

2022 YOUTH RUNNING PROGRAM POLICY



**Sports Branch
Semper Fit Division
Marine Corps Community Services
Lejeune-New River, NC**

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Mission & Contacts

Youth Sports Mission

Lejeune-New River Youth Sports will develop and deliver quality and affordable youth sports programs to help build positive characteristics through participation in a fun, friendly, and safe family environment. Lejeune-New River Youth will develop a sense of belonging, a sense of worth, and the ability to interact with their peers through participation in Youth Sports.

Youth Sports Offices

Office Hours: 0830-1630 Tue-Fri @ Lejeune during the sport season**

**The sport season is when youth games are being played on Saturdays.

MCB Camp Lejeune

Hours of Registration: 0830-1630 TU-FRI

Location: Bldg. 1985 Stone St.

Contacts: 910-451-2177; 910-451-2159

Fax: 910-451-5437

Mailing Address: Attn: SPOR

1401 West Road

Camp Lejeune, NC 28547

Website: mccslejeune-newriver.com/youthsports

Youth Running Program Registration Deadlines & Refund Policy

The registration period will be conducted from 10 January- 4 February 2022. Proof of age (copy of birth certificate, dependent I. D. card) will be required upon registration.

Refund Policy

A full refund will only be given during the open registration period. There will be a \$15 surcharge for disenrollment per child after the registration period. No refunds will be given after the first meet.

Financial Hardship Waivers

Financial Hardship Waivers will be evaluated and granted in accordance with DoD and service fee policies.

Purpose

To provide information and instructions concerning the Lejeune-New River Youth Running Program, hereinafter called "program".

It is the policy of the League to conduct activities so that the physical and moral welfare of the young people, for whose benefit it is organized, shall remain paramount.

The purpose of the program is to provide authorized youth with a fun activity, which firmly implants the ideals of good sportsmanship, honesty, loyalty, courage, and respect for authority.

Coaches', Parents', & Staff Responsibilities

Coaches Responsibilities

Coaches are responsible for creating opportunities for participants to acquire the basic knowledge of running/skills as well as implementing concepts of:

- o Sportsmanship
- o Team Work
- o Self Discipline
- o The value of athletic competition

Coaches are responsible for the administrative duties of their team, including but not limited to:

- (1) Providing players with quality instruction matched to the player's learning and understanding levels whenever possible.
- (2) Total administrative control of the team.
- (3) Ensure your assistant coaches are certified through the youth sports office.
- (4) Ensure that assistant coaches and players comply with league rules.
- (5) Always set the example for your team by maintaining the high standards expected of an NYSCA certified coach, which includes but is not limited to: fundamental instruction, skill development, rules of the game, teamwork, and character development. Make your practices fun. Never exercise as a method of punishment, or withhold fluid intake. Hydration is very critical for your young athletes' sustainability and wellness, as is stressing the importance of healthy eating habits.
- (6) Ensure assistant coaches and players treat officials and opponents with respect before, during, and after the activity/game.
- (7) Coaches will not leave the facility with players still remaining at the facility (unless the child is accompanied by an adult).
- (8) Coaches are responsible for the accountability of all children assigned to their team and will not leave children unattended.
- (9) Volunteers and staff are not authorized to transport youth in their private vehicles.

- (10) Coaches must be present for all practices at least 15 minutes before scheduled start time. If a coach cannot be present, he/she must ensure a pre-authorized youth sports volunteer is appointed to take their place.
- (11) Coaches will function within limits of their volunteer status. You may not remove players from your team; exchange players between teams; make exceptions to the age requirements; allow unregistered players to participate; or promise parents that their child will play on your team.
- (12) Communicate directly with the Youth Sports Staff or the Youth Sports Manager on any area of concern and incidents that occur. If the head coach must step down at any point of the season, they must notify their participants and youth sports immediately. The Youth Sports staff is here to support our families and volunteers.

Parents Responsibilities

Ensure you and your child attends practices and games; be supportive and encourage all others to abide by, and support the “Parents’ Code of Ethics.”

Parents are required to pick-up their children promptly at the end of practices and scheduled games. If a child is not picked-up within fifteen minutes at the conclusion of practice or a scheduled game, appropriate action will be taken which could result in PMO being contacted.

