



2025 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.
2. DIVISIONS AND COURSE DISTANCES: 2025 Armed Forces will consist of 10k distance for men and 8k distance for women based on the 2025 CISM Cross Country Championship format. If event is held in conjunction with the USA Track and Field (USATF) National Championship, the distance will comply with current USATF rules.
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. 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 tiebreaker 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 Icebreaker*
 - c. Day Three Opening Ceremony (Optional)
 Team Competitions
 Awards Ceremony
 - d. Day Four Teams Depart

6. AWARDS:

- a. Individual: Medals are given to the top three finishers in the men's and women's competitions based on raw times.
- b. Team Award: Individual medals 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).

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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 17 individuals:

7 Men
6 Females
1 Coach
1 Certified Athletic Trainer/Medical Personnel
1 Ad Libitum
1 OIC
TOTAL: 17

8. 2025 TEAM COMPOSITION - CISM: As dictated by host country invitation:

5 Men (3 individual and 2 for mixed relay)
5 Women (3 individual and 2 for mixed relay)
1 Coach
1 Team Captain
TOTAL: 12

9. SELECTION PROCESS - CISM:

a. Athlete Selection Process.

1) The U.S. Armed Forces Cross Country Team competing at the CISM Military World Winter Games will be determined by the following:

a) Top three (3) men and top three (3) women finishers competing in the individual competition.

b) The next two (2) men and next two (2) women finishers will make up the mixed relay team.

2) The following course lengths apply at the CISM World Championship:

a) Men's Division: 10km – 3 runners

b) Women's Division: 8km – 3 runners

c) Mixed Relay: 8km (2 x 2km) – 2 men/2 women runners

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

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required to send the electronic roster to the Armed Forces Sports representative prior to the start of competition.

b. 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, higher level competition, and CISM competition. 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.

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 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, higher level competition and CISM 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. 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.

a. Ice-breaker social shall be conducted at all Armed Forces Championships. Food/beverages are optional depending on the availability of funding/authorizations. If the event is conducted outside of a military installation, then the ice-breaker social shall be optional.

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b. 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.

c. 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 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.