



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.

Rules are adapted from the NFHS Track & Field and Cross-Country Rule Book.

Last Updated: 6/23/25

### **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, spectator area will be marked on all course maps. 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 (UPDATED)** – There are no longer jewelry or hair restrictions. Scarfs, bandannas covering entire head (**Religious Exemptions Permitted**), baseball caps, etc. may **NOT** be worn during competitions. The only allowable headwear are headbands and knit caps that are plain except for school name, school nickname, or school mascot. Watches worn on the wrist is permitted. **\*\*NO HEADPHONES OF ANY TYPE IS PERMITTED\*\***

**GAME RE-SCHEDULING/CANCELLATIONS** – All school sport coordinator, 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](http://www.mkerec.net/YouthSports).



A department of **MPS**

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

**WEATHER HOTLINE** – For inclement weather updates, contact the Weather Hotline at 414-475-8068. The hotline is updated on league play days by 8:00 AM on Saturdays and 1:00 PM 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.

**ROSTERS (UPDATED)** – A copy of the team’s roster must be submitted to the Youth Sports Office using the online submission link prior to the deadline given by the Youth Sports Office at the seasonal Sports Coordinator meeting (Usually one (1) week prior to the team’s first scheduled game). Teams may only submit one (1) updated roster prior to the secondary roster deadline given at the seasonal Sports Coordinator meeting. Any additional updated rosters will not be accepted. There is no roster limit, however only fifteen (15) medals and/or awards will be given. Extra medals and/or awards are available for purchase from the MKE REC Youth Sports Office.

**ONE TEAM, PER SPORT, PER SEASON** – Athletes are permitted to play multiple sports per season by cannot play on more than one team in the same sports during the same season.

**Exception:** Athletes are only permitted to play on one (1) basketball team per academic year.

**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](mailto: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 Website and Opportunity Handbook for a list of forfeit situations.

**PROTEST** – Judgement calls made by the MKE REC meet staff or Trackside Timing, 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 rules enforcement and athlete eligibility protest via email to [youthsports@mkerec.net](mailto: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](http://www.mkerec.net/YouthSports).



A department of MPS

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

**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 least 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. There will be a traveling first place trophy for the girl's champion, and a traveling first place trophy for the boy's champion.
- D. **League Champions (UPDATED)** – The school that scores the least combined points for their participating Cross-Country team at the City Conference Championship Meet (***Last Meet of the Season***), will be crowned the Conference Champion. The Conference Champion will be awarded a team trophy, and league champion t-shirts. The Runner-Up will be awarded a plaque. Girls and Boys events will be scored separately, which means that there will be a Girls Champion & Runner-Up and a Boys Champion & Runner-Up.

**YOUTH SPORTS OPPORTUNITY HANDBOOK** – The current version of the Youth Sports Opportunity Handbook is available at [www.mkerec.net/YouthSports](http://www.mkerec.net/YouthSports). All sports coaches and sports coordinators are responsible for familiarizing yourself with the rules, regulations, procedures, and policies governing the Milwaukee Recreation Youth Sports Programs.

## **Section 2 – Before the Meet**

**Article 1** – Rules are adapted from the NFHS Track & Field and Cross-Country Rule Book and may be changed by the Youth Sports Office at any time to improve the safety and understanding of the game.

### **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 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade at the beginning of the Fall season. Elementary (1<sup>st</sup>-4<sup>th</sup> Grade) students are **NOT** eligible for participation in Middle School Coed Cross Country.

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



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

A department of **MPS**

- 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 – Athletes:**

- 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 – Trackside Timing, LLC:**

- A. Middle School Cross Country Meets are timed on site by Trackside Timing, LLC. Trackside will provide the following services:
  - a. Coordinate team check-in.*
  - b. Provide teams with race bibs.*
  - c. Coordinate the start and finish of each race.*
  - d. Coordinate the timing of all meets during the season, using an advanced timing system.*
  - e. Posting results on-line on [www.TrackSideTiming.com](http://www.TrackSideTiming.com)*
  - f. Scoring of Meets.*

#### **Article 5 – Coaches:**

- A. Middle School Cross Country coaches from participating schools will be responsible for the following services prior to and on race day (Course assignments will change weekly):
  - a. Submitting all meet entries on [www.Athletic.net](http://www.Athletic.net) weekly, prior to the deadline given by the MKE REC Youth Sports Office.*
  - b. Set-up and break down of the cross-country courses. Including the lining of courses. All materials will be provided by the MKE REC Youth Sports Office.*
  - c. Host the Awards Ceremony, and hand out medals following each meet.*
- B. A coach or other responsible adult must be present before a team may participate in a meet.



A department of MPS

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

#### **Article 6 – Volunteers:**

- A. MKE REC will provide meet volunteers to assist with team check-in, course marshaling, lead/trail bike, and other duties assigned by Trackside Timing, LLC when available. It is not guaranteed that volunteers will be available for every meet.

#### **Article 7 – Meet Staff:**

- A. MKE REC will provide at least 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.

**Article 4 – Team Scoring:** Team scoring will be separated into two categories, girls and boys, so that a meet champion can be crowned weekly for each race. Team scoring will be calculated by adding up the place value for the top five (5) finishers of each team (**Ex.  $1^{st} + 2^{nd} + 3^{rd} + 4^{th} + 5^{th} = 15$  Points**). The team with the least number of calculated points will be recognized as the meet champion in their respective race. In the event a school does not have five runners participating, their missing place scores will be supplemented with the total number of runners for the race (**Ex. *If there are 85 runners total that finished the race, and a school only had two runners participating, their score will be calculated in the following manner:  $1^{st} + 2^{nd} + 85^{th} + 85^{th} + 85^{th} = 258$  Points***). In the event there is a tie while calculating the team scores, the tie will be broken by identifying the team whose 6<sup>th</sup> finisher crossed the finish line at a lower place value.