

CROSS COUNTRY RULES

The rules stated below are in addition to the rules established by the Chardon Middle School code of conduct and the Ohio Athletic Association.

1. According to the OHSAA, all athletes must complete 10 practices to participate in the first meet.
2. If an athlete is at school, he/she is expected at practice. Coach Pinckard and Coach Martin are not in the building during the day. IF your child leaves early or is sick, please email or text one of us before practice.
3. Practices after school will be from 3:00-5:00, Fridays until 4:30.
4. Cell phones are not permitted at practice, unless requested by coaches. We carry our phones in case of emergency.
5. Athletes who do not attend practice the day before a meet are not eligible to compete. There are no exceptions to this rule.
6. Forms we must have before an athlete can participate in a regular practice. All forms must be turned in at the same time. Athletes will be sent home if all forms are not turned in.
 - a. OHSAA 2017-18 Physical, all six pages.
 - b. Emergency Medical Authorization form. (even if you did it online, we still need a paper copy)
 - c. Concussion Form
 - d. Insurance Waiver.
 - e. Rules form
7. If an athlete misses **three** practices for any reason other than religious, family emergency, or illness, they will be dismissed from the team. Students in Science Olympiad, Student Council, NJHS, Yearbook, Robotics, Power of the Pen, JTI or any other school related activity are expected to attend practice after your group has adjourned if practice is still occurring. **If you do not attend practice the day before a meet, you will not participate in the meet.** An after school detention is considered an unexcused absence. **See Coach Martin for arrangements to stay later to complete a workout.**
8. All athletes must exhibit good sportsmanship at all times - respect coaches, bus drivers, race officials, teammates, and competitors.
9. All athletes must encourage, support, and cheer for fellow athletes.
10. All athletes are expected to remain at the meet until the end of the last race.
11. If an athlete plans to leave a meet with a parent (instead of with the team), he/she must:
 - a. Obtain and complete a "transportation release form" (available in the CMS office) , on the weebly site, or on the Google Classroom page, prior to the day of the meet.
 - b. Get a parent signature **FIRST**.
 - c. Ask the principal to sign the release form and then return it to the athlete.
 - d. Give the signed transportation release form to one of the coaches prior to the meet.
 - e. Check-out with a coach before leaving the meet.
 - f. REMINDER: A transportation release form does **NOT** permit an athlete to leave the meet early.
 - g. **Please do not ask for "special circumstances if this form is incomplete. It puts the coaches in an**



uncomfortable position. No form means they ride the bus home. No exceptions.

12. Athletes will receive a uniform and warm ups for meets only. In order to board the bus, they must be wearing the uniform, including the warm up. This ensures that everyone has what they need with no worries of forgotten items. This includes athletes who are not participating in that meet.. Uniforms and warm ups will be collected at the end of the season. Missing or lost pieces will be subject to fees comparable to the cost of replacing that piece.

12. Consequences for rule infractions:

- a. 1st infraction = non-participation in one meet
- b. 2nd infraction = non-participation in two meets
- c. 3rd infraction = dismissal from team

We understand and will comply with the stated rules and consequences of the 2015 CMS Cross Country Team. We also understand that these rules will go into effect beginning the first day of practice.

Print Athlete's Name

Athlete's Signature

Print Parent/Guardian Name

Parent/Guardian Signature
