



CROSS COUNTRY

TECHNICAL HANDBOOK

FISU WORLD UNIVERSITY CHAMPIONSHIPS

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INTERNATIONAL
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1. HISTORY

Between 1968 and 1976, five International University Cross Country races were organised in Europe under the auspices of FISU. Following the success of these races, FISU gave a boost to the expansion of this sport and officially introduced the World University Championships in Cross Country. The first Championship edition was held on April 1st, 1978 in Lausanne, Switzerland. The second edition was staged in 1980 in Coleraine, Great Britain. The participation figures increased and already the third edition in 1982 in Darmstadt, Germany, saw 139 athletes from 23 countries at the start line. Since then, the participation figures have settled on a firm level but with an important continual improvement in performance.

In 1998, the World University Championship was hosted by Luton, Great Britain. Considering that the venue was located in the British Isles, the organisation of the Championship Cross Country held particular significance for FISU, given that Cross Country running as a sport originated in that region. It is no secret that FISU events often bring to light great future champions, who excel later on World and Olympic levels. This is also true for the Championship Cross Country in which future Olympic finalists took part like Julia Vaquero (Spain), Christina Casandra (Romania), Steve Moneghetti (Australia) and, most prominently Bernard Lagat (Kenya/USA), who won two Olympic Medals over 1500m and two World Athletics titles (1500m/5000m).

The Championship Cross Country is the second longest running FISU Championship, second to Handball. The 2020 Championship Cross Country was supposed to take place in Marrakech, Morocco, but had to be cancelled due to the Covid-19 pandemic. The 2022 FISU World University Championship was held in Aveiro, Portugal. The legacy of this event was the construction of a permanent Cross Country circuit in the university campus.

The 2024 FISU Championship Cross Country took place in Oman, marking the first FISU event in the Asian country. This edition also featured two competition days, comprising both short and long-distance races.



2. STATISTICS

EDITION	YEAR	COUNTRY	CITY	COUNTRIES	ATHLETES			OFFs	TOTAL
					M	W	TOT		
1	1978	SUI	Lausanne	15	73	21	94	27	121
2	1980	GBR	Coleraine	8	48	25	73	17	90
3	1982	FRG	Darmstadt	23	105	34	139	44	183
4	1984	BEL	Antwerp	16	79	38	117	32	149
5	1986	AUT	Graz	21	104	52	156	50	206
6	1988	ITA	Bologna	20	104	53	157	39	196
7	1990	POL	Poznań	18	86	47	133	42	175
8	1992	FRA	Dijon	23	99	55	154	49	203
9	1994	IRL	Limerick	22	93	60	153	47	200
10	1996	POR	Açoteias	24	109	60	169	53	222
11	1998	GBR	Luton	24	93	59	152	62	214
12	2000	GER	Jena	25	107	68	175	58	233
13	2002	ESP	Sant. Compostela	22	74	64	138	49	187
14	2004	ITA	Collegno	23	91	61	152	55	207
15	2006	ALG	Algiers	15	72	51	123	45	168
16	2008	FRA	Forges-les-Eaux	21	80	62	142	63	242
17	2010	CAN	Kingston	15	55	43	98	36	134
18	2012	POL	Łódź	23	76	61	137	48	185
19	2014	UGA	Entebbe	18	62	43	105	43	148
20	2016	ITA	Cassino	19	74	50	124	46	170
21	2018	SUI	Saint-Gallen	20	68	64	132	60	192
22	2022	POR	Aveiro	18	78	66	144	42	186
23	2024	OMA	Muscat	21	82	61	143	51	194

3. GENERAL SCHEDULE

DAY -3	DAY -2	DAY -1	DAY 1	DAY 2	DAY 3
A	A	GTM / OC	C	C / CC	D

Legend: A – Arrivals / CC – Closing Ceremony / C – Competition / D – Departures / GTM – General Technical Meeting / OC – Opening Ceremony

For Cross Country, the competitions shall last 2 days



4. REGISTRATION PROCEDURES

4.1. GENERAL ENTRY (DEADLINE: -6 MONTHS TO THE EVENT)

The General Entry is the first stage of the registration process, where delegations are invited to register, through the NUSFs, for the Championship indicating a general interest in participating in the event.