Communication is vital to the success of the program and the enjoyment of our participants. Please speak directly with the Youth Sports Staff on site or Youth Sports Manager on any area of concern and incidents that occur. The Youth Sports staff is there to support our families and volunteers.

Youth Sports Staff Responsibilities

MCCS Lejeune-New River Youth Sports Staff are responsible for providing a safe, educative, and skill building sports program for the youth participating in Lejeune-New River Youth Sports Programs. This includes taking all appropriate steps to ensure participant safety, education of coaches, program accessibility, and most of all, maintaining participant fun throughout all programs!

MCCS makes every effort to ensure the safety and well-being of children involved in recreational programs activities like youth sports. This includes conducting thorough background checks and providing annual training for all staff and volunteers on reporting suspicions of child abuse or neglect.

If you suspect child abuse or neglect it is a moral obligation to report your concern. Contact the Family Advocacy Program Camp Lejeune 451-9563 or MCAS NR 449-6110, and civilian Department of Social Services/CPS at 910-219-1955 or after hours call the Sherriff’s Department 910-455-3113 and ask for the Emergency Duty Social Worker.

If you witness violence or know someone is in immediate danger, call 911 or PMO.

Guidelines for Social Media Participation

These guidelines apply to all participants in the Lejeune-New River, Semper Fit Youth Sports program who create or contribute to blogs, wikis, social networks, virtual worlds or any type of Social Media. Examples: Twitter, Yelp, Wikipedia or Facebook.

Our goal is to ensure participation in social media that involves MCCA Youth Sports is conducted with respect, and safeguards confidential information of our participants.

1. Postings should not disclose any information that is confidential or disclose information pertaining to individual, volunteer parent or children.
2. Internet postings should not include MCCA logo or trademarks
3. Do not post negative comments or pictures regarding any aspect of Youth Sports. This includes but is not limited to coaching, officiating, parents, staff or participants.
4. Comments that are posted that can be construed as harassment or bullying will not be tolerated.

Failure to comply with guidelines may result in removal from MCCA Youth Sports Program.

Concerns regarding any aspect of the Youth Sports program should be directed to the Youth Sports Staff or the Sports Branch Head.

Semper Fit Rights

Marine Corp Community Services, Semper Fit Division has the reserved authority to implement and interpret all rules, regulations, and sanctions stated in this policy manual as written.

Governing Rules and Bodies

Governing Bodies

Operating Procedures stated in this document by the Youth Sports Department will be utilized as the official ruling body/document for the 2022 youth running program season.

Lejeune- New River Youth Sports will conduct the program.

MCAS New River Participation

Registrants from MCAS New River can register at Lejeune or New River Youth Sports offices and will participate on teams assembled at Lejeune. Practices and meets are conducted at Liversedge Field aboard Camp Lejeune.

Meetings

Lejeune-New River Youth Sports will be responsible for organizing and conducting a coaches' and parents' meeting prior to the start of the running program season; and additional meetings if necessary.

Safety

It is the policy of Lejeune-New River Youth Sports to keep all playing sites safe and free of anything that could put a child in danger. In doing so, we follow the National Standards for Youth Sports. In keeping with these standards, Drug, Alcohol, Tobacco Products and Pets are not allowed at any Youth Sports function. At a minimum, one staff member or volunteer on-site will be CPR certified. Additionally, all final decisions will rest with Youth Sports Administration as related to safety.

Touch Policy

Touch is absolutely necessary for the nurturance and development of children. MCCS Youth Sports will provide standard procedures addressing appropriate touch. At a minimum, MCCS Youth Sports Volunteers will adhere to the following procedures:

APPROPRIATE TOUCH INVOLVES:

- o Recognition of the importance of physical contact to child nurturance and guidance.
- o Adults respecting the personal privacy and personal space of children.
- o Adults responding to the safety and well-being of the child (i.e. holding hands to cross the street, assisting when a child has an accident, holding a child gently but firmly in a bear hug when the child may endanger himself/herself or others when upset).
- o Modeling of appropriate touching such as high-fives, a quick hug, pat on back of head, handshake or other similar types of contact.
- o Children have the option to refuse touch except to ensure the safety of other children.

