



Cross Country Rules

Revised: 8.8.2023

Team Rosters, Equipment & Attire

1. Players may only compete for one team and must attend the school the team represents unless approved by the league board.
2. Teams are required to wear like-colored team shirts/jerseys. Jerseys may not be altered in any way.
3. Spectators are not permitted on the course and must keep the finish line clear and free of obstructions.
4. Finishing area for athletes and coaches only. Parents are not permitted in this area.

Meets

1. Coaches are expected to check in with the meet coordinators for verification of attendance and to obtain runner tags.
2. Coaches meeting will be held no later than 4:20pm
3. Meets are expected to start around 4:30pm.
 - a. First heat will go off **PROMPTLY** at 4:45pm (must be at starting line by 4:30pm)
 - b. Second heat will go off **PROMPTLY** at 5:15pm (must be at starting line by 5:00pm)
4. Heats will be split by gender, alternating each meet which group goes first. See meet schedule for specific details.
5. Course distances will range from 3k – 4k. Increasing in distance throughout the season.
6. Course terrain will vary based on location and may include, gravel, dirt, grass, concrete, etc.
7. Runners must be completely behind the starting line. Commands are: 1) 'on your mark', 2) 'set', 3) when all runners are set, starter fires the pistol.
8. Only the top 50 times will be recorded during regular season meets.
9. Results will be available for viewing on Team Sideline within [time frame] after the completion of the meet.
10. Interference- if a runner impedes another runner by jostling or running across an opponent's path, deliberately cuts off, shoves, or trips another runner, they will be disqualified.
11. Safety- coaches should review rules with participants before a meet. Participants should not be permitted to cross the course path during a race unless cleared by a coach. Coaches are responsible for restricting traffic at the start and finish lines.
12. Come prepared with water, sunscreen, and snacks, if needed. Dress appropriately for potentially changing weather conditions.
13. CHAMPTIONSHIP MEET will recognize and award medals to the top 15 finishers in each gender and a team champion.
14. ****We strongly encourage family to carpool, as parking will be limited at races.****

Player Conduct

1. Good sportsmanship toward opponents, referees, spectators, and staff is required at all times. All players and parents must sign the JeffCo League Agreement before participating. All players and coaches are expected to help maintain a family-friendly atmosphere. Prohibited behavior includes, but is not limited to:
 - a. Shoving, striking, or threatening a league official, referee, player, or spectator.
 - b. Refusal to abide by the referee's and/or league official's decision.
 - c. Use of foul or abusive language or gestures
 - d. Participating while under the influence of alcohol or drugs
2. Unsportsmanlike Behavior
 - a. Participants/coaches may be removed from competition by the meet director for unsportsmanlike behavior. All incidences of unsportsmanlike behavior must be reported to the agency coordinator within 24 hours.
 - b. Additional sanctions may be added at the discretion of the league disciplinary committee.
3. Teams are responsible for cleaning their team area after meets. Participants should remain in the team area unless directed by a coach.