

EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

301. PROMOTION AND RIGHTS

301.1. The European Athletic Association (hereinafter European Athletics) shall promote a European Cross Country Championships every year.

301.2. All rights in and arising from the European Cross Country Championships are the exclusive property of European Athletics. These rights include but are not limited to rights of ownership, marketing, advertising, broadcasting, filming, televising and all or any other means of exploitation. No other entity may exercise any of these rights without the written consent of European Athletics.

301.2.1. For the strict and limited purpose of promoting European Athletics, the sport of Athletics or any particular athletics competitions and for non-commercial use, European Athletics may without charge and on a worldwide basis use any images of European athletes in any media at or in conjunction with any athletics competitions in which European Athletics has an ownership interest, including Spar European Cross Country Championships.

301.2.2. Should an athlete not agree with such procedure, a written letter stating the reasons for this opposition shall be sent to the European Athletics Headquarters in Lausanne two (2) weeks prior to the respective event.

301.2.3. Furthermore, any competition images from any European Athletics events shall not be used by the athletes for commercial use. However, the use of event images on social media sites, as long as there is no commercial purpose, is not prohibited.

301.3. The athletes acknowledge and agree to European Athletics' use of the personal data, included but not limited to the first name, name, date of birth, club affiliation, results, in accordance with the General Data Protection Regulation Act on Data Protection, as well as disclosure of athletes' personal data to European Athletics affiliates, employees, agents, representatives and third-party organisations worldwide for the purpose of promotion of the sport and to provide statistics.

301.3.1. Athletes further acknowledge and agree to European Athletics' use of the personal data if required to do so by law or in the good faith belief that any such preservation or disclosure is reasonably necessary to comply with legal process, enforce these Regulations, respond to claims that any content violates the rights of third parties, or protect the rights, property, or personal safety of other users or the public.

302. PROGRAMME, STRUCTURE AND SCORING

302.1. The European Cross Country Championships shall be staged on 1 (one) day and in accordance with the applicable Competition, Advertising, Doping and other relevant Rules and Regulations of the World Athletics.

302.2. The programme shall comprise the following events for Men and Women, to be held, in principle, in the following order¹:

Under 20 Women	4-6 km
Under 20 Men	4-6 km
Under 23 Women	6-8 km
Under 23 Men	6-8 km
Senior Women	8-10 km
Senior Men	8-10 km
Senior Mixed Relay	4 x 1 lap (approximately 1.5 km)

The running order in the Senior Mixed Relay shall be as the following:
Man – Woman – Man – Woman.

- 302.3. No athlete aged less than 16 (sixteen) years on 31 December of the year of the competition may participate in the European Cross Country Championships. Each athlete may only be entered in one individual race of the Championships, and he/she can only compete in the individual race for which he/she was entered.
- 302.4. Only athletes aged at least 16 (sixteen) and not more than 19 (nineteen) years on 31 December of the year of the competition may participate in the U20 events.
- 302.5. Only athletes aged at least 20 (twenty) and not more than 22 (twenty-two) years on 31 December of the year of the competition may participate in the Under 23 events.
- 302.6. Only athletes aged at least 20 (twenty) years on 31 December of the year of the competition may compete in the Senior events.
- 302.7. Every athlete entered shall, upon the request of the Technical Delegate, produce official documentary evidence of his or her date of birth.
- 302.8. Each European Athletics Member Federation may enter a maximum of 8 (eight) athletes in each individual event, of which a maximum of 6 (six) may participate. Each European Athletics Member Federation may enter a maximum of 8 athletes in the mixed relay race, of which 4 (2 Men + 2 Women) to compete.
- 302.9. Athletes entered in the European Cross Country Championships may participate as individuals and as members of teams representing European Athletics Member Federations.

TEAM CHAMPIONSHIP and SCORING

- 302.10. There shall be separate team championships for each race.
- 302.11. Each European Athletics Member Federation may enter 1 (one) team in each event.