INAPPROPRIATE TOUCH INVOLVES:

- o Coercion or other forms of exploitation of the child's lack of knowledge.
- o Satisfaction of the adults needs at the expense of the child.
- o Violation of laws against sexual contact between an adult and child.
- o An attempt to change child behavior with adult force often applied in anger.
- o Examples of inappropriate touching includes: forced goodbye hugs and kisses, corporal punishment, slapping, striking, pinching, tickling for prolonged periods, grabbing or pulling a child toward you in anger, fondling, or molestation.

Head Injuries

MCCS Youth Sports is dedicated to providing a safe playing atmosphere for the Lejeune-New River community, therefore, the NYSCA philosophy regarding injuries of "When in doubt, take them out" should always prevail. The following policies and procedures will be adopted concerning potential head injuries.

If a participant appears to be confused, unconscious, or dazed as a direct result of an impact to the head coaches will administer the Standards Assessment of Concussions to the participants. If any of the test lends itself to a possible concussion the athlete will be removed from the

activity and will not be allowed to return until given written medical clearance by a health care professional with experience in evaluating for concussion.

Prior to season start: All coaches will complete the Center for Disease Control's "Heads Up Online Training Course" and present a certificate of completion to the MCCA Youth Sports Office.

All MCCA Sports Staff will complete the Center for Disease Control's "Heads Up Online Training Course" annually.

Parents will be given a copy of the Heads Up FAQ sheet at the time of registration. In order to develop a baseline assessment for the participant; parents and coaches are encouraged to perform the SAC test prior to the season.

Coaches and Youth Sports staff members will be required to keep the SAC test accessible during all practices and games.

All incidents of head injury **must be reported to the Youth Sports office immediately.** * **Youth Sports representatives are on site during track meets.** All incidents will be documented and **maintained** by the MCCA Youth Sports office.

Drug, Alcohol, Tobacco, and Pet Policy

MCCA is committed to providing an environment that does not encourage the use of tobacco, drugs or alcohol. Tobacco includes, but is not limited to: cigars, cigarettes, electronic-cigarettes (e-cigarettes), stem pipes, water pipes, hookahs, and smokeless products that are chewed, dipped, or sniffed.

Our organization's goal is to provide a safe and healthy youth recreational environment and we recognize that there are numerous health hazards resulting from the use of drugs, alcohol, and tobacco products including smokeless products (*e.g.* e-cigarettes). We understand our responsibility to the participants is to model and promote healthy lifestyles. We also realize that the commercial alcohol and tobacco industries strive to make a connection between athletics and alcohol & tobacco use and we promise to refuse any compensation, either monetary or goods, from any tobacco organization's program, promotion, or advertisement.

We stress to coaches, officials, administrators, parents, volunteers, spectators, and all others involved the importance of maintaining a tobacco, drug and alcohol, and pet free environment while working with young people. Through a collective effort we will provide an environment that is free of tobacco, drugs and alcohol, and pets at all events.

The use or possession of any form of tobacco, drugs or alcohol during MCCA activities is prohibited. This includes, but is not limited to leagues, practices, games, tournaments, competitions and organization-sponsored events. This policy applies to all participants, coaches, officials, administrators, parents, volunteers, spectators, and all others involved in the program.

References: MCIEAST-MCB CAMLEJO 1700.6 (Alcohol/Drugs)
SECDEF Policy Memo 16-001 Dtd. 8 Apr 16 (Tobacco policy- e-cigs)
MCIEAST-MCB CAMLEJO 10570.2B _Domestic Animals 2AUG2021(Pets)

Youth Sports Eligibility Criteria

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Youth Athlete

Family members of active duty military, retired military, and DOD eligible personnel between the ages of six (6) and thirteen (13) as of 01 May of the participating year are eligible to participate in this program.

Player Participation Criteria

The intent of the Youth running program is to ensure all children have ample opportunity to participate in running events within their peer/age group.

Coaches of Youth Sports

Youth Coaches are volunteers and must be at least 18 years of age to be a Head coach, or 16 years of age to be an assistant coach and approved by the Youth Sports Department.

Coaches' Package

Coaches are selected providing all preliminary coaching criteria is met. Individuals interested in coaching must submit a volunteer coach's package to youth sports, and complete the following additional requirements:

1. Complete the NYSCA youth sports certification program.
2. Complete a FBI criminal background check at MCCS Human Resources, Bldg. 1401.
3. Complete the DD 2793 Volunteer Agreement.
4. Complete the CDC "Heads-Up" Concussion Training program.
5. Attend Child Abuse Prevention/Recognition training. *Note:* Active Duty Volunteers may provide documentation of current UMAPIT or IDC training in lieu of annual class.

