



CATHOLIC YOUTH &
YOUNG ADULT MINISTRY

Diocese of Wilmington

Rule Book

Cross Country 2024-2025

CATHOLIC YOUTH MINISTRY-BASKETBALL
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Cross Country Rules 2024-2025

If a rule is not specifically addressed herein, NFHS (“Federation”) rules will apply. In the event of a conflict between set of rules, these rules will control.

1. CYM Meet rules:

- a. Coaches are to volunteer to host a meet throughout the fall season. Meets are generally held on weekends, but it is not required. Once coaches agree to host a meet, they should send location, time and date to the CYM Office. The master schedule will be posted on the CYM website once completed.
- b. The meet director will investigate complaints of rule violations during a race and after reviewing facts will have the authority to leave results as-is, adjust finish order, or disqualify a runner.
- c. It is recommended that meet directors provide details of their meet to other CYM coaches no later than 2 weeks prior to the meet.
- d. Race distances – It is recommended that JV races are between 1.0 mile and 1.4 miles while varsity races are between 2.0 miles and 2.25 miles. Time of year and location needs to be considered when deciding on distances of races. For example, shorter distances should be held at the beginning of the season with longer races toward the end of the season. Meet directors also need to take into consideration the challenges of the course, such as number and steepness of hills.
- e. There must be at least 2 age-appropriate spotters at each relevant location along a course, and at least 2 age-appropriate sweepers following the last runner of a race.
- f. It is the responsibility of the host meet director to ensure that any 3rd graders at a starting line are far enough away from 6th graders to allow for separation and avoid their running alongside each other. It is recommended that all 3rd graders be placed at one end of the starting line and all 6th graders at the other.
- g. Meet hosts should tally the scores and provide a PDF file to the CYM Office for publishing on the CYM website each week.

2. Non-CYM teams participating in a meet sponsored by a CYM parish/school:

- a. Non-CYM teams can attend up to 2 CYM parish/school-run meets per season.
- b. Invitation of non-CYM teams is at the discretion of the parish/school.

- c. Once the schedule for the season is completed the CYM coaches will decide which meets non-CYM teams may participate.
- d. If an individual is a member of a non-CYM team and a CYM team, the individual must run for the CYM team in any meet sponsored by a CYM program.
- e. Any non-CYM team participating in a CYM meet sponsored by a CYM parish/school must provide proof of liability insurance for the non-CYM team to the host meet director prior to the date of the meet.
- f. Non-CYM teams are not eligible to participate in the CYM Championships.

3. Phantom Runners

- a. CYM contests will permit “Phantom” runners to allow team competition for teams with less than agreed minimum runners. The rules for “Phantom” runners are as follows:
 - i. The first phantom will count as the last runner completing the race +1; the second phantom will count as the last runner +2, and so on.
 - ii. Each team requiring a phantom will be given the same number(s).
 - iii. In the case of a tie between a team with no phantom and a team with a phantom, the tiebreaker goes to the team with no phantom.
 - iv. In the case of a tie between two teams with unequal number(s) of phantoms, the tiebreaker goes to team with fewer phantoms.
 - v. In the case of a tie between two teams with the same number of phantoms, the tiebreaker goes to the team with the best scoring runner.

4. CYM Championships

- a. The top 5 runners for each team will determine team scoring for the CYM Championships. Runners from each team after the 7th position for that team will not affect team scoring.
- b. Required Races – an individual must run in a minimum of 3 races listed on the regular season schedule, verified by host meet directors, to be eligible for CYM Cross Country Championships.
 - i. If a runner begins a race and cannot finish due to illness or injury, the race will count toward the required 3. If a runner does not finish because he or

she leaves early or otherwise stops, the race will not count toward the required 3.

- ii. The CYM Office has the authority to approve any other exceptions to the minimum number of races required.
- c. Varsity teams may be divided into 2 divisions for championships, based on the number of individuals on the team roster. If there is a split:
 - i. And there are an even number of teams, the split will be half less one for Division 1. If there are two or more teams with the same number of individuals on their rosters, which are tied for the last spot in Division I, all of those teams will be assigned to Division I.
 - ii. If a team is placed in Division II, that team can move up to Division I provided they let the CYM office know within one week from the time divisions are announced.