



## **UNIFIED CROSS COUNTRY RULES**

The spirit of Unified Sports is one of inclusion and encouragement; therefore, good sportsmanship will be paramount by both the coaches and players. Although partners benefit inherently from their participation, their role is one of a player, role model and a friend. Overall, the goal of Unified Sports is to help change the culture of the participating schools and to have fun together.

### **Section 1. RULES**

#### **A. PLAY**

1. The Cross Country course shall be no longer than 1.5 miles with the minimum length being 1 mile.
  - a. The championship course will be 1.5 miles.
2. Cross Country races may not be held on hard surfaces or on heavy vehicular traveled roads.
  - a. This shall not include courses where the hard surface constitutes only a crossing on a designated course
3. Each team member must wear a uniform as it complies with current Federation rules.
4. No runner shall compete barefoot.

#### **B. SCHEDULE/MEETS**

1. Scheduled meets may be postponed because of weather or course conditions.
  - a. Special Olympics must be notified of any postponement by the host school.
2. Teams will receive at least a ten-minute warmup prior to the start of the meet.
  - a. Teams who arrive late will also receive this warmup time.
3. Special Olympics will be present with a stopwatch and time the event.

#### **C. CONDUCT OF MATCHES**

1. Host schools must have a pre meet meeting to go over course layout and answer any questions from visiting schools.
2. Course maps must be provided to all teams in attendance.
3. A complete copy of meet results must be submitted to Special Olympics Rhode Island within three (3) days of the completion of all meets.

#### **D. ROSTERS:**

1. Roster sheets are to be carried by the coaches to each scheduled meet.
2. All rosters must have the following Name, Age, Gender and DOB and Partner Athlete status.
3. All athletes must have a valid Assumption of Risk form, on file with their school