Teams and athletes are not required to submit any documentation or undergo a selection processes.

The submission of a General Entry Form is non-binding, indicating only initial interest by the NUSF but not final commitment

4.2. QUANTITATIVE ENTRY (DEADLINE: -3 MONTHS TO THE EVENT)

During the Quantitative Entry the NUSF delegation commits to participate and confirms the delegation composition in terms of numbers and although it does not yet provide individual details, it requires the NUSFs to submit an accurate count of delegation members.

At this stage, a 50% payment of the participation fees is due and must be settled by the Quantitative Entry deadline. By proceeding with the payment, the delegation confirms its participation in the Championship.

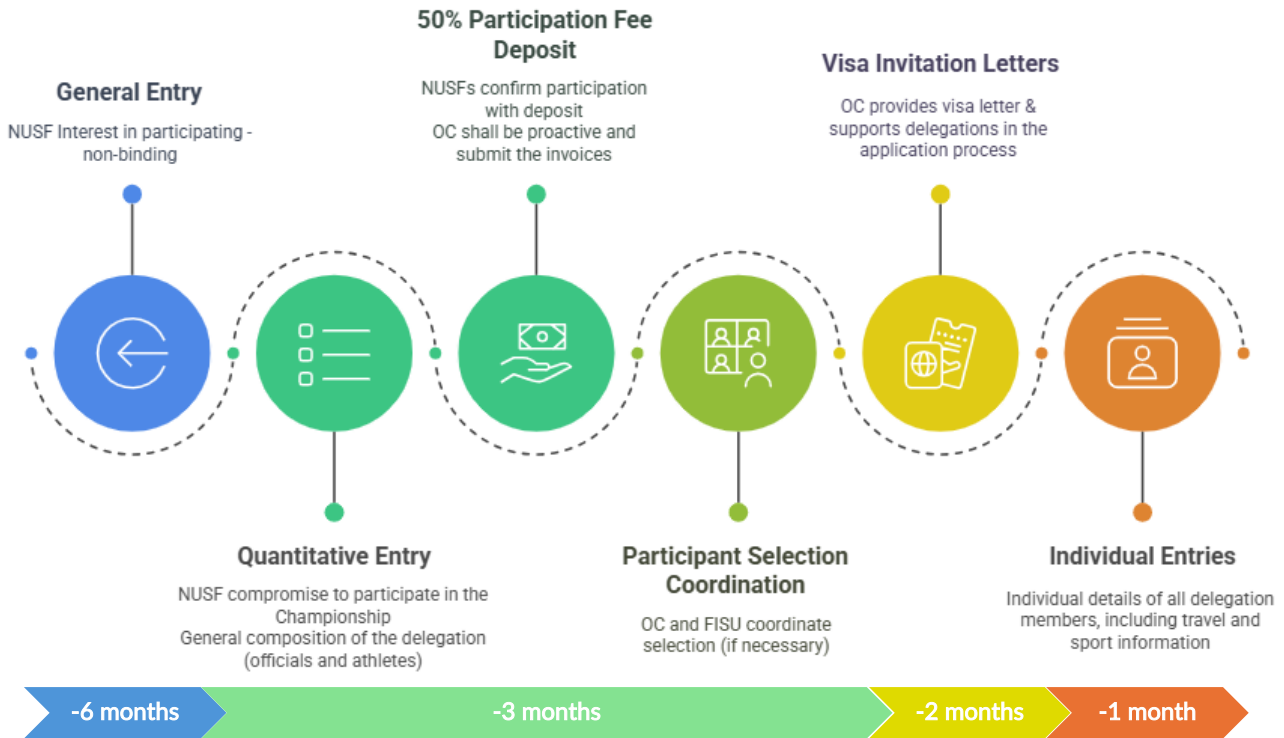
This deposit serves as a participation guarantee, and is non-refundable in case of withdrawal, with refunds subject to FISU General Regulations and any OC-specific cancellation policies

4.3. INDIVIDUAL ENTRY (DEADLINE: -1 MONTH TO THE EVENT)

The Individual Entry is the final step in FISU event registration. The NUSF must provide all relevant data and documentation for each delegation member.

