

CATHOLIC YOUTH ORGANIZATION

CROSS COUNTRY RULES/REGULATIONS

I. PLAYING RULES:

- A. Official Rules: The rules of the CYO Cross Country League are those of the National Federation. It is imperative that each coach has a working knowledge of the National Federation Rule Book in addition to those rules governing CYO Athletics.
- B. Purpose of these Rules: CYO wishes to stress that scores are not to be run-up by winning teams, and also to emphasize that coaches must make every effort to enter as many team members in as many events (amount allowable) per given meet.
- C. Meet Time: Meet time is forfeit time. If one team is not present and ready to compete at the time that a meet is scheduled to begin, their opponent may accept forfeit victory for that meet. Meet official shall sign the score sheet to verify the forfeit. No official is required to wait beyond the scheduled meet time for a team.
- D. Time Limit: No time limit.

II. MEET RULES/REGULATIONS:

- A. Meet Course: A 2000 to 3200 (1.2 to 2.0 miles) meter marked course is standard.
 - 1. 7/8th grade will run 2.0 miles.
 - 2. 5/6th grade will run 1.2 miles.
- B. Regulation Equipment: Home team will furnish all equipment necessary to conduct a regulation meet.
- C. Uniforms: Complete uniform consists of shoes, school or parish issued shorts and a full-length jersey.
- D. Participation Limitations:
 - 1. Meets Per Team: CYO Cross Country teams and members may not compete in more than one (1) cross country meet on any given calendar day, no more than two (2) cross country meets per week, or meets held on successive days and no more than ten (10) cross country meets per season. (CYO will have five (5) league meets and one (1) championship meet for a total of six (6) meets, which leaves each team four (4) meets for extra competition.)

E. Scoring:

1. Dual Meets: $\frac{1 - 2 - 3 - 4 - 5}{1 \ 2 \ 3 \ 4 \ 5}$

During a dual meet scoring is in accordance with National Federation rules. Points are awarded to each team for their first 5 runners. Points awarded are equal to the athlete's position, relative to first 7 runners from each team. The team with the fewest points will be declared the winner.

2. Championship Meet Events: $\frac{1 - 2 - 3 - 4 - 5}{1 \ 2 \ 3 \ 4 \ 5}$

During the championship meet scoring is in accordance with National Federation rules. Points are awarded to each team for their first 5 runners. Points awarded are equal to the athlete's position, relative to first 7 runners from each team. Athletes from incomplete teams (less than 5 athletes) will be removed for the purpose of scoring. The team with the fewest points will be declared the winner.

III. LEAGUE REGULATIONS:

- A. Officials/Starters: Parishes are responsible for securing their own officials for each meet. The home team is responsible for paying the official prior to the start of the event.
- B. Officials/Starters Not Present: In the event that the assigned official is not present to officiate the meet the teams shall have two (2) options:
1. Run the meet with individuals they mutually agree upon to officiate the meet. If mutual agreement is made to compete, the meet results will stand.
 2. Re-schedule the meet with the CYO office after mutually agreeing on date and times.
- C. League Standings: The league standings will be computed on the basis of two (2) points for a win and zero (0) points for a loss. Non-league meets do not count in division standings.
- D. Roster Limitations: There is no limit as to the number of players that a team may have. Additional players may be similarly registered (as per CYO eligibility rules) at any time during the regular season.
- E. Insurance: Secondary medical insurance is provided for participants for all athletics through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. This coverage is in effect if the student has no medical coverage. Information can be obtained through the School Principal or Parish Pastors.

IV. CHAMPIONSHIP MEET:

1. Coaches Meeting: Mandatory.
2. Event Scoring: 1 – 2 – 3 – 4 - 5
3. Awards Presentation: Following the conclusion of the meet.
 - a. Boys & Girls Division Champions: Team Trophy
 - b. Boys & Girls Runner-ups: Team Trophy
 - c. Boys & Girls Champions: Team Trophy
 - d. Coaches Awards: Championship Coaches
 - e. Medals: Places – 1st, 2nd, and 3rd per meet.
 - f. Ribbons: Places – 4th and 5th per meet.

V. VIOLATIONS AND PENALTIES:

Violation of CYO rules and regulations shall subject a member Parish/School to any or all, but not limited to the following: censure, probation with competition, probation without competition, forfeiture, expulsion.