

2016 CYO CROSS COUNTRY RULES

I. DISTANCE & DIVISION

There will be two races in each division at each meet (one for boys and one for girls). The breakdown will be:

Pee Wee Division K - 1st* 1/2 mile
Minor Division 2nd - 3rd 3/4 mile
Cadet Division 4th - 6th** 1 mile
Junior Division **6th - 8th 2 miles

* K & 1st graders may run in the Minor Division; ** 6th graders may run in either Cadet or Junior races.

Each participant is allowed to run in only one race per day. If a runner is moved up to run in a higher division, he/she may not move back down to a lower division during the same season.

II. REGISTRATION

- A. There will be no registration at each individual race.
- B. All teams will be required to submit a roster for each team (i.e.. Minor boys, Minor girls, etc.) to the CYO Office no later than **Tuesday, September 6th**. This roster is identical to those used in all other CYO sports. This roster must be signed by the pastor and will be kept on file in the CYO Office. Please make sure to use the proper color for each division and use a separate roster for boys and girls. The rosters are color coded as follows:
- | | |
|-------------------|-----------------|
| Pee Wee --- Green | Cadet --- Gold |
| Minor --- Pink | Junior --- Blue |
- PLEASE use the proper rosters for each division. Names on each roster should be in alphabetical order. It is permissible to print your rosters on a computer, but please keep them consistent with the above color codes.
- C. There will be a \$20 fee for each runner listed on your team roster to cover the charge for each meet. This fee **MUST** be submitted to the CYO office with your team roster. There will be no runner fees collected at each meet. The CYO office is located on the 1st floor of the "Monsignor Doyle Hall" wing of The Pastoral Center (1933 Spielbusch Avenue) and is open Monday - Friday from 8:30 am - 4:30 pm. Payment **MUST** be made in the form of one check rather than a group of checks and/or cash from individual parents.
- D. The last day to add a runner to a team roster is Friday, September 23rd.

III. TEAM MAKE-UP

- A. There will be no limit to the roster size for each team; however it is recommended that no team should exceed 15 runners. The only way that a parish can enter a second (or third) team in any given race is if they have more than 15 runners. If a team has more than 15 runners for a given race they may split them up into two separate teams.
- B. Individual runners will be grouped into one of three categories:
- 1) **Individuals whose parish does not have a cross country program.** Anyone in this category may participate for a neighboring parish team. In order to do this, the participant must complete a parish transfer form and submit it to the CYO Director of Athletics. This request must be approved in writing by the CYO Office before a runner may participate for the team. If the request is approved, the participant may run with that team for the remainder of the season as long as their home parish does not field a team during that season.
 - 2) **Individuals whose parish does have a cross country program, but does not have enough participants to form a team in their age division.** Anyone in this category may participate for a neighboring parish. In order to do this, the CYO Director of Athletics must be contacted in writing with the request no later than 3:00 pm on the Thursday prior to the meet for approval. The last date for any of these written requests to be considered will be Thursday, September 15th.
A coach must make the request only one time during the season. Upon approval, the request holds for the remainder of the season; although the CYO Director of Athletics reserves the right to later revoke the approval should circumstances change. The CYO Director will contact the coach if this occurs. If the individual's home parish has enough participants to form a team at any meet throughout the season (5 runners in pee wee, minor & cadets and 3 runners in juniors) they **must** then run for their own parish for the remainder of the season.

III. TEAM MAKE-UP cont'd

- 3) **Individuals whose parish does not have a cross country program or does not have enough participants to form a team in their division.** These individuals may choose to enter the race and compete as an individual entry for their parish.

IV. PRACTICE

Due to the nature of the sport of cross country practices can sometime be dangerous in terms of proper supervision. If practices are held in open areas where the runners are all visible to the coach(es) then we are providing a safe practice setting. Many teams train in parks and neighborhoods where the runners are not all visible to the coach(es). In these cases the coach needs to develop and implement a plan for safety. Some ideas may include the use of walkie talkies by coaches, coaches riding bikes to get around more quickly and supervise a larger area and having coaches stationed at different parts of the training path. These are just a few ideas that may be helpful. Everyone must develop their own plan based on the training space, as well as the number of coaches who will be present at practice.

V. COURSE SET-UP

Each race will be in an open area giving all runners equal chance for position. The courses will be well marked and may be walked by all runners during a designated period. Each course will be set-up and marked by the host parish. The runners will finish the race through a chute to avoid confusion as to place of finish.

