

**Suburban Parochial League
Cross Country**

Revised October 2004

Summary of rules and procedures instituted since 1986:

1. MEMBERSHIP

The Suburban Parochial League Cross Country (the "League") is comprised of those schools who have agreed to abide by these rules and procedures and have paid their annual membership dues and initiation fee (for new or returning members) as determined by the League. Annual membership dues of \$150.00 and initiation fees of \$100.00 shall be paid by September 1st

If necessary, League officers or a meet hosts shall be appointed in the order specified from the following list:

St. Alexander
St. Isaac
St. Peter & Paul
St. Francis
Notre Dame
St. James
St. Marys
Visitation
St. Dominic
Immaculate Conception

Meet Hosts, Board Officers, or members that make other significant contributions as determined by the League are exempt from the list. Such exemptions shall continue for two years after the members would otherwise be eligible to be included on the list Additions to the list would be made at the bottom.

The League and all member schools will abide by the Joliet Diocesan Policies.

2. RACES

The following race distances will be used at all SPL Cross Country Meets.

5th Gr. Boys and Girls 1.0 mile
6th Gr. Boys and Girls 1.5 miles
7th Gr. Boys and Girls 2.0 miles
8th Gr. Boys and Girls 2.0 miles

3. RUNNERS

- A. Any boy or girl in regular attendance at a member school or in their Religious Ed Program (only CC not any other sport) is eligible to compete. Only 5th to 8th grade boys and girls are eligible. In order to compete in the Championship Meet, the runner must have finished at least one SPL sponsored meet prior to the Championship meet. 4th Grade students are not permitted to compete even at invitational meets. This is contrary to the Diocesan athletic policies.
- B. Runners may participate at a higher grade level than their own, but may not compete in a grade level lower than their own. Runners may not participate in more than one race per meet. They are allowed to participate at different grade levels at different meets.
- C. All runners must wear a team shirt or jersey that identifies their school. All team members should wear the same uniform. In cold weather, sweats can be worn but the team shirt must be worn on the outside for easy identification. The games committee will rule on uniform variations, when necessary.
- D. Runners will not be allowed to wear shoes with spikes, spike sockets, excessive amounts, or large jewelry. Shoes with rubber nubby soles will be allowed. This rule is designed to protect the safety of all runners in the race. League officials will decide disputes about jewelry and shoes.

4. MEETINGS

- A. Meetings will be held twice a year. The scheduled dates will be the last Monday in July and the 4th Tuesday in October.
- B. All member schools are required to have a representative at ALL meetings. Failure to attend a meeting will put that member school on probation. Failure to attend two meetings in a row will result in suspension of that school from the league for 1 year. This rule is meant to ensure that all member schools participate and to ensure that the league continues to provide a quality program. In order not to punish the students, schools on their first offense that would result in a suspension, will be allowed to participate if they pay a double league fee for that season.
- C. Any new school who wishes to enter the league or any school who chooses to drop out for one or more years and wants to become a member again must submit in writing their intention to join. Upon approval of the league, these schools will be required to pay a double league fee for entry or reentry into the program.

5. PRE-SEASON PROCEDURES

- A. All schools must send team roster with name, sex, and grade of all participants to the school in charge of score sheets no later than September 1st. Any additions or changes can be made at each meet. Changes made at meets should be listed on separate sheets of paper for boys and girls and for the different grade levels.
- B. Each school hosting a meet must order Certificates of Insurance after July 1st. The telephone number for the Joliet Diocese is (815) 838-2142.
- C. School worker assignments will be made at the October meeting. Each school will be assigned a specific job and will be responsible for it for the entire year.
- D. Schools hosting meets will bring maps to the July meetings. They will also bring any information sheets such as date, directions to meet, etc., to the meeting.

