (v) Be a registered full-time student of a foreign university/college/institute pursuing a course of study in part-fulfilment of their qualification at a Member university/college/institute.

3. An athlete entering any of the University Championships under category shall:-
 - (i) Only declare for one Member university/college/institute during a particular Academic year.
 - (ii) Provide on request, proof of registration for the academic year immediately prior to a particular Championship.

IRISH SCHOOLS

- Minor Under 14 on 1st July in the year of competition
 - Junior: Under 15 on 1st July in the year of competition
 - Intermediate: Under 17 on 1st July in the year of competition
 - Senior: Under 19 on 1st January in the year of competition
1. All athletes must in their own age group except in the team event where one athlete from the age group immediately below may complete a team.
 2. No athlete may run in more than one race.
 3. For the All Ireland each Province may nominate the following for each race:
The first three (3) teams in the Provincial Championships
First fifteen (15) individual athletes in the Provincial Championships.

JUVENILE A

1. Qualification (3) County teams from Province Ulster, Connaught, Munster, 4 Leinster (1) Team from the Region of Dublin
2. Qualification (4) club teams from each Province and Region
3. In the 17-19 age groups open entry will apply provided the athlete has competed in the Provincial/ Regional Cross Country Championships., entries through provincial secretary **ONLY**
4. Athletes may move up one age group.
5. Entries for County through county, for Club through club, for provincial through province
6. Athletes may score only in one age category where applicable Under 18 or Junior

JUVENILE B

1. Open to athletes who **HAVE NOT WON** a National Cross Country Individual Region, County or Club medal.
2. Entries through club secretary, county through county secretary
3. Entries through county secretary for Inter County Relay, county singlets must be worn
4. Athletes **may not** compete in Development Cross Country Events and Inter County Relay on the same day.

NEW MOTIONS PASSED AT CONGRESS APRIL 2014

The entry structure for some National Cross Country Events (and other events, if applicable) is simplified by ensuring that all athletes are entered for races by their clubs, with automatic inclusion on their county team.

The entry structure for some National Cross Country Events (and other events, if applicable) is simplified by abolishing the need to declare specific teams on the day, and adopting a policy whereby the given number of athletes over the line are the scoring athletes for their club and/or county team.