



2016 Cross Country Rules

1. Have fun! Show respect for coaches, meet organizers, participants and all other VOLUNTEERS at all times. No exceptions.
2. The NAFC Schools should not receive any complaints as they are not responsible for the NATC events. This is a private league. If you have comments or concerns do not take those to the Principals or schools. Any constructive complaints may be made directly to Justin Endres at the NATC.
3. Ensure adequate transportation arrangements for your child. It is important to pick your child up on time, every time, from both practices and meets.
4. There are 4 general meets open to all registered NATC runners as well as a final race prior to the Harvest Homecoming parade pending approval and permission for such race. There will be at least 2 races at each meet: one boy's race and one girl's race. All grades will run together, course permitting. If the course will not accommodate a combined race because the number of runners separate races for 2nd grade runners may be held first.
5. The fifth meet will consist of two preliminary/invitational meets. Each school will be invited to participate in one or the other, but not both. The NATC will divide the teams based on how they have finished in the previous meets.
6. The Championships (September 29) will include the top 2 teams in each preliminary (4 teams total). Each qualifying team is allowed to bring its top 20 boys and top 20 girls. The top 20 boys / top 20 girls in each preliminary will also qualify individually regardless of their team placement.
7. To start each race the top 7 runners from each team will be placed about 10-15 feet ahead of the rest of the runners. Coaches from each school will determine in which group their runners will be placed.
8. Good sportsmanship is required at all times.
9. There will be a "rabbit" when available to serve as a guide for the course. There will also be volunteers and cones marking the courses.
10. Runners are not allowed to wear rubber or metal cleats.
11. Spectators are not permitted on the course or to cross the course at ANY time during the race. Spectators should be in the location from which they will watch the race 10 minutes prior to the start of the race. For the safety of all, you may not run alongside your child. Only participants should be running during the race.
12. Meets and practices may be cancelled in the event of lightning, extreme heat or other weather condition. Meets are subject to weather conditions and may not be made up. The decision whether re reschedule any meet is in the sole discretion of the NATC. See Safety and Risk Management plan for details.