¹ In force from 2023 edition

- 302.12. Each team's score shall be determined by the aggregate of the finishing positions achieved by its 3 (three) best placed athletes. If two or more athletes tie for a place in any event, the attributable points shall be divided equally between them.
- 302.13. A team with fewer than 3 (three) finishing athletes shall not be counted in the teams classification.
- 302.14. No adjustments to teams' scores shall be made in respect of non-scoring team members or athletes participating as individuals.
- 302.15. Teams shall be classified according to their scores, the team in each event having the lowest score being the winner, and so on.
- 302.16. A tie shall be decided in favour of the team whose last scoring athlete finishes nearest to first place.

INDIVIDUAL CHAMPIONSHIP

- 302.17. A separate classification of all athletes in each event shall be compiled and the championship determined accordingly.

303. ENTRIES AND CONFIRMATION

- 303.1. All European Athletics Member Federations in good standing shall be entitled to enter athletes in the European Cross Country Championships.
 - 303.2.1. No athlete may take part in the European Cross Country Championships unless entered by the European Athletics Member Federation which he/she is eligible to represent in accordance with the World Athletics Rules.
- 303.3. Preliminary Entries: Not later than 3 (three) months (14:00 CET) before the date of the European Cross Country Championships, each European Athletics Member Federation shall send to European Athletics (usually via the teams' on-line entry system) a preliminary list of entries, indicating its anticipated numbers of athletes per event and the numbers of accompanying officials.
- 303.4. Final Entries: Not later than 10 (ten) days (14:00 CET) before the date of the European Cross Country Championships, each European Athletics Member Federation shall send to European Athletics a final list of its entries, plus the names of accompanying officials. No subsequent changes may be made thereto without the consent of European Athletics.

No additional athletes will be accepted after the closing of the Final Entries.

Exceptional changes related to already entered athletes may be accepted by European Athletics, until the final confirmation deadline of the first competition day. In case of such changes, the respective Member Federation would be accountable for a financial penalty of EUR 1500 per case.

This amount would be deducted from the Member Federation's European Athletics subvention at the end of the year.

Final Entry information shall be supplied in the manner to be prescribed by European Athletics (usually via the teams' on-line entry system) and shall include such details as required by European Athletics, including the names and best performances of each athlete.

- 303.5. Final Declarations: Confirmation of Final Entries and declaration of the running order of athletes in the relay event shall be made according to the procedures defined in the Team Manual.
- 303.6. European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced their participation, does not take part or attend the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20% (303.3 above). The latter applies only if the Preliminary Entry is more than 4 (four).
- 303.7 Each European Athletics Member Federation may enter only those athletes who have received and hold a valid certification for having completed European Athletics Anti-Doping Education Programme – I Run Clean.

304. APPLICATIONS TO STAGE THE EUROPEAN CROSS COUNTRY CHAMPIONSHIPS

- 304.1. Any European Athletics Member Federation in good standing may apply to stage the Event provided that the proposed venue and city comply with the criteria established by European Athletics and that the application is made jointly with the proposed city.
- 304.2. Each applicant shall complete the European Athletics official application forms and supply such information and undertakings as European Athletics shall require. The applications shall be completed in English and any application that is not fully and properly completed may be regarded as invalid.
- 304.3. The European Athletics Executive Board shall approve the time and deadlines for applications, which shall be announced by the Office, and these will normally include:
- i. Indication of interest in the event bidding questionnaire.
 - ii. Bidding Seminar.
 - iii. Confirmation of candidature, with the name of the bid city.
 - iv. Formal application to be submitted by the Member Federation and City
 - v. Decision of the European Athletics Council.
- 304.4. The written undertakings required to be submitted with the application shall normally include:
- i. The bidding European Athletics Member Federation's and city's joint undertaking to respect the applicable Rules and Regulations of the World Athletics, European Athletics and other competent authorities and to enter into an organiser agreement with European Athletics.

