

# NASHVILLE YOUTH ATHLETICS

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## **NYA CROSS COUNTRY PROGRAMS ELEMENTARY SCHOOL / MIDDLE SCHOOL / HIGH SCHOOL**

### **Cross Country Spectator Etiquette**

In an effort to ensure that every runner is given equal opportunity to complete our cross country courses safely, while giving parents and spectators ample opportunity to view the runners, NYA 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 and meet guests.

### **Course**

Spectators are welcomed to view runners on the course; however, it is important to remember that the course is set up for the runners. Please be aware of caution tape, flagging, 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 the race is in progress. Crossing in front of runners, no matter what place they are in, is both hazardous and disrespectful. Wait until the ENTIRE FIELD has passed before you cross over a course boundary. Once your runner's race is over please do not use the course to exit the competition area until the race is completely finished. This could affect the direction the runners take on the course.

### **Assistance**

Pacing, running, or biking along the side of an athlete during a race is prohibited. If an athlete need 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 clear physical distress.

### **Finish Line**

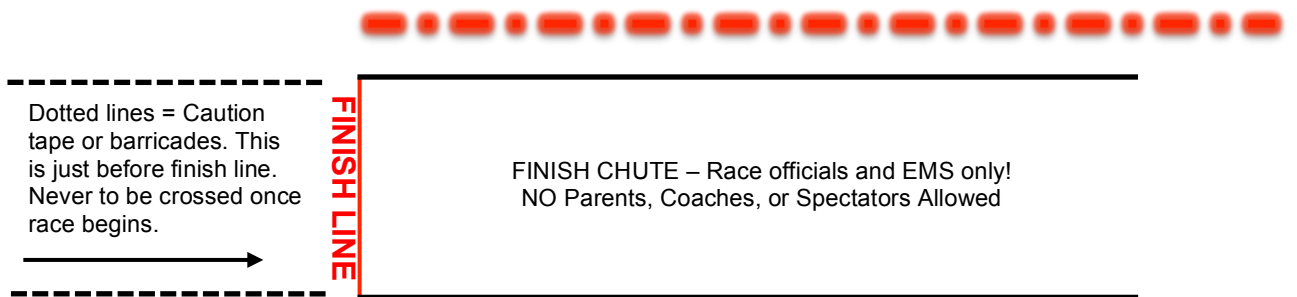
NYA finish lines are generally set up in the following manner. PLEASE pay close attention to the areas where parents, coaches, and spectators are NOT allowed to stand or gather (Diagram on Page 2 below). Notice the finish clock location and make sure all runners and spectators have a clear view of the clock – i.e., do not stand in front of or block the view of the clock.

### **Participant Etiquette**

All runners should show respect for each other on the course and in the finish chute. Though starts can 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 is allowed, within good sportsmanship. This is particularly true when running towards the finish line. Any runner impeding another athlete's ability for forward progress will be disqualified. Intentional acts of unsportsmanlike conduct will result in disqualification from the race and a meeting with NYA Director, coach, parents, and athlete. Please also encourage your athletes to act like they have crossed a finish line before – no grandstanding, cartwheels, etc. Once the finish line has been crossed, all runners should stay in line and in order – no passing or pushing in the chute.

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Timing / Race Clock.  
Officials and EMS area.  
RESTRICTED AREA

Area marked with **RED dotted line** above is a RESTRICTED area. No parents, coaches, or spectators allowed along the colored flags that make up the finish chute. Athletes will be released from chute area to parents and coaches once their number has been pulled from the bib and we have assured there is no need for medical attention.