The remaining 50% of the participation fees is paid in full to the Organising Committee by this deadline. Failure to do so may result in non-participation in the Championship, unless specifically approved by the Organising Committee

According to World Athletics Rule 1.1 (b) and (c), the Member association together with Organising Committee of the Championship Cross Country must require a World Athletics permit. The Member Federation hosting the competition is asked to submit the permit form and settle the administration fee of USD 250



5. SPORT REGULATIONS

The FISU Championship Cross Country is composed by an Individual and a Team event. The Competition Rules shall, unless otherwise stated, be in accordance with Rule 56 of the World Athletics Competition Rules book. In case of dispute in the interpretation of the rules, the English text shall be regarded as authoritative.

The competitions shall last 2 days as indicated in the General Schedule (Section 3) and the competition programme shall be proposed by the Organising Committee Competition Manager and confirmed by the FISU TCC, including the following events:

5.1. COMPETITION DISCIPLINES

A. Day 1: Individual Competitions

INDIVIDUAL DISCIPLINES (MEN'S & WOMEN'S)	
Short	Long

Short Races – Approximately 3.000m

Long Races – Approximately 10.000m



B. Day 2: Relay Competitions

MIXED RELAYS	
Short	Long
A Mixed Relay Team is composed of 2 men + 2 women	

Short Mixed Relay – 4-lap course – 1 lap each athlete

Long Mixed Relay – 10-lap course – First two athletes run 3 laps each, last two athletes run 2 laps each

5.2. CLASSIFICATION SYSTEM

A. Men's & Women's Individual Classification

- The top three athletes in each discipline are eligible for individual awards.

B. Men's & Women's Team Classification

- There will be one final Team Classification per gender, considering the results of both the short and long races for each gender.
- There will be no separate Team Classification for each distance (men's short race, men's long race, women's short race, and women's long race); instead, the classification will be based on the overall combination of both distance races (men's short race + men's long race and women's short race + women's long race) per gender.
- The teams' ranking is obtained according to the following procedure:
 - Each athlete gets the same number of points corresponding to their final position in the race (1 point for the winner, 2 for the second, 3 for the third, etc)
 - Each country will get a score for each race by adding the scores of the first three finishers
 - Only countries competing with a minimum of three athletes in each distance per gender (men's short race & long race and/or women's short race & long race) will be considered for the respective Team Classification
 - The Team Classification will be obtained from summing the scores for the same gender in both short race and long race, for each gender
 - The team with the lowest aggregated score will be declared the winner
 - In the event of a tie, it shall be resolved in favour of the team whose last scoring member on the race with highest number of participants finishes nearer to the first place

C. Mixed Relays

- 2 men + 2 women on the following order: M, W, M, W.
- **Short Relay:**
 - Each athlete will run one lap – approximately between 1.500m and 2.000m.
- **Long Relay:**
 - The first two athletes of each team (a men and a women) will run three laps each – approximately between 4.500m and 6.000m.
 - The last two athletes of each team (remaining men and women) will run two laps each – approximately between 3.000m and 4.000m.



D. Country Challenge Classification

- The ranking is determined by aggregating the times of the two relay races, as well as the finishing times of the top two women and the top two men in both the short and long races for each delegation.
- Only those delegations competing in all individual disciplines with at least 2 athletes in each race (men's short race, men's long race, women's short race and women's long race) as well as in both relays, will be considered for the Country Challenge Classification.

The winning country will be awarded a trophy

5.3. DELEGATIONS COMPOSITION

A. Athletes

DISCIPLINE	MEN'S	WOMEN'S
Individual	Max. 4 athletes per race	Max. 4 athletes per race
Relays	Max. 2 teams per relay - (2 men + 2 women) per team	
Max. 16 athletes (8 men & 8 women) per delegation		

Athletes competing in the Individual events may also take part in the Mixed Relay competitions

At the Technical Meeting, the Head of Delegation or his/her representative shall confirm and sign the official list of competitors accredited by the CIC, and no further changes to the athletes' designations will be permitted

B. Officials

TOTAL NUMBER OF OFFICIALS
Max. 5 officials per delegation

6. TECHNICAL OFFICIALS

6.1. INTERNATIONAL TECHNICAL OFFICIALS

For the FISU Championship, the ITOs are appointed by World Athletics, with the endorsement of FISU. This appointment process considers several critical factors, including the number of participants, the level and availability of NTOs, and the goal to minimise expenses when possible. To achieve cost-efficiency, World Athletics will aim to nominate ITOs from neighbouring countries whenever feasible. This approach not only fosters regional cooperation but also optimises resources.



