

## PINE-RICHLAND CROSS-COUNTRY TEAM

RULES AND GUIDELINES - 2006

**Note:** These Rules and Guidelines will be applied separately to the Girls Team and to the Boys Team

Welcome to Pine Richland Cross-Country! Your Coaches have adopted these Rules and Guidelines for your benefit and for the benefit of your teammates, your Team and Pine -Richland High School. Review these Rules and Guidelines carefully, and review and discuss them with your parents. See your Coaches with any questions. Your understanding and acceptance of, and adherence to, these Rules and Guidelines are your first steps to a successful Cross-Country season for you and for your Team.

## I. TEAM RULES

- A. **Attendance:** You will attend every team practice (weekly and Saturday), meeting and function. The location and time of every team practice, competition, bus departure, meeting and function will be announced in advance. You are responsible for obtaining, remembering and communicating to your parents that information. There will be a team meeting after every meet (home and away). You will attend and participate in every competition (Meets, Invitationals and WPIAL and PIAA events) as determined by your Coach. Competitions may be rescheduled, in the Head Coach's discretion, and you will attend each rescheduled competition. Note that most Invitationals are scheduled for Saturday. Away meets during the school week will probably require you to miss at least 8<sup>th</sup> and 9<sup>th</sup> periods. You are responsible for planning ahead, making sure you get your homework assignments, making up missed work and tests and in general keeping up with all of your class work and academic requirements throughout the season. During the Cross-Country season, Cross-Country is your first extra-curricular priority and all of your elective school activities (such as choir, band, clubs, NHS meetings, etc.) and all other personal, family and other activities should be scheduled to avoid any conflict with Cross-Country. Your Coaches will do everything possible to avoid scheduling conflicts with PSATs, SATS and ACTS. Note that SATs and ACTs may be taken on alternate dates in neighboring school districts (some students do this anyway in order to see if the change of testing environment can help improve scores). Pine -Richland Cross-Country always practices and competes regardless of weather conditions. Always come to practices and competitions prepared to run in the weather conditions of that day.
- B. **Punctuality:** You will be on time to each scheduled, rescheduled or otherwise announced team practice (weekly and Saturday), meeting, function, bus loading, etc.
- C. **Buses:** You will ride the bus to and from all competitions. When the girls team and boys team ride the same bus, the girls sit at the back of the bus and boys sit at the front of the bus. Girls and boys are not permitted to sit in the same seat or in the same row of seats.
- D. **Effort and Performance:** You will participate in and complete each practice and each competition to the best of your ability and as instructed by your Coaches. This includes conscientious performance of all stretching, running, cross -training, warm up and warm down as instructed by your Coaches. At meets, you will stretch and warm -up with the team prior to the race. After the race, you will cool -down and stretch with your team. Your parents, other relatives, friends and fans are welcome at our meets. We appreciate their support. However, (i) you are to stay with your teammates the entire time you are at a meet and (ii) your parents, other relatives, friends and fans are to stay away from you the entire time you are at a meet, until you are otherwise granted permission by your Coach. You will discuss this Rule with your parents, other relatives, friends and fans and you will be held responsible for their compliance as well as your compliance with this Rule.
- E. **Demeanor and Conduct:** You will be courteous and respectful to your Coaches, your captains and your teammates. You will be courteous and respectful to all race officials and volunteers, other teams and the coaches of other teams. You will at all times conduct yourself as a mature, courteous, respectful, committed and disciplined athlete and representative of Pine -Richland High School and Pine-Richland Cross-Country.
- F. **Clothing:** You will wear a shirt or singlet at all times in all practices, regardless of weather conditions. You will wear Pine-Richland Cross-Country team uniforms at all times at all competitions. You will wear only Pine -Richland sweat jerseys, sweat pants and windbreakers at all

meets and all practices, except as otherwise expressly permitted by the Coaches (your Coaches intend to take into account cold or otherwise inclement weather, as well as Pine -Richland team clothing shortages, in granting exceptions to this Rule). Note that, until further notice, at all competitions: (i) all visible accessory clothing (other than socks) must be black, (ii) socks must be white, (iii) scrunchies and hair bands must be black and (iv) no necklaces, earrings, body piercing rings or spikes or other jewelry of any kind, no watches, no cord or plastic wrist bands or metal hair clasps may be worn.

- G. Electronic Devices and Other Gear:** You will not use, or have in sight, any electronic, music or communications devices (such as cell phones, iPods and CD players) at any practice, competition, meeting or function prior to its completion or on any bus to or from any competition, unless your Coach tells you that you can use them and/or have them in sight. You will not bring to any practice or any competition sleeping bags or any other gear unnecessary or inappropriate for Cross-Country training or competition or high school attendance. However, you are required to bring to wear a sports watch at every practice.
- H. Academics and Behavior:** In school and outside of school you will conduct yourself in accordance with the high standards of a quality student-athlete. This includes, by way of example, your (a) performing to the best of your ability all of your responsibilities and class-work as a student at Pine-Richland High School, (b) maintaining in good standing your status as a student-athlete eligible for varsity inter-scholastic athletics in accordance with all applicable Pine -Richland High School, WPIAL and PIAA rules, standards and guidelines, (c) obeying all laws applicable to you and your conduct, including by way of example, all laws prohibiting the use of alcohol and illegal drugs and the abuse of legal or prescription drugs and all laws governing the operation of motor vehicles and (d) avoiding, to the extent possible, contact or association with individuals and situations which could (i) call into question your status as a quality student -athlete or (ii) damage your, your Team's or Pine-Richland High School's reputation.

