



Edison Cross Country Rules & Regulations

The Edison Local Schools is a member in good standing with the Ohio High School Athletic Association. We follow all bylaws which apply to all participants in interscholastic matters of eligibility, contracts, qualification, responsibility, and behavior of various personnel.

All team members are expected to follow this set of coach's rules which are in addition to the Student Code of Conduct and the Athletic Code of Conduct in the Charger Handbook.

The general discipline procedure that will be followed by coaches is as follows:

- First offense:** A conference between athlete and coach or meet suspension (see 2nd offense).
- Second offense:** Suspension from next scheduled meet
- Third offense:** Suspension from the team
- Flagrant Violations** will be handled as either a second or third offense

Coaches' Rules

1. Be on time to **all** practices, rain, shine or injured.
2. Missed practices or meets: A written note signed by the parent/guardian stating a reason for the absence is to be given to the coach in advance when possible or the following day. All medical and school-related absences are excused. (Try **not** to schedule orthodontic appointments, etc. during practices or meets.)

Excused Absences:

1. Death in the family
2. Family illness/business
3. Medical appointments (as explained above)

Unexcused Absences:

1. Social or recreational activity (parties, concerts)
2. Unapproved family outings or vacations
3. See #8

If an athlete has an **unexcused** absence he/she will not participate in the next scheduled meet. Your presence at every practice and every meet is important to the entire team.

3. No profanity.
4. You will be required to participate in any and all events/races assigned. Failure to comply will result in disciplinary actions.
5. Buses for away meet: **ARRIVE TO EHS EARLY** because **ON TIME IS TOO LATE!**
State law requires a **bus seating chart**. Athletes will be assigned seats for travel to meets. Coaches may change the seating chart if deemed necessary. You **must** ride the bus back to the school unless you plan to leave with your parents. Parents **must** sign out their son/daughter and have **verbally** stated such intent to a coach. Athletes may **NOT** go home with **other** parents; **this is a state law!**

6. When we arrive at any meet, you are to be ready to stretch as a team and wear the designated team attire. Fixing your hair, socializing, etc. should be done at alternate times.
7. **You will be expected to run a cool down before leaving a meet** even if you are not returning home on the bus.
8. If **practice performance** does not meet with the coaches' standards, the athlete will be sent home and it will be counted as an **unexcused absence**.
9. Athletes' behavior will always reflect the positive sportsmanship and attitude of the team. Failure to properly represent the team will result in disciplinary action.
10. Homecoming Junior/Senior PowderPuff Football: The coaches will not ban participation but we recommend you do not participate in this activity.

Uniforms

Racing attire is determined by the OHSAA and is **strictly** enforced. Any violation of these rules will result in disqualification of the individual or team from the race.

1. The complete cross-country uniform consists of shoes, school issued track bottoms and full length track top. Bare midriff tops are not acceptable. The top must hang below or be tucked into the waistband of the bottoms when the competitor is standing erect. Any visible shirt worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. The top shall **not** be knotted.

Note: All under garment tops must be **white**, and bottoms must be **royal** blue. Also only **ONE** logo visible, others must be completely covered with a sewn patch of similar color to the garment being sewn on.

2. Athletes are responsible for any damages to school issued uniforms, bags, yard signs, and sweats. Athletes will be billed for the items' repair or replacement.

3. A basic watch is mandatory for practice. It does not have to be a GPS watch but should have a basic stop watch function. **GPS watches are illegal in races and will result in disqualification.**

4. Jewelry is permitted and we will allow our athletes to wear such so long as it is not a distraction or can hinder one's performance. If a coach feels the jewelry is not appropriate the athlete will be asked to remove the item or items.

Practice Equipment

1. Quality training shoes, spikes (optional; race day, occasional workout)

2. T-shirt, shorts, socks, Male athletes are to wear a t-shirt at all times and girls must wear a shirt over their sports bra.

3. **Watch with at least basic stop watch function**

4. Cold weather gear: stocking hat, gloves, windbreaker, sweats

Eligibility: Student eligibility is determined and interpreted by the Ohio High School Athletic Association as follows:

1. **Preceding Semester Rule-** Students must have passed five 1-credit classes the preceding semester. Freshman--Gym is **not** a 1 credit class!!
2. Eligibility lists shall be passed out to all teachers on a weekly basis starting no later than two weeks following the beginning of the school year.
3. If a student drops a class at the semester break and was at the time passing the class, the student will be eligible immediately; but if the student was failing at the drop time, then the student will be ineligible for a period of two weeks.
4. Administration reserves the right to have discretionary power to waive any of the above regulations if the student is eligible under the OHSAA requirements.
5. Practices--Students who are ineligible will be required to participate in all practices but will not be allowed to participate in performances or athletic contests.

Varsity Team Selection Criteria:

The varsity teams for a Saturday invitational will be selected by the coaches. The general rule of thumb is best seven runners from the previous meet will be entered as the varsity runners. When the times of the athletes are close, the athlete's average time will be considered. When two athletes are competing for the seventh position, the athlete's finishing order on the team will also be considered. The following is a partial list of the variables affecting the team selection.

- Previous health of the athletes (injuries)
- Recent practice performance
- Eligibility
- Personal Conduct
- Punctuality/attendance
- The athlete's health the day of the race
- Doctor's orders
- Race conditions between open and varsity races

The varsity teams will be announced on **Friday** before each meet according to the above guidelines. These team line-ups can be changed on race day to compensate for injuries or other unforeseen events.

The team selection is the coaches' decision and the above list is only a guideline used to make team selections. The coaches have the final word. Please refrain from speculation about team selections. Many times there are extenuating circumstances or doctor's orders concerning athletes that are not presented to the team and other parents. If you have questions concerning a team selection, ask the coaches directly.

Awards and Varsity Letters

To earn a varsity letter:

- A runner must earn **five** varsity points.
- A runner must **QUALIFY** for one varsity race
- A runner can earn a varsity point by running on the Varsity A squad (top seven.)
- A runner can also earn a varsity point by placing in the top 50% when combining all runners from all races in our division
- 4-year seniors with no previous varsity letter
- Note: Coaches have final discretion on decisions**
- Individual awards:**
MVP Most Improved Most Dedicated Captain

Uniform Equipment Replacement Costs

Any damaged or lost items are the financial responsibility of the athlete. Cost will be based on the replacement cost of such item.

PARENT HELP:

Melon Festival Ice Cream Dipping

- ~~We will be ask to cover two shifts at the Athletic Booster Ice Cream Tent. We will need parents to cover these shifts. Information will be forthcoming.~~

Melon Festival Race (HELP!!!)

- This is our major fundraiser, and the money goes directly to our Cross Country Athletes!!
- ~~We need at least 20 parents to help this event run smoothly. Coach Caponi will be in contact with you.~~
- ~~**We are also looking for door prizes to be given out after the race!!**~~

Race Day Goody Bags or Lunch

- Traditionally parents will provide healthy snacks and drink (no candy) for Saturday. However, race day goody bags are optional. If parents want to provide these bags as their coach, I am requesting that all content be healthy.
- In 2019 parents organized lunches for the athletes for after the Saturday invitationals.