Background Checks

All persons applying to be a coach of a youth sports program are required to successfully complete a criminal background check as stated in DODI 1402.05. The ultimate decision to determine successful completion and fulfillment of the criminal background check is at the discretion of the Youth Sports Manager and/or Athletic Director. All applicants will sign the background check as signed under penalty of perjury.

Evaluation of criminal history background checks is made and monitored by the Youth Sports Manager and/or Athletic Director; final position hiring decisions rest with the same individuals.

Refusal to fulfill a background check will be considered an automatic disqualifier for the applicant refusing.

Mandatory Disqualifiers for Youth Coaches

Applicants found to have an offense that falls within the following categories will not be recommended/approved for coaching a youth sports program.

1. ANY conviction, to include current investigations, for a sexual offense, a drug felony, a violent crime, or a criminal offense involving a child or children.
2. A wide range of offenses such as arson, homicide, robbery, fraud, or any offense involving possession or use of a firearm.
3. Evidence that the individual is a fugitive from justice.
4. Evidence that the individual is an illegal alien who is not entitled to accept gainful employment for a position.

Discretionary Criteria Disqualifiers for Youth Coaches

Applicants found to have offenses, or current investigations, which fall within the following categories, will only be allowed to coach a youth sports program at the discretion of the Youth Sports Manager and/or Athletic Director. Additional information, interviews, etc. pertaining to the offense in question may be requested before a final decision is made.

1. Acts that may tend to indicate poor judgment, unreliability, of untrustworthiness in working with children.
2. Any behavior; illness; or mental, physical, or emotional condition that in the opinion of a competent medical authority may cause a defect in judgment or reliability.
3. Offense involving assault, battery, or other abuse of a victim, regardless of age of the victim.
4. Evidence or documentation of substance abuse dependency.
5. Illegal or improper use, possession, or addiction to any controlled or psychoactive substance, narcotic, cannabis, or other dangerous drug.
6. Sexual acts, conduct, or behavior that, because of the circumstances in which they occur, may indicate untrustworthiness, unreliability, lack of judgment, or irresponsibility in working with children.
7. A wide range of offenses such as arson, homicide, robbery, fraud, or any offense involving possession or use of a firearm.
8. Evidence that the individual is a fugitive from justice.
9. Evidence that the individual is an illegal alien who is not entitled to accept gainful employment for a position.
10. A finding of negligence in a mishap causing death or serious injury to a child or dependent person entrusted in their care.

Selection Process

The selection process will include a review of the coach's package, background check, having a child or not on the team, past coaching performance, willingness to participate in meeting(s), clinics and player evaluations are also considerations. A returning coach moving up or down from one division will compete equally with all other prospective coaches for selection on a first-come, first-serve basis.

Certification Requirements

The National Youth Sport Coaches Association (NYSCA) must certify all head coaches and assistant coaches. The Youth Sports Department will announce and conduct certification clinics. All coaches are required to attend any and all seminars/clinics that the program may require.

Basic Coaching Guidelines

- 1) While each coach will have his or her own style of coaching, the Head Coach is ultimately responsible for all activities their team engages in. All subordinate coaches take direction from, and report to the Head Coach. Parents should support the Head Coach's requests for things within reason. Since there is an enormous amount of responsibility placed upon the Head Coach, they should be properly prepared to carry out the basic tasks of team training, and organization.
- 2) Ensure the players are warmed up and stretched before every practice/game.
- 3) Make sure to do a cool down stretch at the conclusion of every practice/game.
- 4) Ensure coaches leading warm ups know all the proper stretches and can demonstrate for players.
- 5) Ensure parents understand how to dress players for practice/games.
- 6) Coaches must ensure that player's equipment is worn properly. Looking over players before/between drills or at breaks in activity is the best time to do this.
- 7) Ensure each player has all necessary equipment for any drills, or exercises. This includes footwear.
- 8) Coaches must enforce proper technique at all times. Any movement that is incorrect on the part of the player should be corrected by the coaching staff. Practice does not make perfect. Practice makes permanent. Allowing players to practice improper technique places unnecessary risk on the players as it will become habit.
- 9) Players must be taught basic skills such as proper stance, movement, body positioning and so on constantly.
- 10) Safety in training should be the primary focus of all coaches/players/parents involved in the Youth Sports Running Program. Any coach/parent/player should be able to freeze practice if an unsafe condition exists.**

Team & Division Formation Criteria

Team Formation

The number of teams in each division will be determined by the number of players enrolled on the last day of registration.