A. Number & Roles of ITOs

INTERNATIONAL TECHNICAL OFFICIALS	
NUMBER	FUNCTION
1	Technical Delegate
1	Chief International Judge
A total of 2 ITOs are required	

The final number of ITOs will be confirmed by the FISU TCC after the Coordination Visit, and based on the course design

B. ITOs Costs

According to the Collaboration Convention signed between FISU and World Athletics, the costs of the ITOs are the following:

- Organising Committee shall cover:
 - Technical Delegate's flights
 - Technical Delegate's accommodation in single room
 - Technical Delegate's meals
 - Technical Delegate's per-diem
 - Technical Delegate's internal transportation
 - ITOs flights
 - ITOs accommodation
 - ITOs meals
 - ITOs per-diem
 - ITOs internal transportation

6.2. NATIONAL TECHNICAL OFFICIALS

Concerning the NTOs, these individuals are appointed by the Athletics National Federation or the appropriate governing bodies within a country, under the supervision of the Organising Committee.

A. Number & Roles of NTOs

The number and the roles of NTOs is to be defined by National Athletics Federation and to be approved by TCCs.

B. Agreement with the NF

Concerning the NTOs participation, it falls outside the scope of FISU or World Athletics. It is therefore advisable for the Organising Committee to reach an agreement directly with the National Federation. This collaboration will help ensure clarity and alignment on the financial aspects associated with it, including the following:

- NTOs Nomination – Ensure all NTOs possess the necessary qualifications to work in an international event
- Management and distribution of the technical official's clothing/uniforms
- Arrangement of suitable accommodation for the required period, if needed

It is strongly recommended to initiate communication with the National Federation promptly regarding the appointment of these officials. This proactive approach will help avert any potential personnel



shortages that may arise from conflicting event dates, thereby expanding the available options and ensuring a more successful engagement

7. SPORT MINIMUM REQUIREMENTS

7.1. COMPETITION VENUES

- Number of competition venues – 1
- Type of venues – Outdoor
- Course:
 - Suitable for Cross Country and according to World Athletics regulation.
 - Length – A lap must have from 1500m to 2000m
 - Considerations for Venue Design and Setup:
 - Only the start and finish areas should feature long straight sections
 - Narrow gaps or obstacles within the first 150m of the course must be avoided
 - The initial bend should be positioned at least 150m from the start and have a minimum width of 10m
 - Natural obstacles, if present, should be utilised; artificial obstacles should mimic natural features
 - If the course crosses roads or similar surfaces, these must be covered with grass, earth, or mats

The difference between a highly successful and unsuccessful Cross Country event often lies in the natural characteristics of the venue and the abilities of the course designer. The course designer must have in mind the traditional characteristics of Cross Country

7.2. TRAINING VENUES

- Number of training venues – 1
- Type of venue – Outdoor

Training venue should not be the competition venue

A course inspection must be organised to all athletes on the day before the start of the championships.

7.3. EQUIPMENT

A. Venue Equipment

- Start area divided into boxes – one for each team. Individuals or small delegations can share the same box
- Post event area where athletes can recover and collect their clothing
- Water and sponging stations to be offered after the second lap and at the finishing line

Please refer to the Minimum Requirements document for more detailed information



B. Uniforms & Sport Equipment

- Uniforms – brought by each participant and complying with World Athletics requirements
- Bibs/Numbers
 - Provided by the OC according to the entry list.
 - Shall include the last name and country of the athlete.
 - Spares are necessary in case of entry modifications

8. TRAININGS

The Organising Committee is responsible for coordinating and communicating the training schedule to each delegation, ensuring appropriate access to facilities based on the sport and competition schedule. Some of the factors to be considered are:

- Create a training schedule based on the indications of the FISU TCC
- Provide hydration and basic medical assistance for training sessions
- Share a detailed training plan with each delegation at least 48 hours before their arrival
- Ensure training venue availability throughout the Championship