VI. RACE PROCEDURE AND ORDER

- A.
- 8:00 am - Course is open for inspection for Cadets & Juniors (*)
 - 8:30 am - Coaches' meeting with the meet director.
 - 8:55 am - CYO Team Prayer (all runners, coaches, parents and spectators are asked to kneel on one knee during the prayer); followed by the Pledge of Allegiance.
 - 9:00 am
 - Junior girls' race
 - Junior boys' race
 - Cadet girls' race
 - Cadet boys' race
 - 11:00 am - Course is open for inspection for Pee Wees & Minors (*) after the completion of the Cadet boys' race
 - 11:30 am
 - CYO Team Prayer (all runners, coaches, parents and spectators are asked to kneel on one knee during the prayer)
 - Pee Wee girls' race
 - Pee Wee boys' race
 - Minor girls' race
 - Minor boys' race

(*) NOTE: We will not walk the course as a group. All of the course maps will be posted on the CYO web site. There will be no copies of the course maps handed out to coaches unless a last minute change is necessary. When the course is open for inspection, the coach should take his/her team out and walk the course. The meet sponsor will have people available that can answer any questions pertaining to the layout of the course. There will be a "rabbit" for Pee Wee and Minor races and a "turtle" for all eight races.

- B. All parents and coaches **MUST** stay away from the starting line and chute area. (If the starter or assistant starter feels there is a need for any help at the starting line to control the participants they may request one coach from each team.)
- C. Pacers are **PROHIBITED**. Parents should all be informed that this is not legal and they may cause a disqualification. (Coaches should take time at their parent pre-season meeting to explain to all parents what they can and cannot do on the course during the race(s)). Most of the time pacers are innocent, over enthusiastic parents or friends. This does not make it right and these people should be educated / corrected by the coach so that nothing is done to penalize the participant. The Meet Director has the authority to disqualify any runner that he/she believes was helped in any way.

VII. STARTING LINE

- A. The starting positions will be drawn each week by the CYO staff and will then be posted on the CYO web site by the end of the day on Wednesday each week.
- B. If a parish has more than one team in any given race they must notify the CYO office so that a second spot may be drawn.
- C. A parish that has multiple teams in a division will draw an "A" spot and a "B" spot. The only team that may occupy the "B" spot is the "B" team.
- D. The starter and/or meet director reserves the right to make any necessary changes and/or additions to the starting spot assignments.
- E. The starting line spots should be well marked with a distance of 4 feet (in width) allowed for each team.
- F. The left hand of the runner is the lower numbered spots.
- G. If there are open spots at the starting line for any given race, the starter and/or meet director **may** move everyone down.
- H. One team may not move to a point of having two (2) starting spots.
- I. No runner will be allowed to wear running spikes. Any runner who is found to be in violation of this rule will be disqualified from the race, even if it is discovered prior to the start of the race.

VIII. FINISH LINE

- A. The runners will each be handed a card in the chute that will indicate their position of finish in the race. The coach must then collect all of these cards from his/her team. Coaches may not attempt to collect these cards while the runners are moving through the chute. This may cause the runner to be disqualified.
- B. At the end of the chute will be a double circle. The inner most part of the circle will be for the runners, and one coach from each team may be in the outer circle to collect finish cards from their runners. All other coaches and parents **MUST** remain outside of both circles.
- C. The coach must then write the names and parish on the first 6 runners' cards. These cards must then be taken to the designated scoring area before the end of the next race.

NOTES ON THIS PROCEDURE

- 1) Each coach needs to turn in only their top 6 runners' cards for each race (**).
- 2) Coaches are encouraged to get some of the parents to help handling this process.
- 3) Everyone needs to cooperate in order for this system to work.

(**) Coaches must turn in all of their runner's cards at the Diocesan Meet so that a complete listing of all runners' results may be compiled.

IX. TEAM SCORING

- A. Scoring shall be as shown in the following table:
PLACE : 1 2 3 4 5 6 7 8 9...
POINTS : 1 2 3 4 5 6 7 8 9...
- B. All competitors who finish the race shall be ranked and tallied in accordance with the above table. To determine your team score, add up the places of your top five (5) runners (i.e. your team could place 1st, 4th, 10th, 15th and 20th, then your team score would be 50). The team with the lowest score is the winner.
- C. Ties in team scoring shall be resolved by comparing the 6th place finishers from the tying teams. The team with the best 6th place finisher shall prevail. If one team does not have a 6th place finisher, the team with the 6th place finisher shall prevail.
- D. If only five (5) competitors of tying teams finish, the team scoring shall be resolved totaling the scores of the first four (4) finishers.
- E. Because of the lack of runners in most Junior races, there is a provision in team scoring for these races. We will add each team's top three runners to compute the team score. If a team has only two runners, they will receive the last spot plus one for their third score. This is for Junior races only.
NOTE: If only three (3) competitors of tying teams finish, the team scoring shall be resolved totaling the scores of the first two (2) finishers.

X. AWARDS

- A. All participants will receive a "participant ribbon" at each meet. Coaches should inform the parents when these will be distributed to the runners on their team since many coaches handle this differently.
- B. Individual medals will be given to the top three (3) finishers of the race. Medals (1st - 3rd) and ribbons (4th - 15th) will be handed out in the chute along with the runner's finish card.

