



## 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 6<sup>th</sup>-8<sup>th</sup> graders unless the middle school includes 5<sup>th</sup> 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-5<sup>th</sup> 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 must 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.
  - 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. First week of competition is the last week in August.
7. To qualify for the state meet you must run in two regular season races. Between August 26<sup>th</sup> -October 12<sup>th</sup>.
  - 7.1 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](mailto:dusty@b3rsports.com) no later than Monday the week of the regional. 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 two events, they should be able to run the state meet without walking.

8. State meet will be held October 19<sup>th</sup> (The same week as most FHSAA Conferences).
  - 8.1. 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 8.5 for time schedule.
  - 8.2. Teams can run up to 10 runners per division.
  - 8.3. Top 10 individuals will receive awards.
  - 8.4. Top 2 teams will receive awards.

8.5. **Schedule**

Friday Packet Pick up	2:00 p.m.-5:00 p.m.
Gates Close	6:00p.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.

9. Race distances
  - 9.1. Middle school distance should measure 3000 meters (3k) to 3200 meters (2 miles). The state meet will be 3000 meters.
  - 9.2. Elementary distance should measure 1600meters (1mile) to 2000 meters (2k). The state meet will be 2000 meters.

For any questions about the Florida Youth XC Championships please e-mail [dusty@b3rsports.com](mailto:dusty@b3rsports.com)

