

**Diocesan Athletic Conference**  
**Cross Country Rules**  
**Kindergarten - 8th Grade**

**I. ELGIBILITY**

A. Team rosters must be submitted to the DAD before the first regular season game. Failure to submit will result in forfeiture of the first game. It may also result in suspension of the coach and forfeiture of future games.

B. It is the coach's and Athletic Director's responsibility to control fans and/or parents during the games.

C. Each player participating must meet eligibility requirements set forth by the Diocesan Athletic Conference.

D. All eligible athletes participating in schools should be allowed to participate. The Diocesan Athletic Conference admonishes "cutting" and encourages the participation of all students who wish to play.

**II. LEAGUE RULES AND REGULATIONS**

A. A prayer will be said prior to the first race.

B. Each team will furnish their own uniforms and equipment.

C. Parents, coaches, students, or relatives will not be allowed to run along with the runners at any time during the races. Runners may be disqualified if this occurs.

D. A runner may not run in a higher or lower division than his/her grade level.

E. Starting positions will be rotated for the first three weeks.

F. Any runner or coach ejected from a meet will be suspended from the next meet.

G. In the event of inclement weather, a message will be posted to the Overbrook website, DAC website, and an email will be sent to coaches and administrators.

H. Each school will receive several "Meet Lanyards" for all 4 meets. Volunteers will not be allowed onto the track area unless they have their lanyard stating that they are a volunteer. This is for the safety of the runners.

I. Each school will be required to have two volunteers to help with course monitoring sometime during the season. Each volunteer will be assigned a position on the course for four of the eight races.

J. The wearing of jewelry, except medical alert items, is prohibited. This includes pierced earrings (even if covered with a band-aid).

K. A trainer will be on site for all four meets. They will be located near the finish line.

L. A parking fee will be assessed by the league to each school prior to the season.

### III. CHAMPIONSHIP MEET

A. There will be no league standings kept or trophies given out for the first three weeks. There will be a championship meet at the end of the season. Only 6th-8th graders will be awarded trophies - top 20 girls and top 20 boys. There will also be team trophies handed out.

B. All runners must run in at least 2 meets prior to the championship meet to be eligible.

C. If a meet is canceled due to weather, a runner is sick, or a runner is hurt, the runner's attendance for that race is approved.

D. Each school is required to have four runners on the team to qualify for the team championship. Individuals may still compete for individuals awards. Teams who wish to combine players from different schools must declare their intent prior to the beginning of the season. The Diocesan Athletic Director will combine teams based on numbers/need.

E. Starting positions for the championship will be drawn on race day.

F. Only Diocesan Athletic Conference teams may compete in the DAC Championship race on September 29th. However, we will add an additional race this year for Invitational Schools for 6th-8th. Schools will be notified about whether they are racing in the invitational or championship race prior to the last race.

### IV. RACE DIVISIONS

Race	Group	Distance
1	K-1 Girls	.75 Mile
2	K-1 Boys	.75 Mile
3	2-3 Girls	1 Mile
4	2-3 Boys	1 Mile
5	4-5 Girls	1.5 Miles
6	4-5 Boys	1.5 Miles
7	6-8 Girls	2 Miles
8	6-8 Boys	2 Miles

*\*Please note that Champion Sunday will have an alternate schedule\**

*Last Updated by the League: August 8th, 2024*