

CYO Boys' & Girls' Cross Country

Rules, Regulations & Information

Revised June 2011

I. The Course

- A. The cross-country run shall be a course 3 kilometers (1.86 miles) in length.
1. Measurement shall be from point to point along the middle of the course.
 2. The course should be laid out on grass for the most part, if at all possible.
 3. The course shall be clearly marked with painted arrows, signposts with large directional arrows, flags, and/or cones. Turns on the course should be clearly denoted.
 4. It is advisable to mark the kilometer splits on the mile marker to assist the runners and help coaches to establish split time.
 5. The starting and finish line shall be visible and able to be clear of all spectators.
 6. Developing course maps is a good suggestion for visiting spectators, coaches and runners.
 7. Course watchers should be placed at various points on the course to aid runners with direction during the meet.

II. Scoring

- A. Scoring shall be as shown in the following table:

First	Second	Third	Fourth	Fifth	Sixth	Etc.
1 point	2 points	3 points	4 points	5 points	6 points	Etc.

1. All competitors completing the race shall be ranked and scored in accordance with the above table. The team score shall be determined by totaling the points scored by the top four finishers on each team. Scoring for city meet competition may be amended to accommodate a specific number of competitors entered.
2. The team with the fewest number of points is the meet winner.
3. If fewer than four competitors of a team begin or finish the race, by agreement of competing coaches, a modified scoring system may be used.
4. Ties in team scoring shall be resolved by comparing the fifth place finishers from the tying teams. The team with the best fifth place finishers shall prevail. If one team does not have a fifth place finisher, the team with a fifth place finisher shall prevail.
5. Following the top four finishers from a team the succeeding two finishers from a team will act as "pushers". The pushers will effect the score by finishing ahead of one or more of the first four finishers of the opposing team.

III. Eligibility

A. Teams

1. Parishes are eligible to enter teams in any of the following six categories:
4th Grade Girls 56 Girls Cadet Girls 4th Grade Boys 56 Boys Cadet Boys
Individuals
1. Cadet Level
 - a. Age & Grade - 5th, 6th, 7th and 8th grade students who have not reached the age of 15 before September 1 of the school year in which they are competing.
 - b. Parish & School Affiliation - All full time students of the parish school and all registered members of the participating parish.
2. 56 Level
 - a. Age & Grade - 5th and 6th grade students who have not reached the age of 13 before January 1 of the school year in which they are competing.

- b. Parish & School Affiliation - All full time students of the parish school and all registered members of the participating parish.
 3. 4th Grade Level
 - a. Age & Grade - 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing.
 - b. Parish & School Affiliation - All full time students of the parish school and all registered members of the participating parish.

NOTE: See the General Eligibility Standards for other considerations and requirements effecting the Cadet, 56 and 4th Grade age group.

B. General Information

1. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
2. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, www.cyoarchindy.org, once each school year to be eligible for participation. After logging on the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the website they cannot be added to a team as a coach or to a roster as a participant. After a parent has registered the child through the website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.
3. A player may not begin the regular season with the Cadet team and move down to the 56 team after participating in a meet. A runner may move up to the Cadet team after the opening of the season, but may not return to the 56 team. This rule takes effect on the date of the first meet.
4. In both leagues, players eligible to participate may be added to a roster any time prior to the last scheduled meet of the current season.
5. At no time may a player hold dual eligibility. A player is forbidden to be a participant in the CYO Cross-Country Program and another school or organization cross country program. Such participation automatically makes the player ineligible for the balance of the current season.
6. In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rule for each sport, all student athletes are subject to the academic policies of the sponsoring parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.
7. In both leagues the CYO Athletics Policy Committee will accept no protest other than those concerning player's eligibility violations. Protests must be filed with the CYO Office in writing not more than 48 hours after the incident.
8. In both leagues a team involved in a violation of any of these eligibility rules may be penalized as follows: the player is removed from the squad; the team forfeits all meets in which this runner has participated, the school is put on probation for six months and, the school is suspended from the CYO Grade School Program for one year if a second violation occurs during the probation period. All such violations shall be subject to review by the Athletics Policy Committee of the CYO Board of Directors.

IV. Disqualifications

- A. A competitor will be disqualified for the following reasons:
 - 1. A competitor who commits two false starts;
 - 2. A competitor who is un-sportsmanlike or exhibits unacceptable behavior; see the *CYO* Disciplinary Policy;
 - 3. A competitor who interferes with another competitor;
 - a. This may include intentionally bumping, tripping or running across the competitors path;
 - 4. A competitor receives any assistance from another;
 - 5. A competitor who fails to complete the prescribed course;

V. General Information

- A. Meet supplies and workers needed are as follows:
 - 1. Cones/flags
 - 2. White or orange spray field marking paint
 - 3. Place cards for finishers (4 sets)
 - 4. Pens/pencils
 - 5. Stopwatch
 - 6. Ice/Water
 - 7. First aid kit
 - 8. Workers
 - a. timers (2)
 - b. start/finish judge
 - c. finish line recorder (2)
 - d. scorers (2)
- B. It is best to have a neutral starter/finish judge. Races should start with a starting pistol, but a "blow-horn" is acceptable.
- C. No aids such as "pacers" are permitted.
- D. Each team should be assigned a "box" wide enough to put 3 numbers across the start line. In dual or multiple meets you can line up as many as you want across the start line as long as each team is allotted equal space.
- E. League meets will be scheduled to take place within a seven-day period. The *CYO* Office will set the host team and the head coach of that team is responsible for contacting the opponent(s) to discuss the date and time for the meet. Other meet details may be discussed at that time.
- F. Schedules will be distributed at the preseason coaches meeting.