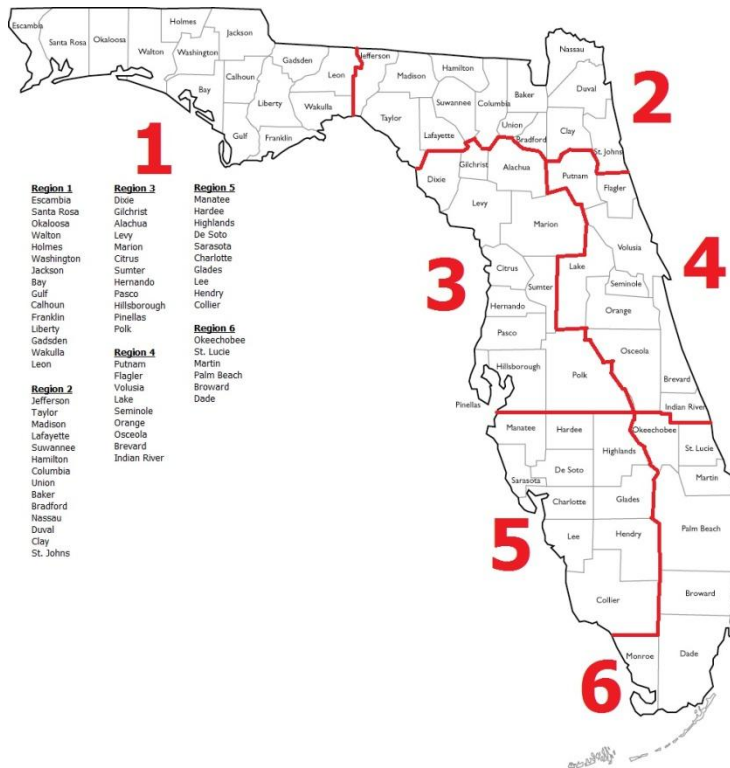




Rules of Competition

1. We will have two divisions, School based division and a club based division. Single runners (Unattached) will compete in the Club division
 - 1.1. School based teams will consist of individuals that all attend the same school.
 - 1.1.1. Each runner that participates for a school based team must have some proof of school attendance. Report card, school photo I.D., etc.
 - 1.2. Club based teams will consist of individuals that are made up of athletes that come from anywhere. Teams consisting of home schooled athletes will be considered a club team.
 - 1.2.1. Clubs can be either AAU or USATF sanctioned teams.
2. Middle School teams can be made up of 6th-8th graders unless the middle school includes 5th grade.
 - 2.1. The maximum age an athlete can be in the middle school division is 15 years old. If an athlete turns 16 before the state meet they will be ineligible.
3. Elementary School teams can be made up of K-5th graders.
 - 3.1. The maximum age an athlete can be in the elementary school division is 11 years old. If an athlete turns 12 before the state meet they will be ineligible.
4. Teams must have matching uniforms. If the manufacture changes the design from one year to the next and you have to order more uniforms, make them as close as possible to the previous year's uniforms. Having half of your team in blue singlet's and the other half in black is what we are trying to avoid.
 - 4.1. Undergarments do not have to match but it is preferred as that is a requirement when the athletes get to high school.
 - 4.2. Unattached runners must wear a uniform either singlet or compression singlet. For girls just a sports bra is not acceptable and for boys, shirtless is not permitted.
 - 4.3. Jewelry is allowed but highly suggested to leave at home. Prescription glasses and sunglasses are allowed.
5. During regular season events teams can be unlimited in size. Only five will score with two displacers
 - 5.1. Meet directors can limit the size of teams during the regular season at their discretion.
6. For regional qualifiers and the state meet, teams can only run ten athletes per team with a minimum of five. Five score and two displacers at regional and state.
7. First week of competition is the last week in August.
8. Regional qualifiers will be held the week of October 30th- November 4th. (The same week as the FHSAA Regions).
 - 8.1. If the middle school age athletes are participating in the FHSAA series for their school they are exempt from having to run in the middle school regional race.
 - 8.2. To advance to the state meet athletes must finish the regional qualifier without walking.
 - 8.3. There will be six regional meets across the state. Each year six host will be sought out, if you are interested in hosting please e-mail dusty@b3rsports.com.
 - 8.4. You must run in your assigned region, the only exception is if your county touches the dividing line you may run in the region closest to you. Example: Alachua is in Region 3, if the host for Region 3 is in Polk County but the host for Region2 is in Columbia County. Alachua borders Region2 and Columbia would be a shorter distance traveled. Therefore Alachua could participate in Region 2 instead of Region3.

8.4.1. Regions assignments



- Region 1**
 Escambia
 Santa Rosa
 Okaloosa
 Walton
 Holmes
 Washington
 Jackson
 Bay
 Gulf
 Calhoun
 Franklin
 Liberty
 Gadsden
 Wakulla
 Leon

- Region 2**
 Jefferson
 Taylor
 Madison
 Lafayette
 Suwannee
 Hamilton
 Columbia
 Union
 Baker
 Bradford
 Nassau
 Duval
 Clay
 St. Johns

- Region 3**
 Dixie
 Gilchrist
 Alachua
 Levy
 Marion
 Citrus
 Sumter
 Hernando
 Pasco
 Hillsborough
 Pinellas
 Polk

- Region 4**
 Putnam
 Flagler
 Volusia
 Lake
 Seminole
 Orange
 Osceola
 Brevard
 Indian River

- Region 5**
 Manatee
 Hardee
 Highlands
 De Soto
 Sarasota
 Charlotte
 Glades
 Lee
 Hendry
 Collier

- Region 6**
 Okeechobee
 St. Lucie
 Martin
 Palm Beach
 Broward
 Dade

8.5. Regional races will run club, school & individual divisions in one race. Male and female races will be run separate.

