PE Primary MSG Cross Country Official Guidelines
Age Category (Year 4)

Please read these rules carefully to ensure everyone has a wonderful and safe event.
General Principles:

- **Safety First: Always listen to event officials and marshalls. Follow their instructions carefully. Your safety is our most important consideration. Wear appropriate footwear and attire.**
- **Sportsmanship is Key:** Treat everyone – teammates, opponents, coaches, marshalls, officials, volunteers, and spectators – with respect and kindness. Applaud good play from all teams.
- **Fair Play:** Compete honestly, follow the rules of the game and the spirit of fair play, and always give your best effort for your team. Respect the official's decisions. Disagreements may happen, but schools are expected to promote fair play and manage any reactions that may trigger poor conduct from students. Adults must model respectful behaviour at all times.
- **Have Fun!** Enjoy the challenge, give your best effort.
- **Respectful Behaviour:** This is a school event for children. Unacceptable behaviour (e.g., arguing, aggression, disrespect) from any adult (educator, parent, staff, spectator) or player will not be tolerated.

Athlete Eligibility:

- **Date of Birth:** Athletes must be born in **2017**
- **Age Category:** All participating players must meet the age requirements for the category they are playing in, as specified for this event.
- **School Enrollment:** All athletes must be officially enrolled students at the school/college they are representing.
- **School Line-up:** Only those registered for the event with the MEYR Centre for PE & Sport for this event may participate. Last minute changes will not be allowed.
- **Coaches:** Schools may have up to two designated educators as coaches, who must be from the participating school.

Rules for Participants (Players):

1. **Kit**
   - Wear proper running attire.
   - Only proper running shoes are allowed.
   - No jewellery is allowed.
   - T-shirts need to be tucked inside.
   - No loose clothing will be allowed

2. **Before the race:**
   - Be ready at the designated time.
   - Listen carefully to the marshall's instructions.
   - Take a look at how the other runners are running to better understand what is expected from you.
3. **The race:**
   - Important! Stay within your lane.
   - 2 consecutive false starts will mean disqualification from the event.
   - Do not cross lanes or make contact with other runners.
   - DO NOT TAKE SHORTCUTS IN CORNERS - DOING SO WILL MEAN 5 SECONDS WILL BE ADDED TO YOUR FINAL TIME.
4. **After the Race:**
   - Do not leave the track until told to do so.
   - Take deep breaths to recover from the effort.
   - Keep walking around within the designated area after the race is over.

Rules for Parents & Guardians:

1. **Be Positive Role Models:** Cheer positively for *all* children. Focus on effort, teamwork, and sportsmanship. Avoid criticising athletes, coaches, or officials. Model respectful behaviour.
2. **Spectator Zones:** Parents and supporters must stay in designated viewing areas (e.g., stands

or marked sideline areas). You are strictly not permitted to approach or enter the court, technical areas (team benches), or official's table during the event.

3. **Respect Officials:** Treat all event staff with courtesy. Their decision is final.
4. **Keep it Fun:** Maintain a positive, encouraging atmosphere. Let the children have fun and enjoy the experience.
5. **Preparation:** Ensure your child has their kit, appropriate shoes, and plenty of water/drinks. Provide sunblock if needed.

Rules for Coaches / Educators:

1. **Coaching Staff Limit:** Each team may be coached and supervised by no more than two designated educators from their school/college. No other adults (including non-designated coaches or parents) are permitted on or near the team technical area.
2. **Uphold Sportsmanship:** Instil and model fair play, respect for opponents and officials, and gracious conduct. You are a key role model.
3. **Technical Area Conduct:** Remain within your designated area. Coaches should generally remain seated but may stand briefly to give instructions, while behaving respectfully.
4. **Track Access:** Do not enter the track during race time without the official's permission (usually only for serious injuries).
5. **Appropriate Coaching:** Provide positive, constructive instructions. Communicate respectfully. Avoid excessive shouting or criticism.
6. **Athlete Management:** Ensure athletes understand the rules and event regulations.
7. **Athlete Responsibility:** Each school is responsible for the behaviour of its athletes, educators, and supporters.

Photography During MSG Events
Important Information:

- Photos will be taken in a general manner, and we regret to inform you that we will not be able to remove or edit any images upon request.
- It is essential that every student participating in any MSG event has a signed consent form from their parent or guardian.
- It is the responsibility of each school to ensure that consent forms are collected and properly

managed.

Commitment & Scheduling

- Schools must fully commit to participation.
- Withdrawals after preparations are unfair and discouraged.
- Schools are responsible for their own transport arrangements and costs.
- No individual emails requesting date changes or indicating unavailability will be accepted.
- Event dates cannot be altered.
- Postponements will only occur in cases of severe weather or uncontrollable circumstances.
- Events will proceed in case of isolated showers.
- Schools will be notified via email about any postponements or cancellations.
- Late registrations will not be accepted.

Important Event Information:

- **Safety & First Aid:** A qualified first aid team will be present. Coaches should alert event staff or first aid immediately if an athlete is injured, distressed, or requires medical attention. Note the First Aid station location.
- **Awards/Recognition:** Details provided by organisers.

Consequences:

- **Athletes:** Failure to comply may result in warnings or disqualifications.
- **Adults (Coaches, Parents, Spectators):** Unacceptable behaviour or failure to follow rules will not be tolerated and may result in warnings or removal from the event venue.
- **Final Authority:** The decisions of the officials regarding incidents on the track during races are final. The decisions of the head event official or Event Director regarding overall rule enforcement and event management are final.

Access to Events:

Parents will only be permitted to attend the final stage of the event. Attendance during preliminary stages is not allowed. Kindly adhere to this guideline as part of the event's structure and safety protocols.

Registration & Further Details

A Microsoft Form will be sent to all schools that express interest in participating in the MSG Athletics event. This form will be used to: Confirm participation and Submit athlete details.

Further event details, including schedules, grouping, and final instructions, will be shared with registered schools following confirmation.

Thank you for your cooperation. Let's work together to make this a safe, fair, respectful, and enjoyable event for all children!