



2015 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

1. COMPETITION RULES: Current IAAF Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable. The Armed Forces Championship is conducted in conjunction with the USA Track and Field (USATF) Winter National Cross Country Championship.

2. DIVISIONS AND COURSE DISTANCES: Armed Forces runners will compete in the Open Division. Distances are approximate, as finalized by host of the USATF sanctioned championship:

a. Men's Competition: 12K

b. Women's Competition: 8K

3. SCORING: Men and women team scores will be separated. The winning men and women team is determined by USATF's displacement scoring system. This system adds the place number finish of team's official scorers, with place numbers affixed through the Armed Forces event, not the overall national championship event (i.e. the first place Armed Forces finisher in the Men's 12K, who finishes 16th in the national championship, receives the number 1, not the number 16). The winning men's team is determined by adding the displacement finishers of the top five of the team's seven men participating in the Men's Long Course (12K), The winning women's team is determined by adding the displacement finishers of the top four of the team's six women participating in the Women's 8K.

4. TIE-BREAKER POLICY: Placement of first non-scorer for each team (Either the sixth male finisher or the fifth place finisher in the women's race).

5. SCHEDULE OF EVENTS: *Times and dates of events may change as determined by the competition organizers.*

- a. Day One Teams Arrive
 2000 - Organizational Meeting

- b. Day Two 0900-2000 Packet Pick-up
 1300-1700 Course Inspection
 1600-1730 - Informal Ice-Breaker**
 1900 Technical Meeting

- c. Day Three Team Competitions

Awards Ceremony - (Immediately following the final game) Service teams are required to wear Service warm-ups or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards, and if selected, will be removed from the Armed Forces team. If the Awards ceremony is conducted as a separate function in conjunction with the Ice- Breaker Social, then all Service Members must comply with Ice-Breaker Dress Policy.

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d. Day Four Teams Depart

6. AWARDS:

a. Individual: Awards are given to the top three finishers in the men's and women's competitions based on raw times.

b. Team Award: Individuals awards are given to each member of the first place and second place men's and women's teams (to include the team trainer and OIC).

7. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP: Rosters must be submitted NLT four days prior to championship report date. Team points and awards will only be awarded to official Service team members. Roster not to exceed 16 individuals:

7 Men

6 Females

1 Coach

1 Certified Athletic Trainer

1 OIC

TOTAL: 23

8. TEAM COMPOSITION - CISM: As follows or as dictated by host country invitation:

8 Men (Long Course)

4 Men (Short Course)

5 Women

2 Coaches

1 Combined Sports Committee Member

1 Certified Athletic Trainer

1 Team Captain

1 Chief of Mission

TOTAL: 23

9. SELECTION PROCESS - CISM:

a. Athlete Selection Process.

(1) Top five women shall advance to CISM. If unavailable for higher advancement, the next scoring female shall advance.

(2) The top 12 male athletes will be given the option to select whether they will compete in the CISM Long or Short Course. Priority shall be given in the order of finish. If unavailable, the next scoring male shall advance.

b. Coaching Selection: Head Coach shall be the winning coach of each Men's/Women's Division. If there is only one coach from the Service who wins both divisions, or they are unavailable, then the Service Representative on site will determine who will be the primary coach and assistant coach.

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10. FORMS AND ROSTERS:

a. All final rosters must be turned in to the Host Project Officer at the Organizational Meeting. Rosters for the Armed Forces Championship will be finalized at this time. Failure to do so shall disqualify athletes from advancing to higher level competition.

b. All athletes and coaches shall complete and sign the Armed Forces Sports Higher Advancement Form (appendix B) for consideration of selection to the Armed Forces Team. All Higher Advancement Forms must be submitted by the Officer in Charge of the respective Service at or before the organizational meeting at the Armed Forces Championship.

c. All athletes, coaches and staff from each Service must sign the Armed Forces Sports Participant Code of Conduct (appendix C) in order to participate at the Armed Forces Championship. The Code of Conduct shall be submitted at the Organizational Meeting. If a training camp to higher level competition is conducted without the conduct of an Armed Forces Championship, then Team Captains shall have all participants sign the Code of Conduct immediately upon arrival and prior to any official activity. If an Armed Forces Championship or training camp is not conducted prior to , the Team Captain shall collect the Code of Conduct forms electronically prior to the delegation's departure to higher level competition.

d. Team Captains, Coaches and Chiefs of Mission shall sign their respective LOI (appendix F/H).

e. Athletes advancing to higher level competition must sign the anti-doping declaration form (appendix K).

11. ALCOHOL POLICY: There will be no alcohol consumption at the sports venue by personnel involved in the Armed Forces Sports competition, including sports staff, until all competition for the day has been completed to include the award ceremony on the final day if the awards banquet immediately follows the event. The venue is defined as the playing area, venue parking lot, and the assigned eating/spectator area. This policy will not apply if the awards banquet or ceremony is conducted as a separate event at a later time. However, more restrictive local policies in regards to alcohol will take precedence. Violation of this policy shall result in immediate suspension from the remaining championship/event, disqualification from higher-level competition and selection to the All-Tournament Team, and shall be subject to further disciplinary actions by the AFSWG.

12. HANDLING OF RULE VIOLATIONS: If there is a violation of the SOP or specific sport rule, the AFS Representative or in their absence, the project officer, will address the respective Service Representative to resolve the issue. Service Representative will resolve the violation before the Service competes in the next event.

13. SAFETY REQUIREMENTS: Service Branches are encouraged to bring their own medical personnel with them to the competition. All other medical support requirements will be provided by the competition organizer (USA Track and Field).

14. ICE-BREAKER SOCIAL. Authorized team members must attend the event in their Service polo shirt, coordinated slacks, and appropriate footwear (exceptions may be made dependant on host site letter of instruction). Guests may attend with pre-coordination with the host site and Service representative. Final decision will be based on availability. Guests will assume costs associated with attending the ice breaker.

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a. The Ice-Breaker Social is an official function and shall be conducted in accordance with local base policies and all participants are expected to conduct themselves in the highest professional manner. Informal activities such as skits, hazing and other activities that include offensive language/behavior are not authorized.