



HEALTHY KIDS RUNNING SERIES CODE OF CONDUCT

This Code of Conduct is developed in accordance with the HKRS mission, vision, and core values which can be found [here](#). Adults are reminded that this is an event for children and should therefore set a good example for kids to follow.

Violations

All HKRS participants agree to abide by the HKRS values and live up to the HKRS mission at all times. Violations of those values will result in disciplinary action. Examples of violations include:

Unsportsmanlike Conduct:

Behaviors that qualify as unsportsmanlike conduct include but are not limited to:

- Pushing, shoving, kicking, or any unwanted physical contact
- Spitting, foul language, insults, bullying, or any verbal abuse
- Intentionally cutting the course, starting early, or any types of cheating
- Sore winners and sore losers, or disrespect for local Community Coordinators or official HKRS volunteers
- Any conduct deemed unsportsmanlike by the local Community Coordinator or official HKRS volunteers

Violators will be subject to disciplinary action.

Incorrect Divisions:

Children who run in an incorrect division are in violation of the Code of Conduct. It is the parent/guardian's responsibility to ensure the child is running in the correct division. Children who run in an incorrect division will receive 1 participation point for that week's race. This is the official warning for this violation.

Divisions based on **age***:

- Pre-K 2/3 – 50 Yard Dash
- Pre-K 4/5 – 75 Yard Dash

Divisions based on **grade level**:

- K & 1st Grade – ¼ Mile**
- 2nd & 3rd Grade – ½ Mile
- 4th & 5th Grade – 1 Mile
- 6th – 8th Grade – 1 Mile
- High School – 2 Miles

*Age and grade level are based on the first race of the current season. Children must be at least 2 years old in order to participate. Children younger than 2 may register after their 2nd birthday.

**Children who are 5 and in kindergarten must run with the kindergarten division

Registration is valid for one HKRS division race, per week, per location. Participants may only run in the division in which they are registered and may not compete or participate in additional races. Doing so is a violation of the Code of Conduct and subject to disciplinary action. This is the official warning for this violation.

Results Disputes:

HKRS is a fun and inclusive event for children. It is not an intense or official competitive running event. Results, order of finishers, times, and participation points are at the discretion of the local Community Coordinator and official HKRS volunteers who are doing their best to help the kids have fun.

Disputes, arguments, and other overly competitive behavior are not in the spirit of the HKRS mission, vision, and core values and will not be tolerated. Yelling, arguing, harassment, or verbal abuse of any kind towards the local Community Coordinator or official HKRS volunteers is completely unacceptable, and the offender will be subject to disciplinary action. Trophy policies vary by season and Series. HKRS does not guarantee a trophy to any runner.

Safety Policies

Pacing / Adults On The Course:

Adults are not permitted on the race course, inside the finish line chute, or running alongside the race course during a race. Running alongside the race course is considered pacing and is a violation of the Code of Conduct. Except in the event of injury or emergency, NO adults other than the local Community Coordinator and official HKRS volunteers are permitted on the race course or inside the finish line chute. Violators may be subject to disciplinary action.

Animals:

For the well-being of all children, especially very young participants, HKRS does not permit pets, emotional support, or therapy animals at its events. Service Animals are permitted, but the nature of the disability and task to be performed by the animal should be communicated to the local Community Coordinator in advance.

Footwear:

All participants must wear proper footwear i.e., sneakers, tennis shoes, running shoes or other close-toed shoes. No cleats or spikes. No bare feet, flip flops, sandals, Crocs, boots, or other inappropriate footwear will be permitted on the course. Violators will be asked to change or will be unable to participate.

Disciplinary Action

In the event of a violation listed above, or any violations of the HKRS mission, vision, and core values (which can be found [here](#)) as determined by the local Community Coordinator or official HKRS Volunteer the following actions can be taken at the discretion of the local Community Coordinator.

- Official Warning
- Removal of some or all participation points
- Removal from the race (Regional Program Manager will be notified)
- Removal from the entire season (requires Regional Program Manager authorization)
- Permanent ban from all HKRS events (requires Regional Program Manager authorization)

Every effort will be taken to provide a warning first. In the event that the local Community Coordinator or official HKRS volunteer witnesses severe unsportsmanlike behavior that is clearly intentional, malicious and / or infringes on another runner's safety, a warning will not be given and the offender will be removed from the race immediately. This decision can be made by the local Community Coordinator or the HKRS National Office.

Warnings and disciplinary actions may carry over from season to season at the discretion of the Community Coordinator. Prior warnings may be taken into consideration when determining further disciplinary action for incidents occurring in a subsequent season.

Acknowledgement

By registering for a Healthy Kids Running Series event I confirm that I have read and understand the Code of Conduct and that I agree that all parties associated with this registration will abide by the HKRS mission, vision, and core values as well as this Code of Conduct. I also understand that any violations of these values will result in disciplinary action listed above, up to and including removal from Healthy Kids Running Series with no refund.

Updated: March 5, 2026