



Rosette Running Guidelines

Effective August 22, 2008

As per the Running Regulations discussed prior to tryouts, we will be running a timed mile before a member is allowed to perform in a routine.

The following requirements **must be met**:

- The member must run the day the team runs.
- The member must understand that due to weather, holidays, or unforeseen events, the running schedule may change. The member will be notified in advance of the changes when possible.
- When the member runs, she may walk, jog, run, sprint, or any combination of these in order to meet her time.
- The time will be 10:00 minutes.
- If the member makes the time, she will be put in the routine.
- If the member does not make the time, she will not be allowed to perform for that specified routine.
- The member will be allowed to run for the routine again the second time it is performed. If she makes the time, she will be placed in the routine for the second performance.
- If a member has a doctor's note, with documentation as to why she cannot perform the mile, then she must complete the alternate assignment provided by the doctor. For example – “My patient has had strep for a week and is still in recovery. I will allow her to walk the mile in a 12 minute time frame.”
- A note from a parent, or a note from a doctor that is not specific about the problem and the solution will not be accepted. For example – “My daughter cannot run today because she doesn't feel good. Please excuse her.”
- Each member will be given 2 “free passes” per semester that they may use at their discretion. For example – the member has a severe sinus infection and is struggling to breathe. She runs her mile in 10:12. She may then use one of her passes for the semester. These passes are for covering times when the member does not make the 10:00 minute limit. It is not acceptable to use a pass for a “free day” of no running. Every member will always be required to run even if they have free passes they have not used.

