

# **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 of State High School Associations (NFHS) and Michigan High School Athletic Association (MHSAA). It is imperative that each coach has a working knowledge of the NFHS and MHSAA rules 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. Meet 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. 7/8<sup>th</sup> grade will run 2.0 miles.
  - 2. 5/6<sup>th</sup> 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, Parish/School 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:
  - Dual Meets: Place: 1 - 2 - 3 - 4 - 5 - 6 - 7 etc.  
Points: 1 - 2 - 3 - 4 - 5 - 6 - 7 etc.

All competitors (up to seven (7) from each team) who finish the race shall be ranked and tallied in accordance with the above table. The team score then shall be determined by totaling the points scored by the first five (5) finishers of each team. The team which scores the smallest number of points is the winner.

If fewer than five (5) competitors of a team are able to compete or finish, the team may still compete with a minimum of four (4) runners. The scoring procedure is the same as above except that up to six (6) competitors from each team impact the score instead of seven (7). Less than four (4) runners results in a forfeit. When four (4) runners are eligible to compete, the team score then shall be determined by totaling the points scored by the first four (4) finishers of each team.

Five (5) finisher example:

Team A Finishers – 1, 3, 4, 11, 13, 14, 15 = 31

Team B Finishers – 2, 5, 6, 7, 8, 9, 10, 12 = 28

Note: Only the first six (6) competitors from Team B impact the score. Finisher thirteen (13) is actually awarded twelve (12) points. Team B is the winner.

Four (4) finisher example:

Team A Finishers – 1, 3, 4, 11 = 18

Team B Finishers – 2, 5, 6, 7, 8, 9, 10 = 20

Note: Only the first six (6) competitors from Team B impact the score. Finisher eleven (11) is actually awarded ten (10) points. Team A is the winner.

- F. Tie breakers: Determined by the sixth (6<sup>th</sup>) runner – whichever teams number six (6) runner came in ahead, that team would take the win.

### **III. LEAGUE RULES/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. All officials must be registered with the Michigan High School Athletic Association.
- B. Officials/Starters Not Present: In the event that the assigned official is not present to officiate the meet(s) the teams shall have two (2) options:
1. Run the meet with individuals they mutually agree upon to officiate the meet(s). If mutual agreement is made to compete, the meet(s) results will stand.
  2. Re-schedule the meet(s) with the CYO office after mutually agreeing on date(s) and time(s).
- 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. Guest Runners: Guest runners are not allowed in the CYO league.
- F. Insurance - Archdiocese of Detroit (AOD) Parish/School/Academies: Secondary medical insurance is provided for athletic participants within the AOD through the Michigan Catholic Conference. This coverage has some limitations and is secondary to parent's medical coverage. Information can be obtained through the AOD School Principals or AOD Parish Pastors.

#### **IV. CHAMPIONSHIP MEET:**

In order to compete and score in the championship team competition, a team must consist of five (5) or more boys or five (5) or more girls. All athletes may compete on an individual basis as well, regardless of team status. The championship meet will award team and individual honors.

- 1. Coaches Meeting: Mandatory.
- 2. Event Scoring: Place: 1 - 2 - 3 - 4 - 5 etc.  
Points: 1 - 2 - 3 - 4 - 5 etc.

All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score then shall be determined by totaling the points scored by the first five (5) finishers of each team. The team which scores the smallest number of points is the winner.

- 3. Awards Presentation: Following the conclusion of the meet.
  - a. Division Champions: Team Trophy
  - b. Boys & Girls Runner-ups & Champions: Team Trophy
  - c. Coaches Awards: Championship Coaches
  - d. Medals: Places – 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> per meet.
  - e. Ribbons: Places – 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>, and 10<sup>th</sup> per meet.

#### **V. VIOLATIONS AND PENALTIES:**

Violations 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, suspension, and expulsion.