



Catholic Youth Organization Athletics

Cross Country Rules

General Regulations |

- **Pets:** Pets are not allowed at meets.
- **Substances:** The use of tobacco or alcohol at meets or practices is strictly prohibited.
- **Sponsorship:** CYO appreciates the support of Dave's Running Shops, whose sponsorship allows for disposable chip timing and enhanced safety measures.

Basic Rules |

- **Races:** Cadets, Minors, and Pee Wee divisions will have separate races for boys and girls. Junior girls and boys will run together but will be scored separately.
- **Pacers:** Pacers, defined as any individual running alongside a participant to influence their pace, are prohibited. This includes parents and friends. Violation may result in disqualification.
- **Timing:** Runners will wear bibs with timing chips, eliminating the need for traditional timing methods like chutes and finish cards.
- **Eligibility:** Athletes may only be on one (1) cross country roster. Members of any other school cross country teams are NOT ELIGIBLE. Athletes must compete in two (2) CYO meets to be eligible for the CYO Cross Country Championships.
 - Exceptions to this rule may be made in the event of illness, injury, sacraments or other exceptional circumstances, but must be submitted to the CYO office at least one week in advance of the Championship meet. Participation in other sports or activities is not considered grounds for an exception.
- **Cooperative teams and individual athletes without a team** at their own parish who would like to participate at a neighboring parish must be approved by the CYO office. Cooperative teams and transfer athletes established at the start of the season will remain the same for the Championship. Cooperative Team/Transfer Athlete Application forms must be submitted to the CYO office by the designated deadline each season.
- **Trash Policy:** Each team is responsible for removing their trash from the park. Coaches should ensure a plan is in place for this.
- **"All Play" Policy:** The CYO "All Play" policy applies to all sports.

Meet Registration |

- **Weekly Registration:** Coaches must register runners—both individual and team—by 12:00 Noon each Wednesday for the upcoming Saturday meet. This includes the runner's first and last name, parish, birthdate, and division. These details are submitted by the CYO Office to Dave's Running for assigning race numbers and chips. Meet volunteers MUST also be submitted at this time.
- **Volunteer Requirement:** Each school MUST provide 2 volunteers for each meet, one for the Junior and Cadet races, and another for the PeeWee & Minor races. This can be one person or two. ***Volunteer names are required at the time of runner registration.***

Runner entries will not be accepted without volunteers. Volunteers should check in with the meet director or their designated representative prior to the coaches meeting to receive their assignment. Schools that fail to provide the required volunteers at the meet may be ineligible to participate in future meets. ***Schools hosting meets are exempt from this rule.***

- **Race Day Check-In:** On race day, one coach from each parish must check in and pick up team packets from Dave's Running.

Distance and Division |

Level	Pee-Wee (K-1st)	Minors (2nd-3rd)	Cadets (4th-6th)	Juniors (6th-8th)
Distance	1/2 mile	3/4 mile	1 mile	2 miles

Note: 6th graders may choose to run in either the Cadets or Juniors race but may not run in both.

Practice |

Due to the inherent risks in cross-country training, supervision is critical. Practices should be held in open areas where all runners are visible to coaches. If practicing in areas where visibility is limited, coaches must develop safety plans. Suggested methods include using walkie-talkies, coaches on bicycles, or strategically placed coaches along the training path.

Course Set-Up |

Courses will be set up in open areas, ensuring all runners have an equal chance for positioning. The courses will be well marked and available for inspection during designated times.

Race Procedure and Order |

Time	Details
7:30am	Course is open for inspection for Cadets and Juniors
8:00am	Junior and Cadet Coaches meeting with the meet director
8:25am	All participants – runners, coaches, parents, and spectators - will recite the “CYO” Prayer followed by the Star-Spangled Banner
8:30am	<ul style="list-style-type: none"> • Junior / Boys & Girls Race • Cadet / Girls Race • Cadet / Boys Race
9:30am	Pee Wee and Minor Coaches meeting with the meet director
9:40am	Course is open for inspection for Pee-Wee and Minors upon completion of the Cadet Division race schedule
10:05am	All participants – runners, coaches, parents, and spectators - will recite the “CYO” Prayer followed by the Star-Spangled Banner
10:10am	<ul style="list-style-type: none"> • Pee-Wee / Girls Race • Pee-Wee / Boys Race • Minors / Girls Race • Minors / Boys Race

Equipment |

- **Running Spikes:** Spikes are permitted for the Junior Division only and must be limited to 3/8” inch spikes. In all other divisions, spikes detected before or during the race will result in disqualification.

Individual Runners |

If a runner's parish does not have a cross-country program or sufficient participants to form a team, they have two options:

1. **Cooperation:** The Athletic Director may arrange for the runner to join a neighboring parish's team.
2. **Independent Entry:** The runner may compete independently, representing their school/parish, but will only be eligible for individual awards.

Starting Boxes |

Teams with more than 15 runners in a division must notify the CYO office so an additional starting box can be drawn. A team may not occupy two starting spots.

Authority of Starter and Meet Director |

The starter and/or meet director may adjust or reassign starting spots as necessary. They also have the authority to disqualify any runner found to have received unauthorized assistance.

Team Scoring General Regulation |

- 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...
- 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.
- 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 best 5th place finisher shall prevail.
- If only five (5) competitors of tying teams finish, the team with the best 5th place finisher shall prevail.
 - 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. Ties will be broken with the 4th place finisher. NOTE: If only three (3) competitors of tying teams finish, the team scoring shall be resolved with the best 3rd place finisher.
- Teams with less than 3 runners may participate as individuals but may not participate in the team competition.
- Scoring will be electronic, and results will be available on the Dave's Running Shop website.

Awards |

- At each meet, medals will be awarded to the top 3 finishers and ribbons for 4th to 15th finishers.
- At the Championship meet, awards will be presented as follows:
 - Medals to the top 15 finishers in each division.
 - Team trophies to the top 3 teams in each division.

- No ribbons will be awarded at the championship meet.

Conclusion |

These rules are designed to ensure the safety and fairness of all participants. Suggestions or comments should be submitted in writing to the CYO Office. If you have questions during the season, please contact a CYO staff member.

CYO Prayer

Lord God, we thank you for bringing us together today and ask that you watch and guide over us.

Help the athletes use their talents to the fullest and remain injury free.

Help the coaches to teach these young athletes not only about the game, but more importantly, about being good Christians.

Help the game officials do their best to enforce the rules and remain fair at all times.

And help the spectators to be considerate of all players, coaches, officials and each other.

Thank you for giving all of us the opportunity to put our faith into action today.

-Amen-