

CROSS COUNTRY GUIDELINES

TEAM ENTRY: See '*TEAM FORMATION*' in *General Guidelines*'. Notification of a schools intent to participate must be in the CYO office on or before the roster due deadline (see agenda).

TEAM REQUIREMENTS: Teams are allowed one (1) head coach, and two (2) assistant coaches on their roster.

Once the season has started, no additions should be made to a roster unless a student moves to the area during the **current sports** season and without making cuts from the current participants. The principal or Athletic Director of the school involved must clear any exceptions through the CYO Executive Director.

PRACTICE SESSIONS: See *agenda sheet* and '*General Guidelines*'.

There will be a separate race for 5/6 grade girls, 5/6 grade boys, 7/8 grade girls and 7/8 grade boys. Races will run at twenty (20) minute intervals, or when the last runner comes in from the previous race, whichever comes first. In the event that there are still runners on the course when the next race is ready to start, we will start the next race and hold a separate watch on those still finishing.

The distance for 5th & 6th boys and girls shall be 2 kilometers; the distance for 7th & 8th boys and girls shall be 3 kilometers.

GUIDELINES: Violations of any of the items below could result in the disqualification of a runner.

1. Runners must wear shoes; bare feet are not allowed.
2. Spikes or cleated shoes are not allowed; standard running shoes or gym shoes are permitted.
3. Jewelry is not allowed; earrings cannot be covered with tape and cannot be worn; watches may be worn.
4. Head gear is not allowed (hats, caps, visors, etc.); sweatbands may be worn.
5. Runners must wear their school jersey or shirt. The jersey or shirt must be worn at all times during the race. Those removing their jerseys or shirts may be disqualified.
6. The stretch run to the finish line will be closely observed. Obvious weaving and/or bumping, which appear to be done to gain a competitive advantage, will be called by the official and may result in a runner's disqualification.
7. Those not participating in the actual race (coaches, parents, fans, etc.) are not allowed on the course, nor shall they disrupt a runner in any way. This may cause that school's runner to be disqualified. Coaches are responsible for their parents at the finish line.
8. All participants must clean up the area that their team occupies. Coaches are responsible for seeing that this is done. Please use proper receptacles for all garbage.
9. Protests are to be directed to the Meet Director by the head coach immediately following the race in question.
10. Awards: The school receives 1st place team trophies for boys and girls in both age groups. First place boys and girls in each age group receive a medal. Second through twelfth place receive ribbons in each boys and girls age group.
11. Direct all other questions to Paul Wengel at the CYO office (219-736-8931).