

## MWCAA GENERAL RULES

1)

In Divisions I and II: Men may enter up to 4 events, with a maximum of 3 running events. (the walk is NOT considered a running event) Women are allowed to enter up to 4 running events. No Minimum requirement (competing in one event is allowed). There is an exception for Div III where an individual can run all four events if they wish.

2)

Each participant must wear a TOP with the company name prominently displayed on the front. NOTE: Any article of clothing bearing the company name will do (no uniform required).

3)

'B' teams do not count toward the 'A' team total but score on their own and collect awards for their places. (They DO count against the other teams!) The 5K & 10K events do not have 'B' Teams.

4)

Medals will be awarded to each person in the top 3 teams/event. In the 5K, 10K & Walk, since there is unlimited participation, medals will be awarded to those that "score" for their respective teams. A team trophy will be awarded to the 1<sup>st</sup> place (Div I) and top 3 places in Div II & III.

5)

In all age restricted events, age is determined as of 12/31 of the year that the meet is run in (i.e. if you turn 40 this year you are a master.)

6)

Final Team Score Tie Breaker: Ties will be resolved by using complete event head to head competition to resolve all ties for ALL places in ALL divisions. (Essentially it gives one point to each team for each event they beat the team they're tied with. In the unlikely case that after that there is still a tie, total 1st place finishes will be used, followed by 2nds etc down the line until the tie is resolved. If a tie still exists, then the team with the best finisher in the 5K Run event (regardless of gender) will break the tie.

7)

A Rules Committee will be appointed the day of the event to field protests/complaints. Each team will have a representative. Standard track & field rules will apply.

### 8-A) Eligibility

Participants must have been employed at least 20 hrs a week. Retirees, on-site agency personnel/contractors, interns and co-ops are eligible. For Div II & III, spouses of participating employees, retirees, on-site agency personnel/contractors, interns and co-ops are eligible.

#### 8-B) Alumni:

- A given CCR team can only allow 5 alumni runners per year
  - Each Alumni Runner can only compete in two A-team events (they can compete in other B-team events)
  - Alumni must have been permanent employees a minimum of 5 years (no contractors/agency)
  - Alumni must have attended a minimum of 3 annual CCR's.
  - Alumni must not be employed by another company that presently competes in the CCR
  - Alumni can only run for the last CCR participating company for which they meet the alumni requirements.
- The Team captain is required to declare all alumni runners via an e-mail to the other team captains in their respective division, 2 weeks prior to race-day. The declaration will include the work/CCR history of the each alumni runner and any unusual exceptions relative to this runner.
- Retirees are not included in the Alumni rules.
  - Rule cannot be revised before 2011, without unanimous captain's vote.

#### 8-C) Corporate Parent Company Qualification

Employee's that work for a company that is partially or wholly owned by a parent company are eligible to participate on the parent companies team, if the parent companies ownership is greater or equal to 51% of that company. If later on, the partially/wholly owned company decides to compete in the event as a stand alone company, then it's employee's can no longer compete on the parent companies team, and visa versa. MWCAA Board has final decision for any exceptions that may occur.

9)

Event scoring: 1<sup>st</sup> place-11pts, 2<sup>nd</sup>-7pts, 3<sup>rd</sup>-4pts, 4<sup>th</sup>-3pts, 5<sup>th</sup>-2pts, 6<sup>th</sup>-1pt, 7<sup>th</sup> & below-0pt.

Teams not participating in an event will receive no points.

10)

Men and women will run together in each of the 5K (Run & walk) & 10K road events.

11)

Shot Put Weight Determination:

Women 49&Under will use 4 Kilo (8 lb 13 oz), 50+ use 3 Kilo (6lb 10oz). If a 3 Kilo shot is unavailable, women 50+ will also use the 4 Kilo shot.

Men 18-49 will use 16 lb, 50-59 use 12 lb, and 60+ use 8 lb.