6. WORKER ASSIGNMENTS

- A. Ribbons/Awards- Order ribbons and awards for all meets. Sort and bring appropriate ribbons to each meet.
- B. Score Sheets – Prepare score sheets before meets. Provide meet results to all schools.
- C. Equipment – Keep equipment and ensure it is in good working condition. Order any equipment needed by the league.
- D. Sticks – One school will be in charge of making up the finish sticks before each meet. Other schools will be in charge of handing out the sticks at the finish line.
- E. Chute Control – There will be a head finish line judge inside the chute to call close finishes. There will also be at least 2 additional people to maintain the correct finish order until the runners receive their finish line sticks. When 2 chutes are used there will be more officials.
- F. Timers and Recorders – There will be one set of timers and recorders for the boys and one for the girls. They will position themselves on either side of the finish line. They will record times for all runners.
- G. Scorekeepers – At least four schools will be involved at the scorer's table. Two or more schools will do the boys and two or more schools will do the girls. Scorers will fill out a summary sheet of the outcomes to make the results easier to announce.
- H. Starter – The starter will ensure that all schools are properly positioned at the start line and give any instructions that are needed. He/she will then start the race.

- I. Spotters – The Host school will provide all spotters for the course. In the event that a school needs more spotters it is their responsibility to contact another school prior to meet day and made the necessary arrangements.
- J. Ribbon Distributors – At the end of the race and at the scorer's table, one school will hand out ribbons for boys finishers in individual positions 6 through 25. At the end of the race and at the scorer's table, one school will hand out ribbons for the girls finishers in individual positions 6 through 25. This procedure will be followed at the Championship Meet.

7. COURSES

- A. The host school to ensure accuracy of the course must measure all courses. Do not measure parts of the course and then add them together. To accurately measure each course you must walk the entire course with the measuring wheel, as the runners will run. Accuracy is very important to the runners so please measure the courses carefully and correctly.
- B. Courses should be clearly marked with colored flags supplied by the league. If necessary, arrows or paint can be used to help clarify the course. Spotters can also be used to direct runners through the tricky parts of the course. The following flag colors will be used at all SPL Cross Country Meets: RED = left turn, YELLOW = right turn, BLUE or WHITE = straight ahead.
- C. It is the responsibility of each school's coaches to ensure that their runners know the course. Any questions regarding the course should be directed to the host school before the meet. There will be no official walk through.

8. MEET PROCEDURES

- A. There will be coaches' meeting at 8:30 A.M. the morning of each meet. All coaches are to be in attendance.
- B. All grades will run separate races with staggered starts for boys and girls, with the boys running first. Due to the number of 5th grade runners it may be necessary to run individual races for the boys and girls. The starter will make this determination.
- C. A head count of runners will be take before each race. This is to ensure that all runners are accounted for at the end of the race. This number will immediately reported to the finish line and scorer's table.

- D. When space permits, each school will be allowed a maximum of five places on the starting line. The starter has the right to lower this number if the starting line is too narrow. Slower runners should be in the back to help prevent falls at the start of the race.
- E. School position on the starting line will be determined by the perpetual starting list that was begun in 1992. The first school on the list will be at the left side as you look out onto the course. The list will be shifted two schools each week. New schools to the league will be added to the bottom of the list as it stands at the time that the school joins the league.
- F. PACING – No pacing of runners will be allowed by any coach, athlete, parent, or other person. Pacing is defined as running along side a runner for a distance that is determined to aid or effect the race of that runner. A few steps beside a runner in the process of coaching or cheering them on is not pacing. It is also not considered pacing for the coach to encourage the last runner in the race by running along side for a short distance to help them finish the race distance
- G. TIME LIMITS – There will be a time limit on each race. After the time limit is reached we will no longer time the runners out on the course. They will be allowed to finish, but there will be no official time.

5 th grade	12 minutes
6 th grade	18 minutes
7 th grade	24 minutes
8 th grade	24 minutes

This is meant to keep from holding up the meet for runners that are just walking the course. Anyone who is running will have no trouble finishing within the time limits.

