

Horizon Cross Country Rules

1. All athletes are expected to follow all rules in the student handbook.
2. Athletes must meet the eligibility requirements of HHS in order to participate in Track.
3. Stealing is a serious offense and will be dealt with as such.
First Offense: Immediate 2 week or 2 meet suspension from the team (whichever is greater)
Second Offense: Immediate dismissal from the team.
4. Practice times will be announced and followed closely. All athletes are to be at the designated spot and on time. Athletes must check out with their coach if they leave early.
5. **3-2-1 Rule for Attendance.** If you miss three practices for any reason you will sit out of one meet. If you continue to miss two more times then you will miss another meet. And after that, if you miss one more time then you will be dismissed from the team.
6. Physical contact between boys and girls will not be permitted during meets, practices, or at any other time the athlete is representing HHS. This includes travel time on away trips.
First Offense: Hustle Time and parent contact
Second Offense: Dismissal from the team
7. Swearing, rudeness or obscene gestures are not the qualities or traits tolerated on the HHS Cross Country Team.
Offense: Hustle Time
8. All music must be listened to through headphones. No open music will be allowed on the bus, van, or at the meet site. (Coaches discretion).
9. HHS will be represented in a positive manner at every competition and in the public eye. This means; leaving the team gathering site cleaner than we found it when we arrived, and respecting all calls and officials requests.
10. An athlete must be in attendance at school the ENTIRE day prior to participating in practice or contests. This includes presence on Friday for eligibility to compete in Saturday contests. Exceptions to this rule must be cleared by the Head Coach. Infractions of this rule could result in a suspension of the athlete in the next meet.

I have read the HHS Cross Country rules. I understand that my son/daughter will be governed by these rules. I have reviewed and discussed the rules, as well as the Student Handbook rules with my child. Their signature, as well as mine, hereto evidence our understanding of the rules and consequences of violations.

Parent/Guardian

Date

Athlete

Date