

RULE XX – YOUTH CROSS COUNTRY

ARTICLE I – ELIGIBILITY

There are four divisions. Participants must be 6 by the age control date: on December 31, current year. The divisions are:

<u>GIRLS</u>	<u>BOYS</u>
8 & Under	8 & Under
10 & Under	10 & Under
12 & Under	12 & Under
14 & Under	14 & Under

1. For all team sports allow within district lines for individuals to compete in the nearest or adjoining departments with the following restrictions:
 - a. Home County or Agency has no program.
 - b. Cannot cross district lines.
 - c. Cannot pass over a program to participate in another agency.
 - d. Must participate in the sport program in the host agency.
 - e. Host agency must endorse participant.
 - f. Participant must be approved by District Athletic Chair. Once approved, they are legal throughout District and State.
 - g. Host agency must notify the District Athletic Chair with list and Home County of each crossover participant. The district must forward info to the State Host and Athletic Chair.

ARTICLE II – REGULATIONS

SECTION A – GOVERNING RULES

United States of America Track and Field (USATF) and National Federation of High Schools (if not covered in USTF) The National Federation (National Alliance Edition) Track and Field Rules is the official guide for GRPA meets, with exceptions as may be stated in this manual. USATF will be utilized if not covered in this manual or NFHS

1. When bib(s) are provided, every competitor shall wear them when competing.
2. If one bib is provided, it must be worn visibly on the front. No athlete shall be permitted to participate in any competition without the appropriate bib. Bibs are to be worn as issued (cutting or folding numbers is not permitted). The identifying information on the bib need not be numeric. It shall be of sufficient font type, size, and contrast for clear visibility. Not wearing an assigned bib may be grounds for disqualification. There will be an additional fee for replacement bibs.
3. Receiving physical support from another (other than from another competition)

4. or in the event helping to recover to a standing position) that assists in making forward progress in the race may be grounds for disqualification.
5. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition, shall render that competitor liable to disqualification by the Referee from participation.
6. All competitors are responsible for knowing the starting time of the event(s), for knowing the registration or check-in method utilized at the start (for some or all of the competitors), and for being at the starting line at the appointed time for instructions and the start of the race.
7. Any unsportsmanlike conduct that occurs during the race, such as elbowing another competitor, pushing or striking another competitor, blocking another competitor from passing or any other behavior deemed inappropriate by designated officials, shall be grounds for disqualification.
8. Pacing or running along-side a competitor who is actively competing is not permitted and may be grounds for the competitor being disqualified.
9. Do not wear a GPS watch.
10. Per the “Return to Play Act of 2013”, effective January 1, 2014, all agencies are required to provide concussion education material to all youth participants and their parents. The verification of compliance to this law is affirmed by the signature of the agency director on the GRPA roster.
11. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms. The use of audio or visual recording devices is not allowed in resolution of protested matters.

ARTICLE III – EQUIPMENT

SECTION A – APPROVED EQUIPMENT

1. Any shoe that is allowed in USATF Track and Field Events.
2. Running spikes or flats or any other running shoe is permissible. Shoes must be worn during competition. If a competitor loses a shoe during the race and continues the race without the shoe, that shall not be grounds for disqualification.
3. A watch / stopwatch is allowed
4. NO GPS Devices allowed.
5. No Drones allowed once the contest has begun along the course.

SECTION B – UNIFORM REQUIREMENTS

All competitors on the same team shall wear identical uniform tops. Competitors are allowed to wear garments underneath the uniform top and are allowed to wear different uniform bottoms.

1. Agency team members, including all boys and girls, should wear like jerseys. Agency boys’ team must be dressed alike and the girls must be dressed alike from the waist up. No other youth sports organization patches will be allowed on uniforms in GRPA tournaments. Penalty – Illegal Equipment
2. Coaches and non-player personnel must be attired in a manner that puts GRPA and its member agencies in a positive light. Tournament Directors, Officials, and GRPA State Athletic Committee members reserve the right to remove those from the contest who do not adhere to the standards set

forth by the GRPA State Athletic Committee.