If the number of children registered for any division is less than needed to form at least three (3) teams, the division may not be formed and refunds will be given.

Those who sign up after the last day of registration will be placed on a space available list and assigned to teams, if space becomes available. The "Space A" list will be kept on a first come-

first served basis. No new participants will be added to a team roster for the last 2 regular season meets.

Player Placement/Team Assignments

Only head coaches have the right to claim their son or daughter for a team assignment. 4 coaches are permitted for the team. Only the head coach and first assistant coach's children will be placed on the team. There are no returning player rights beyond the aforementioned. It is recommended where a third/fourth adult coach is desired, the coach is selected from the existing parent/team pool or from a coach/volunteer without children on the team. *Under age children or children not registered in the running program will not be allowed to participate in practices, games or serve as mascots.*

Brothers/sisters will participate on the same team, if in the same division, unless otherwise requested by their parents.

Aging Up

Parents may request to advance a child from their normal age group if that child's skills are above his/her age group. That player must be within (1) one year of that division's age group (ie: a 5 year old will not be advanced to the 7-9 year old age group). That player must be assessed with the age group requested by Youth Sports to determine if that player is competitive with that age group.

If the player is not assessed within the guidelines, he or she may not be moved.

Aging Down

Parents may request to hold back a player from their normal age group if that player has a diagnosed developmental delay, or a physical or mental disability, via the Special Request process. Appropriate medical documentation of disability must be provided, **with health care provider recommendation.**

Youth Sports may evaluate that player prior to a final decision. If it is judged that the participant's skill/emotional level exceeds the requested level of play, they will be returned to their age appropriate division.

Each request must be made in writing at time of registration giving specific reasons for the request. Each request will be evaluated on a case-by-case basis.

Equipment Issue & Uniforms

Uniforms

Check-out

The Youth Sports Department will designate a date and time for uniform issuance for each team. Coaches will be responsible for the uniforms. Coaches will have the sponsor fill out a uniform custody sheet for their child's uniform at the time of issue.

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A portion of the registration fee is used to issue uniform t-shirts to participants; upon the completion of the season the uniform becomes the property of the participant. Uniforms are not permitted to be altered or personalized during the season; unauthorized alterations of a uniform will require the parent to pay for a replacement uniform. Requests for a specific number on a uniform will not be honored. Parents must indicate uniform size at time of registration. *Only a limited number of extra uniforms are ordered; if a uniform does not fit, parents may exchange the uniform while supplies last.*

Check-out

The Youth Sports Department will designate a date and time for uniform issuance for each team. Coaches will be responsible for uniform issue. Coaches will have the sponsor fill out a uniform custody sheet for their child's uniform at the time of issue. Issued MCCS uniform apparel must be turned in no later than 2 weeks after the season has completed.

Authorized Users and Usage

Only registered youth participants are authorized to wear issued uniforms. Coaches or parents are not permitted to wear uniforms issued by Youth Sports. Uniforms will be worn for games and pictures only. They are not to be worn to any other function or to school.

Personally Purchased Uniforms

Teams will not be allowed to purchase their own uniforms for use in the program.

Return of Issued Equipment

It is the responsibility of the parent(s) to ensure all issued equipment is cleaned and returned, **no later than two weeks after the season has ended.** Registration into another youth sport by any child in the family is contingent upon return of any outstanding issued equipment.

Personally Provided Equipment

All personally purchased equipment must meet all local and/or federal guidelines for the sport or equipment being used. Items must be inspected and approved prior to use by Youth Sports. If you have any questions regarding this, please contact the Youth Sports office for further information.

Team Practices

Time and Place

Practice sessions are the responsibility of the head coach. Practice days will be established through coordination of the coach the Youth Sports Office.

