



2023 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

1. COMPETITION RULES: Current World Athletics 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 for both men and women are at the 10k distance unless otherwise stipulated by USA Track and Field.
3. SCORING AND FINAL TEAM STANDING: 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 10k, 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 (5) of the team's seven (7). The winning women's team is determined by adding the displacement finishers of the top four (4) of the team's six (6). The lowest displacement score shall determine the winning teams.
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). Should one of the tied Services have only the minimum number of athletes, then the tie-breaker shall be based on the aggregate times of the "scoring runners" (E.g. total time of the five scoring men or the four scoring women).
5. SCHEDULE OF EVENTS: *Times and dates of events may change as determined by the competition organizers.*
 - a. Day One Teams Arrive
 - b. Day Two Packet Pick-up
 Course Inspection
 Organizational/Technical Meeting
 Informal Ice-Breaker*
 - c. Day Three Team Competitions
 Awards Ceremony
 - 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 coach, team trainer and OIC).

2023 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

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/Medical Personnel
1 OIC
TOTAL: 16

8. TYPICAL TEAM COMPOSITION - CISM: As dictated by host country invitation:

6 Men (Long Course)
4 Men (Short Course)
5 Women
1 Coaches
1 Team Captain
TOTAL: 17

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 10 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, or the invitation file only authorizes one coach, then the proponent Service for higher level competition shall select the coach from the pool of coaches among the participating Services (subject to review and approval by the AFSWG).

10. FORMS AND ROSTERS:

a. All final rosters must be turned in to the Host Project Officer and the Armed Forces Sports representative at the Organizational Meeting. Rosters for the Armed Forces Championship will be finalized at this time. Teams are not authorized to compete at the Armed Forces Championship until the final roster is submitted. Once finalized, the Service team is required to send the electronic roster to the Armed Forces Sports representative prior to the start of competition.

b. All athletes and coaches shall complete and sign the Armed Forces Sports Higher Advancement Form (appendix C) 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. Failure to do so shall disqualify athletes from advancing to higher level competition.

2023 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

c. All athletes, coaches and staff from each Service must sign the Armed Forces Sports Participant Code of Conduct (appendix D) 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 event, the Team Captain shall collect the Code of Conduct forms electronically prior to the delegation's departure to higher level competition. Failure to do so shall disqualify athletes from competing at the Armed Forces Championship and advancing to higher level competition.

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

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

f. All forms are available on the Armed Forces Sports Website at:
www.armedforcessports.defense.gov

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 installation policies regarding 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 administrative actions by the AFSWG.

12. TOBACCO POLICY: All competitors and staff shall refrain from the use of tobacco related products, to include cigarettes, vaping, chewing tobacco, and other smokeless forms at the competition site. Use of these products shall comply with local installation policies and shall only occur in designated areas.

13. ICE-BREAKER SOCIAL. Authorized team members must attend the event in their Service polo or logo shirt, coordinated slacks, and appropriate footwear (exceptions may be made dependent 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.

a. The Ice-Breaker Social is an official function and shall be conducted in accordance with local installation 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.

14. 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

2023 ARMED FORCES MEN'S AND WOMEN'S CROSS COUNTRY CHAMPIONSHIP

before the Service competes in the next game. All code of conduct violations shall be handled according to the Armed Forces SOP (Paragraph 8.b.(4)(e)).

15. **SAFETY REQUIREMENTS:** All Armed Forces Sports shall comply with the safety procedures prescribed by USA Track and Field. Service Branches are encouraged to bring their own medical personnel with them to the competition.