8.6. Top ten individuals will be receiving awards

8.6.1. Team awards for top 2 teams if the host can split the club division and school division. The host will then give out top 2 for the club division and top 2 for the school division. Team awards are optional.

8.7. Regional host will need to e-mail results in Hytek / Meet Pro back up to dusty@b3rsports.com . This must be turned in before the following Monday November 6th at noon.

9. State meet will be held the November 18th (The week after the FHSAA state meet).

9.1. The state meet will consist of 8 total races. Two races male & female club division, two races male & female School division. Each year the divisions will flip flop on which goes first with girls always going first. See 9.4 for time schedule.

9.2. Top 10 individuals will receive awards.

9.3. Top 2 teams will receive awards.

9.4. **Schedule**

Friday Packet Pick up	2:00 p.m.-5:00 p.m.
Gates Close	7:00p.m.
Saturday Gates Open	5:30 a.m.
Saturday Packet Pick up	6:00 a.m.-
Middle School Team Girls 3k	7:30 a.m.
Middle School Club Team Girls 3k	7:55 a.m.
Middle School Team Boys 3k	8:20 a.m.
Middle School Club Team Boys 3k	8:40 a.m.
Elementary School Team Girls 2K	9:00 a.m.
Elementary School Club Girls 2k	9:20 a.m.
Elementary School Team Boys 2k	9:40 a.m.
Elementary School Club Boys 2k	10:00 a.m.
Awards	To follow the conclusion of the final race.

10. Individuals on teams and unattached individuals must compete in a minimal of three sanctioned races to be eligible to run at the regional qualifier. Coaches if you feel an athlete from another team did not compete in the minimal number of meets you will need to file a formal protest and e-mail it to dusty@b3rsports.com no later than Monday the week of the regional (See page 5). Coaches you must be able to provide results (paper or online) with proof that your athlete competed in three sanctioned regular season events. This rule is in place to help build participation across the state. If an athlete competes in a minimum of three events they should be able to run the regional without walking.

11. Sanctioned events.

11.1. Events must be timed by a professional timing company. If you would like to be added to the list of timers please e-mail request to dusty@b3rsports.com

11.2. Results must be e-mailed in to dusty@b3rsports.com within four days after the completion of the event. Results must be in Hytek zipped file (preferred) or html format

11.3. Event host must provide their own insurance for events.

11.4. Event host must submit \$50 made out to B3R Sports for sanctioning. Please provide return mailing address and e-mail for point of contact. The sanctioning payment must be submitted 30 days before the event to get the sanction. Sanction form on page 5.

11.5. Event host will receive information on the middle school regional and state championships. Please put this material in coach's packets and have available for parents as well.

12. Race distances

12.1. Middle school distance should measure 3000 meters (3k) to 3200 meters (2 miles). The state meet will be 3000 meters.

12.2. Elementary distance should measure 1600meters (1mile) to 2000 meters (2k). The state meet will be 2000 meters.

13. Certified timing companies:

- Half-Mile Timing
- Elite Timing
- Athletics Scoring Providers
- GunLap Timing
- Miles & Minutes
- Servant Spirit Timing
- Track Timing

Sanction form

Name of event: _____

Address of course: _____

Race/ Time
Time Schedule: _____

Timing Companies Name: _____

Timer's Name: _____

E-mail: _____

Phone __ (____) _____

Meet Directors Name: _____

E-mail: _____

Phone __ (____) _____

Address to mail promotional items
to: _____

Please make check out to B3R Sports Inc.. The sanctioning fee is \$50. This fee goes toward the promotional items that will need to be stuffed in the team packets. The fee will put your event on the list of sanctioned events making teams eligible to run at the regional qualifiers.

Pre Event:

Please e-mail all meet information event flyer, course map, Course length, etc to dusty@b3rsports.com.

Post Event:

E-mail Hytek and or Meet Pro back up of results to dusty@b3rsports.com

Protest Information

To file a formal protest please e-mail the following information to dusty@b3rsports.com

- Name of coach filing protest
- First & last name of athlete in question
- School or Club of athlete in question
- Grade of athlete in question
- Coaches name of athlete in question

We (Dusty Smith or Dan Epstein) will call/ e-mail the coach or parent of the athlete in question to have them verify the results from the three events the athlete competed in. Should the protest not be resolved by the Regional, the athlete will be allowed to run under protest! If the athlete is found to have not competed in the minimal three events then they will be disqualified from the regional and their time will be removed from the results. We will inform the coach who filed the complaint the results of our findings as soon as we have reached our conclusion.

Please keep in mind this series is made to encourage participation across the state in grades K-8th. We are not seeking out to disqualify anyone. We do encourage the clubs & teams to follow the few rules we have set out for the betterment of the sport of cross country.

List of Sanctioned Events

- 9/9 Florida Horse Park Invite (Ocala)
- 9/31 Alligator Lake Invitational (Lake City)
- Lecanto Invite
- Disney
- FSU

More TBA