Facility Closure

Teams' practices will constitute the closure of the designated practice spaces for open play/running opportunities; only the practicing team and applicable persons will be allowed at the site during the scheduled practice time. Strollers/runners are not permitted on the track/field during team practice time. Parents are encouraged to observe team practices; adults must accompany brothers/sisters under the age of seventeen.

Authorized Practice Facilities

Practice sessions must be conducted using facilities aboard military installations. Practices with city/county teams outside the military installations wearing MCCA uniforms and using MCCA equipment will not be authorized. All teams will practice at Liversedge Field.

Practice Courtesies, Parent Responsibilities

Please adhere to your practice times as assigned. Parents are required to pick up their children from practice promptly at the conclusion of their scheduled practice. Coaches are responsible for the accountability of all children and will not leave children unattended. If participants are not picked up within fifteen (15) minutes of completion of practice, or special arrangements made, Youth Sports Staff reserve the right to contact PMO.

Limitations

Teams will be limited to 2 hours of practice per week and no more than 2 nights per week.

Hot weather guidelines

Pre-cautions must be taken to **prevent heat-related problems**. The following should be considered when scheduling practice: time of day, intensity level of practice, equipment worn and environmental conditions. High temperature and a high humidity create a dangerous situation for the athletes. However, a high humidity and low temperature can cause serious heat-related problems. (Flag conditions: 451-1717, press #1, then press #3, then press #1 for Bldg. #1 Recording) For MCAS New River conditions, call 449-6322.

- (1) Black Flag Conditions: No Practice Allowed
- (2) Red Flag Conditions: Restricted practice condition. No gear or contact permitted. Mandatory water breaks every fifteen minutes.
- (3) Yellow Flag Conditions: No restrictions. Mandatory water breaks every thirty minutes.
- (4) Green Flag Conditions: No restrictions. Mandatory water breaks every thirty min.
- (5) The Automated Heat Stress system can also be accessed at:
<https://ahss.lejeune.usmc.mil> for current flag conditions.

Coaches are responsible to make sure that their cooler is full of water and made available in unlimited amounts throughout practices and games. No matter what the temperature is! Failure to do so can result in removal from the program.

Meet Schedules

The scheduling of meets and officials is the responsibility of the Lejeune-New River Youth Sports Department. This recreational-based running program does not mirror scholastic track meet formats.

- *To ensure an orderly and organized meet, all parents/spectators are required to view the running events at the location designated by youth sports. Only authorized volunteers and youth sports staff are authorized in the designated participant running area and surrounding areas.*

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The Youth Sports Office will attempt to call every coach in the event of a cancellation. Coaches are required to call 451-2177 at Lejeune; 449-6714 at New River, or visit www.mccslejeune-newriver.com/youthsports to find out the status of games or practices. Coaches will then notify team members.

Sport Season

Standings

Ages 6-9 is a fundamental league and standings will not be kept. A number system for placement in the running events will be used to determine the weekly and final standings in ages 10 and up. Points will be awarded for first through third place in each age division event/race, and a total score will be awarded for each team's placement overall.

Season Awards

The first place team in the 10-13 division will receive individual placement awards; all other participants will receive certificates. All children in the fundamental division will receive certificates to be determined by the Youth Sports Office.

2022 Running Program Season Rules

1. Each participant will participate in their age division races. Ages 6-9 must participate in 3 events; ages 10-13 must participate in 3 events and may participate in up to 4 events.
2. No one will be allowed to run alongside on the turf or track to aid the runners.
3. No parent or friends will be allowed on the race track/field.
4. Race teams will be grouped by 'Boys' and 'Girls'.
5. 10-13 year old scores will be kept on each official meet. The scoring system will be as follows:
 - a. First place: 5 points
 - b. Second place: 3 points
 - c. Third place: 2 points
 - d. No scores will be kept for the 6-9 year old age group.
6. There will be announcements (first, second and final call) for each race. Every participant must be ready and lined up for their respective race when called. Failure to be present and ready on final call may result in disqualification.
7. Six (6) and Seven (7) year old girls will race.
8. Six (6) and Seven (7) year old boys will race.
9. Eight (8) and nine (9) year old girls will race.
10. Eight (8) and nine (9) year old boys will race.
11. Ten (10) and eleven (11) year old girls will race.
12. Ten (10) and eleven (11) year old boys will race.
13. Twelve (12) and thirteen (13) year old girls will race.
14. Twelve (12) and thirteen (13) year old boys will race.