You are expected to arrange your schedules and your habits, and adjust your attitudes, as required to insure your compliance with each of the above Rules.

Participation on our team and in our competitions, and receipt of a varsity letter or a certificate of participation, are privileges, not rights. Your Coach will, in his discretion, determine whether you have violated a Rule and whether, for how long, and/or for what practices or events your participation privilege should be suspended or terminated. Your Coach, in his discretion, will determine if one or more Rule violations, or your athletic performance, will result in your not receiving a varsity letter or a certificate of participation. Your Coach will determine, in his discretion, whether to accept any written or unwritten excuse for violation of any Rule.

You should expect that any (i.e. a single) Rule violation will result in suspension of your participation privilege for the next scheduled competition. If suspended, you will, if so instructed by your Coach, still be required to attend that competition and comply with all Rules associated with attendance at that competition. You should expect that more than one Rule violation will result in termination of your participation with the team. You should expect that one or more Rule violations may result in your not receiving a varsity letter or a certificate of participation.

**II. GUIDELINES FOR VARSITY LETTER ELIGIBILITY:** In determining eligibility for a varsity letter, your Coach intends to apply the following guidelines:

- A. Performance and Time Requirements:** To be awarded a varsity letter, you should either (a) be selected for and compete successfully at the WPIAL Championship or (b) have finished in the top seven on the team at 75% or more the meets. If you qualify for the PIAA Championship, you will, in the absence of rules violations, receive a varsity letter. Further:

**For Girls:** You should not expect to receive a varsity letter unless you run 5000 meters in 21:59 (21 minutes, 59 seconds) or faster in an Invitational or WPIAL Championship.

**For Boys:** You should not expect to receive a varsity letter unless you run 5000 meters in 19:00 (19 minutes, zero seconds) or faster in an Invitational or WPIAL Championship.

- B. Optional Point System:** In addition to the foregoing Requirements, your Coach may choose to apply the following point system (your Coach will advise of his choice during or prior to our August 14-16 Camp):

**1. Summer Conditioning:** Prior to August 14, 2006, all practices are voluntary. However, you cannot succeed in Cross-Country unless you commence the season in good running condition. Our Team will be weakened by each runner who fails to diligently train and attend voluntary practices throughout the summer. Your Coach will assess your level of running condition during August (commencing on August 14) and the first week of September and intend to award to you up to 50 points, based on your Coach's assessment of your level of running condition achieved through summer running. For example, if your Coach determines you are in the best possible condition as a result of summer running, your Coach may award you 50 points. Your Coach will award these points, and may increase or decrease the maximum awardable points, in his discretion. Keep in mind that injuries are the biggest obstacle to achieving a successful Cross-Country season. Summer training, in the manner suggested by your Coach, will help to reduce the chance of injury and the severity of injury.

**2. Practices:** You will receive one point for each practice (on or after August 14, 2006) and each meet you attend.

**3. Meets (other than Invitationals, WPIALs and PIAAs) :** You will be awarded one point for every runner (whether from Pine-Richland or another school) you finish ahead of during any meet (other than Invitationals, WPIALs or PIAAs) one or more runners. For example, if you win a dual meet with Pine Richland and its opponent each finish at least 15 runners, you will receive 29 points (14 points for finishing ahead of 14 other PR runners and 15 points for finishing ahead of all 15 runners of the other team).

**4. Invitationals:** If you run in the varsity race at an Invitational you will be awarded one point for each runner you finish ahead of. For example, if the varsity race has 200 finishers, and you win the varsity race, you will receive 199 points. If you run in the JV race at an Invitational (and the JV race is the same distance and run on the same course as the varsity race), your time will be compared to times in the varsity race and you will receive the number of points you would have received had you run that time in the varsity race. For the Tri-State Coaches JV meet at Schenley Park, JV times will be compared to the varsity times for the Central Catholic Invitational and you will receive the number of points you would have received had you run your JV time in the CCI varsity race; provided that the races are run on approximately the same courses and provided that CCI releases comprehensive results for the CCI varsity race.

**5. WPIAL (District 7 Championship) :** If you run in the WPIAL Championship race you will be awarded two points for each runner you finish ahead of. For example, if the race has 200 finishers, and you win the race, you will receive 398 points.

**6. Rules Violations:** Your Coach will determine, in his discretion, whether one or more rules violations will result in point deductions in lieu of, or in addition to, other disciplinary action.

Your Coach intends to award varsity letters to the athletes **(a)** who achieve the Performance and Time Requirements and **(b)** who are among the top 7 in points (after taking into account any point deductions) and/or qualify for the PIAA Championship and **(c)** whose rules violations, if any, do not justify withholding of a varsity letter (to be determined in the sole discretion of the Coach). Your Coach reserves the right, in his discretion, to award more or less than 7 varsity letters and to do so regardless of point totals or times or performances.

**FINAL DECISIONS ON THE INTERPRETATION, APPLICATION AND ENFORCEMENT OF ALL OF THE ABOVE RULES WILL BE MADE IN THE SOLE DISCRETION OF THE HEAD COACH**

Dear Pine-Richland Cross-Country Coaches:

We have read, and we understand, the Pine -Richland Cross-Country Team Rules and Guidelines – 2006 along with the Pine-Richland Cross-Country Team Guidelines for Selection o f Team Captain.

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Student Athlete Signature

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Parent/Guardian Signature