- ii. A guarantee(s) from the owner(s) that all official sites used for the event, including the stadium and road race courses or other events sites shall be free of all commercial and non-commercial advertising, identifications and/or franchises.
- iii. A guarantee by the European Broadcasting Union (EBU) member of the bidders' country to act as host broadcaster in accordance with agreements between European Athletics and EBU.
- iv. The undertakings in writing of relevant national, regional, and other authorities that they support the application.
- v. A guarantee from the respective authorities for the right of safe passage and free entry into the country to all participants and free import and export of material/equipment as necessary for the organisation of the event.
- vi. A detailed budget of income and expenditure for the event.

304.5. The European Athletics Council shall be entitled to amend or vary the above procedures if it is of the opinion that it is in the interests of the Event.

305. TECHNICAL REQUIREMENTS

305.1. The European Cross Country Championships shall be staged in a competition venue and city which are appropriate to the event. European Athletics may establish criteria by which the suitability of a proposed venue may be decided. The city shall be of an appropriate size and standing and the competition venue shall have acceptable facilities and be fully equipped in conformity with the respective World Athletics rules.

305.2. The allocation of starting gates should be as follows:

The first 5 (five) teams from the previous year's championships will be allocated the 5 (five) starting gates in the centre of the start area. The host country will be added next followed by the previous year's individual winner's team (if the individual winner is declared in this year's team) and they have not already been allocated a starting gate. All teams with the maximum number of athletes, (currently 6 (six)), will be allocated starting gates either side of the above. Then teams with 5(five) competitors will be added to each side followed by teams with 4 (four) and then teams of 3 (three) and finally teams of 2 (two). Any team with only one athlete will be allocated a starting gate with another country's athlete who only have 1 (one) single athlete.

The Technical Delegate shall have the power to alter the above starting positions in special circumstances.

(The exact placing in the various groups being made by the drawing of lots).

305.3. Mixed relay event

The first runners from each team will start together and run the loop (approx. 1.5km). There shall be a 20m exchange zone in which the athlete shall pass a baton (or any other device to facilitate the process of exchange) to the following athlete of his/her team. On what concerns the passing of the baton, relevant World Athletics Competition Rules (i.e. 170.6, 170.7 and 170.9) will be adapted and applied accordingly.

306. DOPING CONTROL

- 306.1. Doping control shall be conducted in accordance with the respective World Athletics Rules and Guidelines and shall be carried out under the supervision of the European Athletics Doping Control Delegate.

307. THE ORGANISING CONTRACT

- 307.1. Immediately after the decision of the European Athletics Council to appoint an organiser, the appointed European Athletics Member Federation and city shall enter into an organising contract with European Athletics, such contract to establish the respective rights and obligations of the parties in relation to the European Cross Country Championships.

308. THE RIGHTS AND DUTIES OF THE EUROPEAN ATHLETICS

- 308.1. Notwithstanding the organising contract, European Athletics shall retain the overall care and responsibility of the European Cross Country Championships. In exercise of this role, the European Athletics Council shall:

- 308.1.1. Decide the dates, venue, and the organiser.
- 308.1.2. Appoint Delegates and other persons (see 311.3).
- 308.1.3. Approve the procedure for deciding the timetable of events.

309. THE RESPONSIBILITIES OF THE ORGANISER

- 309.1. The organiser shall be responsible for organising and staging the European Cross Country Championships in accordance with the organising contract and in compliance with the Rules and Regulations and directions of European Athletics.

310. FINANCIAL REGULATIONS

The Organiser

- 310.1. The financial rights and obligations of the organiser shall be set out in the organising contract. Subject thereto, the organiser shall be responsible for all costs of organising and staging the European Cross Country Championships but may retain the income from the sale of admission tickets, approved local marketing and subventions and grants from national and/or local authorities.
- 310.2. For the avoidance of doubt, the organiser shall be responsible for the costs of the following persons:

Delegates appointed by European Athletics (see 311.3); travel, accommodation and board at the event and accommodation and board at the site visits.

Staff and representatives of European Athletics specialist contractors and sponsors; according to the respective contracts.