2022 Race Orders

1. The race order of events for ages 6-9 are as follows:
 - a. 50 meter dash (6-9)
 - b. 800 meter run (ages 8-9 only)
 - c. 100 meter dash (6-9)
 - d. 4 x 100 meter relay (6-9 co-ed)
 - e. 400 meter dash (8-9 only)
 - f. 200 meter dash (6-7 only)
 - g. 4 x 200 meter relay (8-9 co-ed only)
2. The race order of events for ages 10-13 are as follows:
 - a. 100 meter dash
 - b. 1600 meter run
 - c. 4 x 100 meter relay
 - d. 400 meter run
 - e. 800 meter run
 - f. 200 meter dash
 - g. 4 x 200 meter relay

****ATHLETES SHOULD BEGIN CONDITIONING/WARM UP ON-SITE AT LEAST 15-20 MINUTES PRIOR TO THEIR SCHEDULED RACE. RACE TIMES MAY VARY BASED ON EARLIER OR LATER RACE FINISHES. ALL RULES WILL BE ENFORCED TO PROTECT THE SAFETY OF PARTICIPANTS AND THE INTEGRITY OF THE MEET.**

Code of Conduct

Code of Conduct for All Involved

The Code of Conduct applies to all parties relative to all athletic programs, facilities, and personal interactions and communications.

The Code of Conduct may be applied in addition to penalties assessed to ejected players, coaches, and spectators.

OFFENSE	ACTION(S)	LENGTH OF SANCTION(S)	SANCTION(S)
LEVEL 1	<ul style="list-style-type: none"> Excessive Profanity Taunting/ Baiting Argumentative/Unruly Behavior Failure to comply after Warning Other Offenses deemed Level 1 	One (1) week	Immediate removal from site; plus one week ban from all Division programs, activities, and facilities.
LEVEL 2	<ul style="list-style-type: none"> Verbal Abuse Inciting unruly behavior Abuse/Damage to Property Failure to comply with Smoking/Tobacco Policy Other offenses deemed Level 2 	Two (2) weeks	Immediate removal from site; plus two week ban from all division programs, activities, and facilities
LEVEL 3.1	<ul style="list-style-type: none"> Fighting Verbal/Written Threats Possession/Use of alcohol /drugs Other offenses deemed Level 3.1 	One (1) Year	Immediate removal from site; plus sanctions according to severity of offense.*
LEVEL 3.2	<ul style="list-style-type: none"> Assaulting a patron, official or staff member Weapons Possession/Use Other offenses deemed Level 3.2 	Two (2) years	Immediate removal from site; plus 2 year ban from all division programs, activities and facilities (possible criminal offense per state statute)*

**Level 3.1 and 3.2 offenders must petition to appear before the Semper Fit Sports branch to seek reinstatement after their ban expires. The NYSCA status of coaches will be reviewed upon commission of a Level 3.1 or 3.2 offense.*

Ejections & Suspensions

Grounds for Ejection/Suspension

Coaches, players and spectators shall be subject to ejection from the game and playing area by the officials for misconduct.

Sanctions for Ejections

Removal from Premises

Coaches, players and spectators ejected from a meet must leave the premises for the remainder of the day. Events will not resume until the ejected individual has been removed. Refusal to leave may result in contacting PMO.

Coaches, players and spectators ejected will not be eligible to attend or participate in the next conducted meet. Determination for suspension of a coach, player or spectator for a longer period of time, will be the responsibility and at the discretion of the Youth Sports Manager. Suspension or dismissal from the season's play may occur with any serious infraction involving unsportsmanlike conduct at the discretion of the MCCS Lejeune-New River Athletic Director.

Grievance & Misconduct Cases

Submissions

Instances of misconduct by a participant, coach, spectator or official shall be referred in writing by the complainant to the Youth Sports Department. Grievances must be submitted within 48 hours from the occurrence of the incident.

Replies

Within 48 hours of receipt of a written complaint the Youth Sports Department will contact the complainant to confirm that appropriate action has been initiated or concluded.

The Youth Sports Department will handle all grievances whenever possible or forward the grievance to the next higher level within MCCS if deemed appropriate.

Appeals

Any grievance decision may be appealed in writing within five days to the MCCS Lejeune-New River Athletic Director.