Please refer to the Section 5.2.3 of the General Handbook for more detailed information regarding Trainings

9. MEDICAL SERVICES

A. FISU Requirements

- First aid and Emergency Medical care
- Medical transportation
- OC on-call first aid medical services shall be available on a 24-hour basis
- A minimum of two ambulances per venue should be available and on duty from the start of warm-up until at least 45 minutes after the final competition of the day

B. Participants Medical Insurance

All participants must have valid travel medical insurance, covering:

- 24/7 Emergency Assistance
- Emergency Medical Expenses
- Medical Evacuation/Repatriation
- Trip Cancellation/Interruption
- Accidental Death or Injury

The OC is solely responsible for providing first aid, emergency medical care, and transportation to the designated hospital. All other medical costs shall be borne by the participant's insurance

Refer to Section 3.4.1 of the General Handbook for more detailed information regarding Medical Services



10. DOPING CONTROL

A. FISU Requirements

- The requirements regarding the number and type of doping tests, as well as the total number of tests to be conducted, can be found in the *FISU Doping Test Requirements* document. This information is available exclusively to the Organising Committee.
- The OC Doctor or Head of the Medical area shall coordinate the doping testing and contact the FISU CMI to clarify the moment or disciplines in which the tests will be carried out.
- All doping tests costs (including collection, transportation, laboratory analyses) shall be borne by the Organising Committee.

B. Athletes Selection

- Athletes are eligible for testing once accredited until departing from the official event accommodation.

Please refer to Section 3.4.2 of the General Handbook for more detailed information regarding Doping Control

11. PROTOCOL, SPORT PRESENTATION & AWARDING

11.1. MEDALS AND TROPHIES TABLE

A. FISU Requirements

Medals

The table below provides a comprehensive overview of the total number of medals awarded across all competition disciplines. Please note that extra/reserve medal sets and the FISU set are not included in these figures.

CROSS COUNTRY									
DISCIPLINE	MEN			WOMEN			TEAM / RELAY		
	G	S	B	G	S	B	G	S	B
Short Race	1	1	1	1	1	1			
Long Race	1	1	1	1	1	1			
Mixed Relay – Short							4	4	4
Mixed Relay – Long							4	4	4
Team Classification	8	8	8	8	8	8			
TOTAL	10	10	10	10	10	10	8	8	8



The Organising Committee is responsible for providing the medals as shown in the table above. Medals must be awarded for all individual and mixed relay events, as well as for the team classification awards based on the rules indicated in section 5.2. The top three athletes/teams in each discipline (individual, mixed relay and team classification) are eligible for medals.

CYCLING MEDALS	
Gold	28
Silver	28
Bronze	28

Trophies

For the Cross Country Championship, the Organising Committee will present the Country Challenge winning team a trophy

Only the winning team receives the trophy as overall winner of the competition

Only teams participating in all races with at least 3 athletes will be considered for the Country Challenge Classification

B. Recommendations & Considerations

It is crucial to have additional sets of medals on hand as a contingency. Some medals may be defective, or athletes may achieve the same final time, necessitating duplicate medals of the same type.

The Organising Committee shall have at least 2 spare sets of medals

The Organising Committee must provide FISU with a set of medals of the event

Medals are not mandatory for Officials in Cross Country

11.2. SPORT PRESENTATION

Sports presentation is vital for elevating a Championship from a competition to an unforgettable experience. It encompasses everything from music and lighting to commentary and fan engagement, creating a unique atmosphere that engages the audience.

A. FISU Requirements

- **Audio Elements**
 - Sound System: A high-quality sound system is essential for announcements, music, and commentary, ensuring clear communication and an engaging atmosphere.
 - Microphone: Essential for general announcements such as schedule, results, athletes introduction, general information, and others.
 - Thematic Music: Curate an energetic playlist to be played during introductions, warm-ups, and medal ceremonies to elevate the excitement.
- **Commentary and Announcing**
 - Live Announcements: Make timely announcements regarding event schedules, race results, and athlete backgrounds to keep the audience informed and engaged.



- **Athletes Introduction**
 - Ceremonial Introductions: Develop exciting and personalized introductions for the athletes, showcasing their achievements and backgrounds. This builds anticipation before each heat. This task shall be done by the Announcer.

