



2026 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**. 2026 Armed Forces will consist of 10k distance for men and 8k distance for women based on the 2026 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-scoring runner 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 race organizers.

- a. Day One Teams Arrive
- b. Day Two Packet Pick-up
Course Inspection
Organizational/Technical Meeting
Informal Icebreaker (Optional)
- c. Day Three Opening Ceremony (Optional) - However, all Service flags to include the Space Force and Coast Guard flags shall be displayed or posted with colors. If all Service flags are not available, then only the American flag and host Service flag shall be displayed.

Team Competitions

Awards Ceremony - (Immediately following the final race) Service teams will wear Service warm-ups or competitive uniforms at the awards ceremony. Individual athletes who do not comply will not receive awards or be selected to 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 with Ice-Breaker Dress Policy. Footwear shall be at the discretion of the attending Service Representatives.

- d. Day Four Teams Depart

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6. AWARDS.

- a. Individual. Awards are given to the top three finishers in each division.
- b. Team Award. Each member of the winning and runner-up teams (to include the coaches, team trainer and OIC) receives individual awards.

7. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP.

7 Men

6 Females

1 Coach

1 Certified Athletic Trainer/Medical Personnel

1 Ad Libitum

1 OIC

TOTAL: 17

8. 2026 TEAM COMPOSITION – CISM. As dictated by host country invitation:

4 Men (10k)

4 Women (8k)

2 Men (Mixed Relay)

2 Women (Mixed Relay)

1 Coach

1 Ad Libitum

1 Chief of Mission

TOTAL: 15

9. SELECTION PROCESS – CISM.

a. Athlete Selection Process.

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

- a) Top four (4) men and top four (4) 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.
- c) If unavailable for higher advancement, the next scoring runner in their respective division shall advance.

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

- a) Men's Division: 10km – 4 runners
- b) Women's Division: 8km – 4 runners
- c) Mixed Relay: 8km (2 x 2km) – 2 men/2 women runners

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b. Coaching Selection.

1) The Head Coach for the Armed Forces Team shall be the overall winning Head Coach of the Men's and Women's Armed Forces Championship (subject to review by the Service Representatives at the Championship).

2) If separate Services win the championship either in the men's or women's division, 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).

3) If the invitation authorizes a second coaching position, then the following applies if the AFSWG authorizes a second coach:

a) If separate Services win the championship either in the men's or women's division, the winning coach of their respective team shall coach at the CISM Championship. For example: Army wins Men's division, they coach the men at CISM. Navy wins Women's Division, they coach the women.

b) If one Service wins both Men's and Women's divisions, then the proponent Service for higher level competition shall select the coaching staff from the pool of coaches among the participating Services and shall determine the coaching strategy for the CISM Championship (subject to review and approval by the AFSWG).

c. Chief of Mission and Team Captain/Ad Libitum Selection. The designated proponent Service is responsible for the selection of the Chief of Mission and Team Captain/Ad Libitum roles in accordance with paragraphs 8.d.7) and 8.d.8) of the Armed Forces Sports Standard Operating Procedures (SOP).

10. FORMS AND ROSTERS.

a. All final rosters and code of conduct forms shall be submitted in accordance with the deadlines established in the LOI for each respective sport and shall be submitted electronically to the Armed Forces Sports representative. Failure to provide rosters will result in the Service disqualified from participating in the Armed Forces Championship.

b. All athletes and coaches shall complete and sign the Armed Forces Sports Higher Advancement Form (appendix C) electronically 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. Teams advancing to higher-level competitions shall not exceed the number of allocations specified for each sport per appendix (B). 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, higher level competition, and CISM events. The Code of Conduct shall be submitted at the start of the Organizational Meeting, or electronically prior to 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

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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), if applicable.

f. All eligible participants advancing to higher-level competition must complete country/theater clearance trainings per the Foreign Clearance Guide, with Service representative submitting the completed spreadsheet to AFSCS prior to the start of the organization meeting.

g. 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, including 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. ICEBREAKER 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.

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, code of conduct or specific sport rules, the AFS Representative or in their absence, the project officer, will address the respective Service Representative to resolve the issue. Service Representative will resolve

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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)(f)).

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