- H. DISQUALIFICATION – A runner will be disqualified for wearing prohibited shoes, intentionally interfering with another runner, elbowing, pushing, blocking or for leaving the course to gain an advantage. Pacing of a runner will also result in a disqualification. Spotters should enforce this rule as best as they can.
- I. COACHES – Coaches best serve the interest of the SPL and athletes by being positive role models of good sportsmanship. Coaches should avoid displays of anger, and should not visibly or audibly protest decisions. Coaches should not risk injury or the health of a physically unfit runner. REMEMBER THIS IS FOR FUN.
- J. Parents should speak to the head coach of their school, if they feel a problem exists. The head coach will then determine the necessary or appropriate action needed.

- K. No water bottles or aid should be given to runners along the course during the race, except in the case of injury or if a runner drops out of a race. This is not a marathon and runners do not need to replace fluids before the end of the race.
- L. Because of liability and the messes left by pets NO DOGS, CATS, OR OTHER ANIMALS should be brought to the meets.

9. AWARDS

- A. Individual ribbons will be awarded as follows:

25 places	5 th grade
25 places	6 th grade
25 places	7 th grade
25 places	8 th grade

- B. Team ribbons will be awarded to the full 5 runners on the team. Team ribbons will be awarded to 6 places. Ties will be broken by determining which team has its 6th place finisher finish before the other team's 6th place finisher; the team with a higher placing 6th place finisher will win the tiebreaker. Boys and girls will be scored separately. Schools must have a full 5-man team to qualify for team ribbons, except at the Championship meet, where special rules apply.

- C. Championship Meet

1. All runners not receiving a shirt and/or individual or team ribbon will receive a participation ribbon. Head coaches please see the school in charge of ribbons for the number needed.
2. All teams will be made complete to determine the winners of the Championship banners and plaques. The total score of the 5th – 8th grade teams will be calculated. These scores are then added together to arrive at the point totals for the meet. The boys and the girls will be calculated separately. A team with less than 5 runners with fewer points would be awarded a higher place than a team with 5 runners, but more points. In case of a tie for 1st place, a 6th runner from each grade will be added to the total scores to determine the 1st place team.
3. The League participants will be divided into two divisions for the Championship meet only. Division "A" for the smaller schools and Division "AA" for the larger schools. The enrollment for grades 5 through 8 would be the basis of determining the divisions with the median being the point of division. If there are an odd number of schools participating in cross country, then the school with the median enrollment shall participate in Division A. All enrollment numbers shall be forwarded to the League Secretary by September 1st. Each division shall

be awarded the same banners and plaques. A first place banner and plaques for 2nd and 3rd place shall be awarded in both divisions for deserving teams for each sex. In addition to these awards there will be a plaque (size 9" x 12") for each 1st place boy's and girl's team at the individual grade levels 5 through 8 in each division for a total of 16 plaques.

4. This is the formula used for scoring of the Championship Meet.
 - a) Record the lowest 5 finishers for each school.
 - b) If a school has less than 5 finishers, each missing runner will receive a value calculated as follows:
 - i. Multiply 5 places times the number of schools competing. For example, $5 \times 16 = 80$
 - ii. For grades whose total number of runners are less than the number in (i) above (e.g. 80), the value assigned the missing runners equals the midpoint between the number of runners in the grade and the number calculated in (i) above. For example if there are 60 runners in the race and 80 possible slots, the missing runners are assigned the number 70.
 - iii. For grades whose total number of runner are more than the number in (i) above (e.g. 80), the value assigned the missing runner would be equal to 1 place more than the total number of runners. For example, if there were 90 runners in the 5th Grade boys, each missing runner would be assigned 91.
 - c. More simply stated: if the number of runners in a grade is less than 5 times the number of schools competing in the meet, the place assigned the missing runner is the midpoint between the number of runners and 5 times the number of schools. If the number of runners in a grade is more than 5 times the number of schools, the place assigned the missing runner is one more than the last runner who finishes.