

# Starting Line / Finish Line and Cross Country Etiquette

## Cross Country Spectator, Athlete and Coach Etiquette

In an effort to ensure that every runner is given an equal opportunity to complete our cross country courses safely while giving parents and spectators ample opportunity to view the participants, Knoxville Youth Athletics has developed simple guidelines for parents and spectators to follow during the meet. Please take time to go over these simple rules and pass them along to your family members or meet guests.

### Course

Coaches, Parents and spectators are welcome to view runners on the course however the course is set up **for the** runners. Please be aware of caution tape, flagging, red traffic cones and painted lines. These are used to outline the course boundaries. Spectators should stay outside of the course boundaries and never cross over the course while a race is in progress. Crossing in front of runners no matter what place they are in is both hazardous and disrespectful. Wait till the ENTIRE FIELD has passed before you cross over a course boundary. Once your runners race is over please do not use the course to exit the competition area until the race is completely finished. Use caution when walking around course boundary markers so as not to alter their placement or direction. This could effect the direction the runner takes on the course. Remember the course is our "Field of Play". Think twice about placing yourselves in it. You would not be able to randomly cross a football field in the middle of a game or walk across the free throw line to get to the other side of the court while a game is in progress – the same applies to our courses in cross country.

### Family Pets

Under **NO CIRCUMSTANCES** will family pets be allowed at our cross-country meets. If someone insists on brining their pet they will be asked to leave the facility. Large crowds and pets do not mix well. We have had instances of pet – athlete – spectator interactions that have not gone well and we will not tolerate this in our program

### Assistance

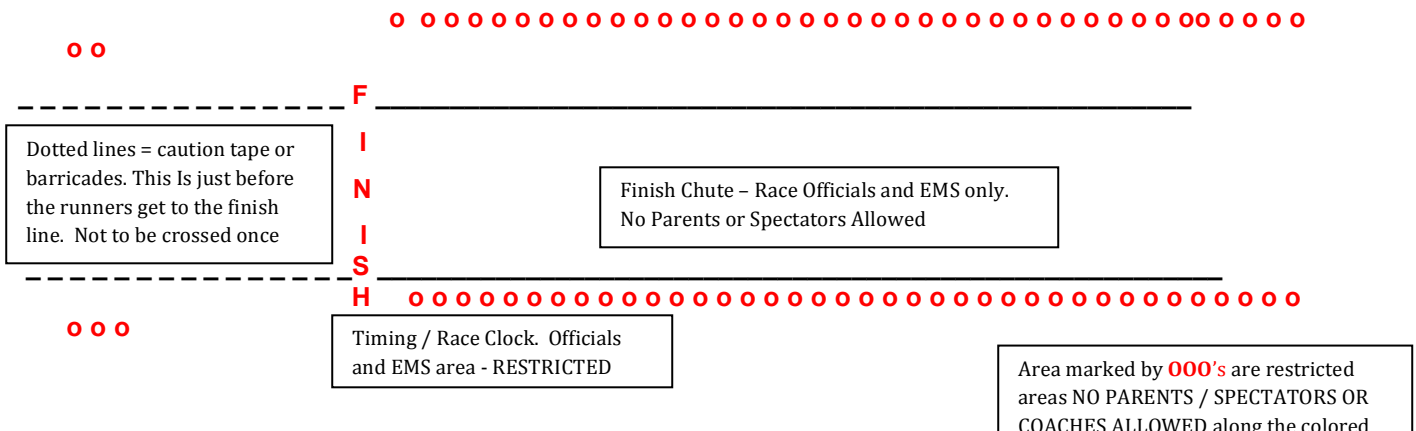
Pacing or running, biking along side of an athlete during a race is prohibited. If an athlete needs special assistance due to a disability please make sure race officials are aware of this prior to the start so accommodations can be made. Providing fluids during the race outside of that provided by officials is not allowed unless a participant is in physical distress.

### Starting Line

In order to insure a safe and equitable start for participant's, all parents, spectators and coaches will not be allow to gather in front of the starting line for any reason. Team pictures, coach's last minute instructions will take place behind the athletes.

### Finish Line

KYA finish lines are generally set up in the following manner. Please pay close attention to the areas where parents, spectators and coaches are not allowed to stand or gather. Notice where the finish clock is located and make sure all runners and spectators have a clear view of the clock – i.e. do not stand in front of the clock blocking its view.



## **Athlete Etiquette**

All runners should show respect for each other on the course and in the finish chute. Though starts will be crowded please make sure your runners do not shove, trip or push other runners. Extending hands and arms for balance or to prevent collisions are within competitive boundaries. Intentional acts of shoving, tripping, pushing or unsportsmanlike conduct will result in a disqualification from the race and a meeting with KYA Director, school coach, parents and athlete. Runners are not allowed in any form shape or manner to intentionally impeded the forward progress of another runner. This is most especially true when running in to the finish line. Athletes must keep arms and hands in towards their body and they are not to be used to block someone's progress to the finish line. This to will result in disqualification from the race. Please encourage your athletes to act like they have crossed a finish line before – grandstanding, cartwheels, etc. are discouraged. Once the finish line is crossed all runners should stay in line and in order not passing or shoving in the chute.