12)

For the Shot-put & Jumps the 2 highest scores will be added to make the A team score, the next two highest scores will be added to make the B team score, the next two will be the C team score and the next two will be the D team score. Pre-race designation of who is on the A, B, C or D team will not be required.

13)

1/4 inch or less spikes are allowed on the track, unless otherwise directed by the Event Coordinator.

14)

For the Men's 1600m run and the Women's 800m run, the two lowest times will be added to make the A team time, the next two lowest times will be added to make the B team time, etc. Pre-race designation of who is on the A, B, C or D team will not be required.

(updated fall 2008)

15)

The Men's 1600m and Women's 800m is an open race and does not require a 2-person team to participate. This means that an individual can participate in the event even if they are not part of a two person scoring team. This individual will not be included in the team scoring, but this individual can run this event.

16)

5K/10K/Walk Scoring: Each Div I & II runner is scored using cross-country scoring in 5 year age groups (i.e. 24&Under, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+). Div III runners are scored by 10 year age groups (i.e. 29&Under, 30-39, 40-49, 50-59, 60-69, 70-79, 80+). The participants place finish in their age group becomes their point score (i.e. if they place first in their age group then their score is 1 point, 2<sup>nd</sup> in their age group their score is 2 points, 3<sup>rd</sup> in their age group their score is 3 points, etc.) For each team the officials take the 5, 4 or 3 lowest point scores (depending on the event) and add them up (i.e., you have 10 runners on the team, 2 runners finish 1<sup>st</sup> in their respective age group's and 3 other runners finish 2<sup>nd</sup> in their respective age group, then the officials will sum up  $1+1+2+2+2 = 8$ . And 8 is the team score). The lowest team score wins the event.

16a) Participants in the 5K Walk can only be disqualified by the Race Walk Judge.

17)

5K/10K/Walk Tie-Breaker: Ties between men's or women's teams in any given race will be broken by the best individual overall finish in that race (i.e. if two teams are tied in the 10K, whichever team had an individual cross the line first (regardless of age) wins.)

18)

Div III exceptions: a) 4x100 (no female or masters runner requirement b) Sprint Medley Relay (same event as sub-masters sprint relay for Div I & Div II, but there is no over 30 age requirements for Div III) to include 1 female minimum. The runners can be of any age. c) Distance Medley Relay (same event as sub-masters distance relay for Div I, but there is no over 30 age requirements for Div III) to include 1 female. The runners can be of any age.

19)

5K Walk Exception for out of town teams: Out of town teams will receive last place points in the men/women's 5k walk if they do not field a complete team. Out of town teams status will be voted on by the team captains, before the event date, on a case-by-case basis.

20)

Div II & III teams may field a non-scoring executive relay team if they wish.

21)

Executive relay Div I scoring exception. If a div I team can not field a complete Executive Relay team and has to substitute one manager they will receive last place points (i.e. if only 2 teams field exec. Relays then they will earn 1<sup>st</sup> and 2<sup>nd</sup> place points, and the rest of the div I teams that substituted one runner will receive last place points. The purpose is to allow the exec relay to be a scoring event without causing a large penalty to a team that cannot field a complete exec. Relay. Teams that cannot field a team will not receive points.

22)

Events that call for a woman participant and a masters participant, require that this be two separate participants (i.e. a woman participant who is over 40 does not meet both requirements). This also applies to the master relay, where the woman participant and over 50 participant must be two separate participants.

23)

All events will start at the time designated by the MWCAA Board and Captain's. If an event is completed early, the Event Coordinator will not start the next ahead of schedule.

24)

5K/10K Course Restrictions: Due to safety and liability concerns, Rollerblades, strollers/baby-joggers, bicycles (other than lead cyclist and walking judge) and pets are not allowed on the 5K/10K courses during the races.

**(Official MWCAA General Rules first approved on 5/25/04)**

**Updated per 11/16/05 Board Meeting (JJB)**

**Updated 3/7/06 during Board Meeting (Wold)**

**Updated 11/29/06 during Board Meeting (Wold)**

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