I. The Course
   A. The cross-country run shall be a course 3 kilometers (1.86 miles) in length.
      1. Measurement shall be from point to point along the middle of the course.
      2. The course should be laid out on grass for the most part, if at all possible.
      3. The course shall be clearly marked with painted arrows, signposts with large directional
         arrows, flags, and/or cones. Turns on the course should be clearly denoted.
      4. It is advisable to mark the kilometer splits on the mile marker to assist the runners and
         help coaches to establish split time.
      5. The starting and finish line shall be visible and able to be clear of all spectators.
      6. Developing course maps is a good suggestion for visiting spectators, coaches and runners.
      7. Course watchers should be placed at various points on the course to aid runners with
         direction during the meet.

II. Scoring
   A. Scoring shall be as shown in the following table:

<table>
<thead>
<tr>
<th>First</th>
<th>Second</th>
<th>Third</th>
<th>Fourth</th>
<th>Fifth</th>
<th>Sixth</th>
<th>Etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 point</td>
<td>2 points</td>
<td>3 points</td>
<td>4 points</td>
<td>5 points</td>
<td>6 points</td>
<td>Etc.</td>
</tr>
</tbody>
</table>

1. All competitors completing the race shall be ranked and scored in accordance with the
   above table. The team score shall be determined by totaling the points scored by the top
   four finishers on each team. Scoring for city meet competition may be amended to
   accommodate a specific number of competitors entered.
2. The team with the fewest number of points is the meet winner.
3. If fewer than four competitors of a team begin or finish the race, by agreement of
   competing coaches, a modified scoring system may be used.
4. Ties in team scoring shall be resolved by comparing the fifth place finishers from the tying
   teams. The team with the best fifth place finishers shall prevail. If one team does not
   have a fifth place finisher, the team with a fifth place finisher shall prevail.
5. Following the top four finishers from a team the succeeding two finishers from a team will
   act as "pushers". The pushers will affect the score by finishing ahead of one or more of the
   first four finishers of the opposing team.

III. Eligibility
   A. Teams
      1. Parishes are eligible to enter teams in any of the following six categories:
         34 Girls  56 Girls  Cadet Girls  34 Boys  56 Boys  Cadet Boys
         Individuals
      1. Cadet Level
         a. Age & Grade - 5th, 6th, 7th and 8th grade students who have not reached the age of
            15 before September 1 of the school year in which they are competing.
         b. Parish & School Affiliation - All full time students of the parish school and all
            registered members of the participating parish.
         c. In order to participate in CYO grade school sports, all participants must be either a
            student enrolled in a Catholic school or a child residing in a household registered in
            and participating in a Catholic parish. A participating household is determined by
            official registration on the parish roster. However, pastors, at their discretion, may
also require regular attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

d. **Special Note:** If a student has completed the 8th grade and has graduated with his class from grade school, that student is no longer eligible to participated in the CYO grade school athletic program.

2. **56 Level**
   a. **Age & Grade** - 5th and 6th grade students who have not reached the age of 13 before January 1 of the school year in which they are competing.
   b. **Parish & School Affiliation** - All full time students of the parish school and all registered members of the participating parish.
   c. In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require regular attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

3. **34 Level**
   a. **Age & Grade** - 3rd or 4th grade students who have not reached the age of 12 before the completion of the athletic season in which they are competing.
   b. **Parish & School Affiliation** - All full time students of the parish school and all registered members of the participating parish.
   c. In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require regular attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.

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**NOTE:** See the General Eligibility Standards for other considerations and requirements affecting the Cadet, 56 and 34 age group.

**B. General Information**

1. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that particular activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.

2. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, www.cyoarchindy.org, once each school year to be eligible for participation. After logging on the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the website they cannot be added to a team as a coach or to a roster as a participant. After a parent has registered the child through the website they must download and print a physician's examination form from the site. These mandatory physical forms, once
completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.

3. A player may not begin the regular season with the Cadet team and move down to the 56 team after participating in a meet. A runner may move up to the Cadet team after the opening of the season, but may not return to the 56 team. This rule takes effect on the date of the first meet.

4. In both leagues, players eligible to participate may be added to a roster any time prior to the last scheduled meet of the current season.

5. In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rule for each sport, all student athletes are subject to the academic policies of the sponsoring parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.

6. In both leagues the CYO Athletics Policy Committee will accept no protest other than those concerning player's eligibility violations. Protests must be filed with the CYO Office in writing not more than 48 hours after the incident.

7. In both leagues a team involved in a violation of any of these eligibility rules may be penalized as follows: the player is removed from the squad; the team forfeits all meets in which this runner has participated, the school is put on probation for six months and, the school is suspended from the CYO Grade School Program for one year if a second violation occurs during the probation period. All such violations shall be subject to review by the Athletics Policy Committee of the CYO Board of Directors.

IV. Disqualifications
A. A competitor will be disqualified for the following reasons:
   1. A competitor who commits two false starts;
   2. A competitor who is un-sportsmanlike or exhibits unacceptable behavior; see the CYO Disciplinary Policy;
   3. A competitor who interferes with another competitor;
      a. This may include intentionally bumping, tripping or running across the competitors path;
   4. A competitor receives any assistance from another;
   5. A competitor who fails to complete the prescribed course;

V. General Information
A. Meet supplies and workers needed are as follows:
   1. Cones/flags
   2. White or orange spray field marking paint
   3. Place cards for finishers (4 sets)
   4. Pens/pencils
   5. Stopwatch
   6. Ice/Water
   7. First aid kit
   8. Workers
      a. timers (2)
      b. start/finish judge
      c. finish line recorder (2)
C. No aids such as "pacers" are permitted.
D. Each team should be assigned a "box" wide enough to put 3 numbers across the start line. In dual or multiple meets you can line up as many as you want across the start line as long as each team is allotted equal space.
E. League meets will be scheduled to take place within a seven-day period. The CYO Office will set the host team and the head coach of that team is responsible for contacting the opponent(s) to discuss the date and time for the meet. Other meet details may be discussed at that time.
F. Schedules will be distributed at the preseason coaches meeting.

**CYO Concussion Initiative And Policy**

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game, match or team practice until the player has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches.
recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, he may not under any circumstances, return to play for that day. If a player fails the concussion test, the player may not return to play or practice until the athlete has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player’s parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed, faxed or emailed to the CYO Office with an additional copy given to the parish athletic director.

All pertinent information can be found on the CYO Website www.cyoarchindy.org under the Athletics Link.