



A department of **MPS**

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

Middle School Coed Cross Country

Milwaukee Recreation Youth Sports reserves the right to change rules at any time.
Last Updated: 09/02/21

Section 1 - General League Rules

SPORTSMANSHIP – Unsportsmanlike conduct may result in ejection from the contest. Officials, coaches, parents, players, and fans should always display leadership and sportsmanship qualities. Any players or coaches ejected from the game by officials/staff for unsportsmanlike conduct will be suspended until their case is reviewed by Milwaukee Recreation. The final disposition of the case will then be made. Sports Coordinators are required to check with the Youth Sports Office before allowing the player or coach in question to continue participation in Youth Sports Activities.

SPECTATORS – Spectators are to be seated or standing outside of the cross country course area. All spectators are asked to show good sportsmanship and character and offer only positive reinforcement.

COACHES - Only coaches and players listed on the TEAM ROSTER FORM are allowed near the starting and finish line area. A coach, or a responsible adult, must be present before the meet to check their runners in.

FACILITY REMINDERS - Dogs, alcohol, smoking (including E-cigarettes), weapons, and grilling are prohibited during Milwaukee Recreation Youth Sports activities.

JEWELRY – Head decorations, headwear, and jewelry. This means that rings, wristwatches, hair curlers, combs, beads, earrings, or barrettes cannot be worn while participating in Youth Sports Leagues.

GAME RE-SCHEDULING/CANCELLATIONS – All school sport coordinators, coaches, or applicable staff will be notified of any reschedule games or game cancellations via email. Revised schedules will be posted on the Milwaukee Recreation Website: www.mkerec.net/YouthSports.

WEATHER HOTLINE – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8AM on Saturdays and 1PM on weekdays when inclement weather is expected. The hotline is available in English and Spanish. Coaches are responsible for informing players and their families of the weather hotline number.



Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

A department of **MPS**

ROSTERS – A copy of the team’s roster must be submitted to the Youth Sports Office one (1) week prior to the team’s first scheduled meet. Roster additions are not allowed after a team’s 2nd scheduled meet. All rosters **MUST BE TYPED** and submitted through the correct submission link. There is no roster limit.

COED LEAGUE RULES - The term “COED” refers to the fact that both boys and girls are eligible to play on the same team. It is possible that teams will have varying numbers of boys or girls, but no special “coed rules” will apply. Teams made of one gender are allowed in the COED league.

FORFEITS – The Youth Sports Office must be notified in advance of all forfeit contests. Notification must be delivered to youthsports@mkerec.net at least 36-hours prior to scheduled game start time. Teams that forfeit will be charged a \$25.00 fee per occurrence. See the Youth Sports Opportunity Handbook for a list of forfeit situations.

PROTEST – Judgement calls made by the MKE REC meet staff or Race Day Events, LLC are not eligible for protest and/or appeal. Protest on rule enforcement must be filed in writing with the Youth Sports Office with 48-hours following the incident. Protest on athlete eligibility may be filed any time during the season. Submit rule enforcement and athlete eligibility protest via email to youthsports@mkerec.net.

TIE-BREAKER PROCEDURES (TROPHY SPORTS ONLY) – The Youth Sports Office will have full discretion determining the position and placement of all teams. Tie-break procedures are available online at www.mkerec.net/YouthSports.

AWARDS – Middle School Coed Cross Country has three different award possibilities.

- A. **Participation Medals** - Participation medals can be ordered during team registration, through an additional cost of \$25.
- B. **Weekly Medals** – Placing medals are given to the top 10 finishers of each race at each competition.
- C. **Weekly Team Champions** - The school that scores the most combined points between their girls and boys participating in Middle School Cross Country, at each individual meet, will be crowned the meet champion and given the traveling first place trophy.

Section 2 – Before the Meet

Article 1 – The Youth Sports Office reserves the right, at any time, to improve the safety and understanding of the sport.



Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

A department of **MPS**

Article 2 – Eligibility:

- A. Age/Grade Limits – Students may not exceed the age/grade limits as listed below. Age is determined as of September 1 of the current school year. Middle School Cross Country is only offered to students enrolled in 5th, 6th, 7th, and 8th grade at the beginning of the fall season.

- 11 years old and under/5th grade maximum
- 12 years old and under/6th grade maximum
- 13 years old and under/7th grade maximum
- 15 years old and under/8th grade maximum

- B. School Suspensions – Any student suspended from school must be reinstated prior to the close of school on the Friday before their next scheduled game to be eligible.
- C. Grade Point Average (GPA) – Schools using the standards based report card please use published requirements for eligibility.
1. A student must have a minimum 2.0 GPA in their previous mark period report card in order to participate unless the school standard is higher, in which case the school GPA requirement would prevail.
 2. Middle School athletic eligibility is determined by report card mark period GPA only; there are no provisions for recertification in the program.
 3. Once a student is ineligible they must wait until the next report card is published to regain eligibility.

Article 3 – Players:

- A. Uniforms – All runners are required to wear a t-shirt or singlet that displays their schools name printed on the front. Team t-shirts or singlets are not required to be the same color, but officials must be able to recognize the school that each runner attends.

Article 4 – Race Day Events, LLC:

- A. Middle School Cross Country Meets are coordinated on site by Race Day Events, LLC. Race Day Events will provide the following services:
- a. Set-up and break down the cross country courses.**
 - b. Coordinate team check-in.**
 - c. Coordinate the start and finish of each race.**
 - d. Host the Awards Ceremony, and hand out medals following each meet.**
 - e. Coordinate the timing of two (2) meets during the season, using an advanced timing system. The dates of the two timed meets will be determined prior to the start of the season. Both meets will take place at the same location, so that teams can identify timing improvements by their athletes. Team coaches are responsible for keeping the times of their runners at all other races.**



A department of **MPS**

Milwaukee Recreation
YOUTH SPORTS
5225 W. Vliet St. Rm. 163
Milwaukee, WI 53208
P: 414.475.8410
mkerec.net

Article 5 – Coaches:

- A. A coach or other responsible adult must be present before a team may participate in a meet.

Article 6 – Volunteers:

- A. MKE REC will provide meet volunteers to assist with team check-in, course marshaling, and duties assigned by Race Day Events, LLC when available. It is not guaranteed that volunteers will be available for every meet.

Article 7 – Meet Staff:

- A. MKE REC will provide one MKE REC staff member at each meet. This staff member will be the primary source of contact for meet coordination, rule interpretations, unexpected issues, and answering any questions from athletes, coaches, or spectators.

Section 3 – The Meet

Article 1 – Start Time: Teams should arrive at the meet location 20 minutes prior to the first scheduled race. Teams are given the opportunity to arrive 30 minutes prior to the first scheduled race for an optional walk-through of the course that should be facilitated by the coach of each individual team.

Article 2 – Location: Meet locations and courses will be provided by the Youth Sports Office one (1) week prior to the first scheduled meet. **All meet locations and times are subject to change.**

Article 3 – Courses: Each course is a unique blend of grass and paved paths – uphill, downhill, and straightaways. Courses should be approximately 1.86 miles.