B. Recommendations & Considerations

- **Audio Elements**
 - DJ: Enhances the atmosphere and overall experience of a sports competition, by creating and maintaining energy, motivating the athletes and engaging the crowd.
- **Commentary and Announcing**
 - Engaging Commentary: Hire knowledgeable commentators who can provide insights about the athletes, techniques, and race strategies. This adds depth to the viewing experience.

11.3. CROSS COUNTRY PRE-COMPETITION PROTOCOL

A. Athletes Introduction

Event Host:

“Now, let's introduce our contenders for today's race! Please join me in welcoming our athletes with enthusiasm!”

- Country Flag Display
 - “Representing [Country], we have [Athlete's Name]!”
 - “[He/She] recently finished [insert notable performance], and holds a personal best of [insert time, if available].”
 - “Notably, [he/she] has also won [mention any major titles or accolades, such as national championships].”

FINALS	
TIME	ACTIVITY
-15'	- All athletes must be in the call room for bibs and chips inspection
-5'	- All athletes must be in the start area
-2'	- Athletes must be ready for the start
-1'	- Final announcement by the Starter

12. SERVICES

The Organising Committee should provide a variety of services for the event, including:

- Ice
- Laundry
- Wi-Fi

Please refer to the [Section 3.11 of the General Handbook](#) for more detailed information on all services



12.1. ICE

The supply of ice is one of the most common requests from participating delegations, particularly for injury treatment and recovery purposes.

- The Organising Committee must supply ice for treating injuries during both practice and competition, as part of the medical coverage for the event. It does not cover large quantities of ice needed for recovery treatments, such as cryotherapy.

The Organising Committee secure a reliable ice provider on standby, anticipating the request from teams and establishing clear procedures for ice procurement, including pricing and how to access this service

12.2. LAUNDRY

Laundry services are essential for many sports, particularly in long-duration competitions and team sports, where athletes may require frequent changes of clothing.

- Laundry services must be provided in all Team Sports Championships and in all sports with more than four competition days.
- Self-Service or Full-Service Laundry can be considered (hotel/accommodation and external services included in the latter)

Self-Service is the preferred option, giving more flexibility and control to the teams. If not, it is important to negotiate reduced pricing and adjust the timing for collection/delivery of uniforms with the provider

12.3. WI-FI

Wi-Fi is an essential service for university students, as it serves as a critical infrastructure that fosters communication and supports their academic responsibilities.

- Participants can easily access real-time information about event schedules, results, and updates. This allows them to plan their day effectively, ensuring they don't miss out on key events and activities.
- Participants can engage with live broadcasts, social media updates, and other digital content related to the event.
- For many students, academic responsibilities continue even during events. Wi-Fi connection ensures they can access study materials and educational resources, maintain communication with professors, and keep up with online courses.

Wi-Fi should be provided free of charge for all participants at the event, both at the accommodation sites and at the competition venues



13. GENERAL TIMELINE

TIMELINE	ACTIONS
Event -12 months	<ul style="list-style-type: none">• Coordination Visit<ul style="list-style-type: none">◦ Venues visit and Equipment approval (FISU TCC)• Competition programme approval (FISU TCC)• Venue medical plan approval (FISU TCC)
Event -6 months	<ul style="list-style-type: none">• General Entries (NUSFs)
Event -3 months	<ul style="list-style-type: none">• Quantitative Entries (NUSFs)• 50% payment from participating countries (NUSFs / OC)• ITOs & NTOs list (FISU / World Athletics)
Event -1 months	<ul style="list-style-type: none">• Individual Entries (NUSFs)• 100% payment from participating countries (NUSFs / OC)• Final Bulletin (OC / FISU / FISU TCC)
Event -1 day	<ul style="list-style-type: none">• Accreditation and participants list confirmation (NUSFs)• Technical Officials Meeting (ITOs / NTOs / TCC / OC)• General Technical Meeting (NUSFs / OC / FISU)
EVENT	
Event +1 week	<ul style="list-style-type: none">• Send all documents and media to FISU (OC)
Event +1 month	<ul style="list-style-type: none">• Final Report to FISU (OC)

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