

# INTRAMURAL CROSS COUNTRY BYLAWS

## Season -- October to December

### RULES

Season totals 5 races ranging in length of 2 to 6 miles long throughout Hurlburt Field.

In case of inclement weather (e.g. ...lightning, thunderstorm warning) the race will be rescheduled for the following Friday if scheduling permits. Check with the Aderholt Fitness Center for the posted changes to schedule.

Those caught cheating (not following race trail in order to benefit time, intentionally over passing within the finish chute, intentionally racing for the wrong team or adding illegal runners to team) will be disqualified for the race. This must be validated by race officials and/or the team captain's board prior to the assessment of points.

### TEAM REQUIREMENTS

- Each squadron may enter 1 or 2 teams. Seven runners will compete for points each race regardless of how many runners on the team roster.
- All scoring rosters must be submitted to race coordinator no later than close of business day prior to race day. Scoring rosters can be emailed to race coordinator or dropped off at the Aderholt Fitness Center.
- For any scoring rosters turned in after COB day prior to race, points will not be awarded. Special circumstances for changes morning of will be determined by race officials and/or team captains' board prior to race. Examples of special circumstances are car accidents, family emergencies, etc.
- **Runners may only run for the team they are assigned.**
- If a squadron cannot put together a 5 person team - members will be put into a player's pool and added to another squadron no later than close of business day prior to race time.
- Scoring Roster. Only 7 runners from each team will compete for placement points, the 5 fastest runners will be counted towards team points, all extra runners will be pulled out of scoring and listed on the results as extra runners.
- Extra runners (runners not listed on rosters but would like to participate) must be identified prior to actual race time and briefed to write their NAME and "NO SCORE" on score card when they cross finish line.

### FORFIETS

- If team members are unable to run or forfeit race—max points for the race will be assessed to each missing person. (example: Team A forfeits, there are 50 total runners for today's race,  $51 \times 5 = 255$  pts) or (John Doe cannot race today and he is Team A's fifth runner, he will be awarded 51 points)
- Max points are based on the number of runners for each race.

### PLAYER'S POOL

If a squadron enters more than one team into the league they are not eligible to receive runners from the player's pool. If a squadron drops out or has not entered a team into the league, members of that squadron may enter the player's pool. Individuals in the player's pool will be assigned first to teams with fewer runners in order to even out teams. Example: the lowest manned team will receive all members from the player's pool until they reach the same amount of players as the 2<sup>nd</sup> lowest manned team. Teams losing players to TDY/PCS, etc. will also receive close consideration.

### ELIGIBILITY

Open to all Active Duty, Dependents, DoD Civilians, NAF employees, & TDY Personnel. Runners must run for the squadron they or their sponsor are assigned or TDY to, or retired from if applicable. Eligibility is based on DoD ID card holder requirements. Runners from other bases or runners from squadrons without teams will be put into the player's pool.

All runners must be at race location no later than 10 minutes prior to race time for race brief and identification of each team's scoring runners.

### SCORING

- Points will be determined by the number of runners signed up at beginning of race.
- Cross country style scoring. Each runner will receive a numbered card when crossing the finish line. Runner must fill out the information on the card and hand in for tabulation.
- All runners who finish a race shall be given an overall finish place. However, only the first seven runners on any one team may be used in scoring places. Overall team placing is based on team scores from only the 5 scoring members from each team.
- The score shall be determined by totaling the points of the first 5 runners of each team to finish.
- Although the sixth and seventh runners of a team to finish do not score points towards their team's total, their placement serves to increase the team score of the opponents.
- Team with the lowest points at the end of the race wins the race.
- Team with the lowest points overall at the end of the season wins the season.

## **TROPHIES**

- 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place team trophies for overall season points will be awarded.

## **RUN DATES**

- 24 Oct 08-Friday, Race begins at 0700
- 7 Nov 08-Friday, Race begins at 0700
- 21 Nov 08-Friday, Race begins at 0700
- 5 Dec 08-Friday, Race begins at 0700
- 19 Dec 08-Friday, Race begins at 0700