

Cross Country Rules – Diocese of Allentown

Rules and Regulations

A. Eligibility

All grade school boys and girls as in Rule A.

All teams must submit a team roster to OYYAM by September 15th.

In addition to the Head Coach, it is recommended that each team have a at least 1 chaperone (who has all safe environment clearances) per every 10 players.

B. Divisions

8 Divisions (4 boys, 4 girls)

1. Kindergarten to Grade 2
2. Grade 3 to Grade 4
3. Grade 5 to Grade 6
4. Grade 7 to Grade 8

C. Courses

Division 1 ½ Mile Fun Run

Division 2 1 Mile

Division 3 1 1/2 Miles

Division 4 2 Miles

D. Stipulations

1. Must comply with Diocesan rule on insurance and eligibility and have permission slip signed by parents or guardian.
2. Must compete on grade level.
3. No pacing of runners is allowed during any meet.

E. Awards

Medals will be presented to the top 5 finishers in each division.

A team plaque will be awarded to the 1st place team in each division, and each member of the team will receive a first place team medal

