

MAURITIUS ATHLETICS ASSOCIATION

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Affiliated to World Athletics and the Confederation of African Athletics (CAA)

VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2026 RULES & REGULATIONS

DATES & VENUES

The VITAL NATIONAL CROSS COUNTRY LEAGUE & CHAMPIONSHIPS 2026 will be held as follows:

Leg	Date	Venue
Leg 1	Saturday 22 August 2026	Candos Wellness Park
Leg 2	Saturday 29 August 2026	Public Beach, Belle Mare
Leg 3	Saturday 5 September 2026	Gros Cailloux, Bambous
Leg 4	Saturday 12 September 2026	Public Beach, St Felix
Leg 5 & Championships	Saturday 26 September 2026	Public Beach, Mon Choisy

AGE GROUPS

The categories and age groups for both genders are as follows:

Category	Age (years)	Birth Year
U10	7 – 8 – 9	2019 – 2018 – 2017
U12	10 – 11	2016 – 2015
U14	12 – 13	2014 – 2013
U16	14 – 15	2012 – 2011
U18	16 – 17	2010 – 2009
U20	18 – 19	2008 – 2007
Senior	20 & above	2006 (& before)
Master	35 & above	(at the competition date)

All athletes are strictly confined to participation in events of their own category / age group, as evidenced by a valid MAA Licence 2026.

PARTICIPATION & MAA LICENCE 2026

- This event is open to MAA Licensed 2026 athletes only.
- MAA licences will be issued or renewed only by application and payment through the respective MAA-recognised clubs.
- Issue of the MAA Licence 2026 is conditional, for a Master athlete, on submission to the MAA Licensing Officer of a recent medical certificate attesting ***good health and fitness to participate in competitive sports***.

IMPLEMENTATION & INTERPRETATION OF RULES

All events will be conducted in accordance with the World Athletics Competition & Technical Rules 2026, subject to the following modification:

- **Protest & Appeal**: any appeal to the Jury of Appeal must be accompanied by a deposit of MUR 500/-.

The preparation, implementation and subsequent interpretation of the participation and technical rules of this competition rest solely with the MAA or any body/person it delegates. Any decision taken accordingly, and in line with established procedure (including protest & appeal), shall be considered final and shall be accepted, respected and abided by all parties concerned.

RECOMMENDED DISTANCES

To ensure incremental progression, the MAA recommends the following distances, in kilometres, by category and leg:

N°	Category	Leg 1 – Candos	Leg 2 – Belle Mare	Leg 3 – Gros Cailloux	Leg 4 – St Felix	Leg 5 – Mon Choisy
1	U10 Boys / Girls	0.8 km	0.8 km	0.8 km	1 km	1 km
2	U12 Boys / Girls	1 km	1 km	1 km	1.5 km	1.5 km
3	U14 Girls	1.5 km	1.5 km	2 km	2 km	2.5 km
4	U14 Boys / U16 Girls	2 km	2.5 km	3 km	3 km	3 km
5	U16 Boys / U18 Girls & Masters Women	4 km	4 km	4.5 km	5 km	5.5 km
6	U18 Men / U20 & Senior Women	4.5 km	5 km	6 km	6 km	6.5 km
7	U20 Men / Masters Men	5.5 km	5.5 km	5.5 km	7 km	8 km
8	Senior Men	7.5 km	8 km	8.5 km	9 km	10 km

These distances may be adjusted at the discretion of the organisers, taking into consideration climatic conditions, the state of the track/course, or any other unforeseen circumstance.

Regional Cross Country

- In order to raise awareness of and interest in cross-country throughout the island, it is recommended that each Region organise its own Regional Cross-Country events at different local sites, in the U10 to Masters categories, for both genders.

Inter-Clubs Challenge

- To generate lively competition among clubs, only one team per club will be considered in each category.
- There is no need for clubs to declare the composition of their teams.
- The first athletes to finish the race will automatically be considered part of the club team, as follows:
 - Club Team Computation: all categories – the first five (5) athletes completing the race.

‘CHALLENGE VITAL’ – REWARDS

- **Medals – Leg Winners:** the first three athletes of each individual category.
- **Medals – League Winners:** the first ten athletes of each individual category.
- **Medals – Championship Winners:** the first three athletes of each individual category.
- **Trophies / Shields:** awarded to the best teams of the League in each category.
- **Cash Prizes:** There will be cash prizes for the first three women and men senior of the league.

LEAGUE POINTS ALLOCATION

Points allocation for each leg, for all categories, will be as follows:

	1st	2nd	3rd	4th	5th	...
Rank	1	2	3	4	5	Etc.

- The best four (4) out of five (5) legs' points will be used to determine the League ranking.
- If two or more athletes or clubs are tied for any place in the League, the Championship ranking will be used to decide the tie.

ENTRIES

Clubs must ensure that the licences of all participating athletes in the Vital National Cross Country League 2026 are issued or renewed, and must send all entries to the MAA Secretariat by 14th August 2026.

All entries must be entered on the appropriate registration file, which will be sent by the MAA Secretariat to each club's designated officer by email on 10th August 2026.

A **Preliminary Start List** will be circulated by MAA on the Thursday preceding each leg.

It is the duty of club officers to check this Preliminary Start List and to report any corrections or withdrawals to the MAA Secretariat immediately.

No late entries will be accepted after publication of the Final Start List.

BIBS

The MAA TIC will hand over the bibs to the club officer on the first leg.

Athletes must wear the same bib number throughout the whole Cross Country League.

Club officers must ensure that the correct bibs are allocated to athletes as per the official start list of the event. Athletes not wearing the appropriate bib (including wearing another athlete's bib), or competing without one, will be automatically disqualified.

It is also the duty of club officers to return all numbered bibs to MAA immediately after the end of the last leg of competition.

A fee of **MUR 100/-** per unit will be charged for any unreturned or lost bib, or for a replacement bib issued on the day of the event.

HEALTH & SAFETY

The health and safety of all participants is of the utmost concern to the organisers.

It is the responsibility of all club officers and coaches to ensure athletes are fit and adequately prepared to participate in their events on the day of competition. They must also ensure that athletes take appropriate nourishment and refreshments before, during and after the competition.

CALL ROOM

Given that the Final Start List will have been issued on the Thursday prior to the leg, there is no need for team officials to report to the Competition Secretariat for registration/confirmation.

Athletes will therefore report directly to the Call Room, strictly respecting the Call Room schedule below (**in minutes**) before their event, as follows:

1st Call	Entry – Call Room	Exit – Call Room	Entry to Field of Play
30	20	10	5