European Athletics

- 310.3. European Athletics shall not be responsible for any costs other than those referred to in these regulations and/or the organising contract.
- 310.4. European Athletics may pay to the organiser a contribution to the costs of not more than 3 (three) days' accommodation and board of participating athletes (limited to a maximum of 4 (four) participating in each of the U20, U23, Senior and mixed relay events) per participating European Athletics Member Federation. No contribution shall be made in respect of athletes representing the host European Athletics Member Federation.
- 310.5. European Athletics shall be responsible for all direct laboratory costs connected with the doping control but excluding tests specifically requested by Member Federations.
- 310.6. European Athletics shall be responsible for the travelling costs of Delegates appointed by European Athletics at the sites visits prior to the event and staff members travelling costs, accommodation and board when visiting the venue.

The Participating European Athletics Member Federations

- 310.7. European Athletics Member Federations shall be responsible for all costs (including travelling to and from the designated official airport(s)) incurred as a result of their participation in the European Cross Country Championships which exceed any contributions made by or through European Athletics in accordance with 310.4 above.
- 310.8. The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.
- 310.9. European Athletics Member Federations are responsible for taking out their own insurance to cover illness or injury to any member of their party when travelling to and from and during the European Cross Country Championships.

311. THE EUROPEAN ATHLETICS OFFICIATING PERSONS

- 311.1. The President and the CEO of European Athletics shall have the overall responsibility for the care and supervision of the European Cross Country Championships.
- 311.2. European Athletics shall designate a member of its professional staff to be the Project Leader having the responsibility to coordinate the European Athletics Officiating Persons and other staff members and to direct the operational management of the event in cooperation with the organiser.

311.3. The European Athletics Council shall appoint the following Delegates and other persons to provide specialist advice and guidance to the organiser:

- 1 Technical Delegate;
- 1 Doping Control Delegate;
- 3 Jury of Appeal Members (in case a country of any of Jury Members is involved into the appeal directly or indirectly, a replacement would be sought. ITO or Technical Delegate who is not being involved into any official function at the time of appeal, is to be considered for a replacement);
- 1 Media Delegate

311.4. As soon as possible after the decision to appoint an organiser European Athletics shall inform the organiser as to the names and roles of the European Athletics Officiating Persons and the organiser shall cooperate with and follow the reasonable and proper directions of such persons.

312. PROTOCOL, CEREMONIES, AWARDS

312.1. All matters concerning protocol, ceremonies, awards and related matters shall be decided by European Athletics which may, from time to time, establish guidelines.

Opening Ceremony:

312.2. Subject to 312.1, the organiser shall propose opening ceremony of styles and content appropriate to the venue. It may include ceremony and/or celebrations held either inside or outside the competition venue. Such proposals shall be subject to the approval of European Athletics and shall be appropriate to a European Cross Country Championships.

312.3. Victory Ceremonies:

312.3.1. The individual winner, second placed and third placed shall receive gold, silver, and bronze medals respectively.

312.3.2. For the winner, the second and the third team in each team event, the 3 (three) scoring members as well as non-scoring members who completed the race shall attend the ceremony and receive medals. For the mixed relay, all participating athletes of the winner, the second and the third team shall attend the ceremony and receive medals.

312.3.3. The winning team in each team event and mixed relay shall receive and retain a cup to be provided by European Athletics. The second and third teams shall receive a trophy to be provided by European Athletics.

312.3.4. During the ceremony, the national anthem of the winner's country shall be played.

312.3.5. During the ceremony, the athletes must wear their official team uniforms.

312.3.6. The President of European Athletics shall decide the medal presenters.

Diplomas:

312.4. Diplomas (to be provided by the organiser) shall be presented to the first 8 (eight) placed athletes and teams in each event but no ceremonies will be held.

313. INFORMATION, NAMES AND ABBREVIATIONS

313.1. All information shall be printed, displayed or announced in English.

313.2. The names and abbreviations of all European Athletics Member Federations shall, at all times, conform to those approved and decided by the World Athletics.

314. FINAL PROVISIONS

314.1. All matters not provided for by these Regulations shall be decided by the European Athletics Council.

314.2. These Regulations are drawn up in English.

314.3. These Regulations may be amended by the European Athletics Council.