- a. Managers, coaches, or team scorers who coach the bases must be attired in staff shirts or jerseys that are identical in style and color with each other.
3. It is mandatory that team members be in uniform while actually competing in events. (APPROVED RULING: If an agency has a limited supply of identical uniform tops, it is acceptable to supplement the uniform tops with a top that is very similar in color and pattern. It is conceivable that an agency with limited supply of same color jersey could continuously exchange these jerseys prior to the start of an event, but such a practice shall not be allowed during the conduct of an event among competitors still actively participating). The basic body color determines matching uniform tops. The logos, numbers, trim, etc. does not have to match if the basic color is the same.
4. No jewelry or GPS devices are allowed to be worn by competitors. (A watch is not considered jewelry and may be worn)

SECTION C – COURSE REQUIREMENTS

<u>Division</u>	<u>Race Distances</u>
8U	2K
10U & 12U	3K
14U	3K

1. A variance of up to 15 meters is allowable for each race distance.
2. A map of the course area should be made available prior to race commencing.
3. The course may be walked/previewed prior to the race beginning. All such preview must be completed by time the meet announcer closes the course – IE: 15-30 minutes prior to first race of the day.

ARTICLE IV – MEETS AND AWARDS

SECTION A – DISTRICT

Beginning in 2020 this will be an open invitational stat event. Your SAC Chairs will need to be notified and teams entered in state by agency directors and GRPA SAC members. Electronic Entry will be required through Coach O (www.coacho.com) or other approved electronic entry methods as indicated by Host Agency. The GRPA SAC will determine when district meets will be moving forward.

SECTION B – STATE

1. Entries should be conducted by using “Coach O” (www.coacho.com) or comparable electronic entry software – fees required at checkout and if invoice needed it can be downloaded through coach o or contact host for billing. All fees must be paid or use of Approved Purchase Order prior to start of Meet.
2. The top 3 individual finishers in the state meet in each age group and gender shall be awarded trophies and finishers 4-20 shall be awarded medals.

ARTICLE V – OFFICIALS

SECTION A – HOST

1. The Host shall provide a minimum number of competent adults in accordance with Rule to serve as:
 - a. Meet Director
 - b. Starter – utilized only at Official Start
 - c. Clerk of the Course – ECO Operators
 - d. Head Finish Judge-Timer and Finish Judge-Timers
 - e. Finish Chute with appropriate markings and personnel
 - f. Scores/Scoring – Through an Electronic timing source with photo finish. Once Invitational status is removed should comply with USTF rule sections as listed in GRPA SAC Manual and USTF Specifications.
 - g. Other assistant officials are not required, but are recommended as specified in USTF Rules.
2. The Host shall be responsible for providing areas and equipment, electronic timing system, releasing publicity, and organizing competition for the meet.

SECTION B – MEET OFFICIALS

The State Athletic Committee shall serve as the Games Committee (Jury of Appeals), and the Chair or his assigned representative (meet host/director) shall serve as Referee for the State Meet. Each District Commissioner is encouraged to provide a similar authority for district meets.

SECTION C – COMPETITIONS AND ATTENDANTS

Attendants, coaches, spectators, parents or persons not designated as meet officials shall not accompany a competitor to the starting line or during a race. Any competitor will be disqualified if, in the opinion of the judges or meet officials, he or she has in any way been aided by a coach, teammate or anyone connected directly or indirectly with the team concerned. Such aid would include running alongside a teammate, being stationed at various points near the track, or located near any field events for the purpose of aiding or coaching the competitor after the race or field event has started. The degree of enforcement shall be announced by the Meet Director prior to the Meet.

ARTICLE VI – PROTESTS AND APPEALS

SECTION A – PROTESTS AND RULES INFRACTIONS

1. The judgment decision by an official on any play shall not be protested.
2. Protest on misinterpretation of the rules are allowed to the referee and if accepted as valid by the Tournament Director. The Tournament Director shall coordinate any such protest and shall serve as the odd-number member of the Tournament Protest Committee as determined prior to the game by the Agency Host in coordination with the District Commissioner for District level competition and with the State Athletic Committee Chair for State levels of competition. If a protest is accepted by the Tournament Director, it must be made by the certified coach or certified staff in charge of the team at the time of the alleged infraction. A full explanation will be given by the protest committee before play is continued. If the decision of the protest committee is appealed to the State Athletic Committee, it must be done so in time for any action to be resolved prior to the next game in which either team is involved.
3. No protest on rules interpretation will be accepted after the event continues following the alleged infraction. IE: must be brought to meet personal attention prior to the next race/event.

For more information regarding protests and appeals, see: Rule I, Article IV, Section C-11. For more information on protest committee organization and responsibility, see Rule II, Article I, Section A.