



HEALTHY KIDS RUNNING SERIES CODE OF CONDUCT

This Code of Conduct reflects Healthy Kids Running Series (HKRS) mission, vision, and core values. Our goal is to provide a fun, safe, and encouraging environment where every child can succeed. We remind all adults - parents, guardians, spectators, and volunteers - that this is a children's program, and we rely on you to model positive, respectful behavior at all times.

Divisions & Race Structure

HKRS divisions are thoughtfully designed using research-based best practices and guidance from pediatric and healthcare partners to ensure age-appropriate, safe participation.

Division Overview

Divisions based on **age**:

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

Divisions based on **grade level**:

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

Other Divisions:

- Challenger (All Ages) - 75 Yard Dash
 - For more info, visit [here](#)

All participants must follow these guidelines:

- Participants must run in their **assigned age/grade division** and remain in that division for the duration of the season (up to 5 races).
- Division placement is determined by the child's age/grade as of the **first race** of the season. Please refer to the **Division Overview** above to determine the appropriate division for your child.
- Registration allows for one race per **week**, per **location**, per **season**.
- **5-year-olds** enrolled in **Kindergarten** should participate in the **Kindergarten** division (1/4 Mile).
- Running in a different division without prior approval will result in participation points only. See Division Change Policy below.

Division Change Policy

- Requests must be submitted to the local Community Coordinator.
- All changes are reviewed by the National Office.
- Children are encouraged to first try their assigned division (Pre-K by age; all others by grade) before requesting to move down.
 - Running down a division is permitted but earns one participation point per race.
- To move up a division, participants should have prior experience with the longer distance and feel comfortable.



- Running up a division is permitted and may qualify for competitive scoring, where applicable.
- If a division change occurs mid-season, points will reset and will not carry over to the new division.

Eligibility & Registration Policies

- Children must be **at least 2 years old to participate**.
 - If your child turns 2 **on or before** the first race date, they are eligible to register for the full season.
 - If your child turns 2 **after** the first race, they may participate in **Single Race Days** once they reach their second birthday; however, full Series registration will be unavailable.
- **Age/grade eligibility** is determined by the **first race** of the current season.
 - Example: A child who is 3 at the first race but turns 4 during the season still registers for the Pre-K 2/3 - 50 Yard Dash.
- Participants may **not** compete in **multiple races** in the same week. They also may not compete outside their registered division unless an official change is approved.

Sportsmanship & Behavior Expectations

HKRS is built on encouragement, inclusion, and effort. All participants, parents/guardians, volunteers, and spectators are expected to:

- Demonstrate kindness, respect, and good sportsmanship
- Encourage all runners regardless of ability or outcome
- Follow instructions from Community Coordinators and volunteers

Unsportsmanlike conduct includes, but is not limited to:

- Physical aggression (pushing, shoving, kicking, etc.)
- Bullying, taunting, foul language, or verbal abuse
- Cheating (course cutting, false starts, interfering with other runners)
- Disrespect toward staff, volunteers, or other participants
- Excessive competitiveness that detracts from a positive environment

Any behavior deemed inappropriate by HKRS staff or volunteers may be addressed under this policy.

Results & Competition Philosophy

HKRS is a youth-focused, developmentally appropriate running program - not a highly competitive race series.

- Results, participation points, and finish order are determined by the local Community Coordinator and official volunteers.
- While we strive for accuracy, the primary focus is participation, enjoyment, and living the Healthy Kids mission, to lead an active, healthy lifestyle.

Please note:

- Disputes, arguments, or challenges regarding results are not aligned with HKRS values.
- Harassment or verbal abuse toward staff or volunteers will not be tolerated.



- **Trophy** and **award** policies may **vary** by **location** and **season**. **Pre-K trophies** are **not guaranteed**. Check your local Series registration page for more details.

Safety Policies

The safety of all participants, parents/guardians, spectators, and HKRS staff is our top priority. We ask all families to help us maintain a safe environment by following these guidelines:

Adults on the Course

- Only HKRS staff members are permitted on the race course to support race day operations and logistics.
- Parents/guardians are not permitted on the race course, inside the finish chute, or running alongside participants during a race.
- Running alongside runners (pacing) is strictly prohibited.
- Exceptions may be made in cases of injury, emergency, participant distress (e.g., a child who is upset or needs assistance), or at the direction of HKRS staff.

Animals

- Pets, emotional support animals, and therapy animals are not permitted at HKRS events.
- Service animals are allowed but must be communicated to the Community Coordinator in advance.

Footwear Requirements

- All runners must wear appropriate **closed-toe** shoes.
- The following are **not permitted**: cleats, spikes, sandals, Crocs, boots, or bare feet.
- Participants not in proper footwear may be asked to change or may not be allowed to race.

Corrective Action

All participants, parents/guardians and spectators are expected to adhere to the HKRS Code of Conduct and uphold program values.

Failure to do so may result in the following actions at the discretion of HKRS staff:

- Verbal or written warning
- Removal of points
- Removal from an individual race
- Removal from the remainder of the season
- Suspension or permanent ban from HKRS events (for severe or repeated violations)

While HKRS will make every effort to issue a warning first, immediate action may be taken in cases involving:

- Safety concerns
- Intentional or aggressive behavior
- Actions that negatively impact other participants

Repeated violations across seasons may be considered when determining consequences.



Acknowledgement

By registering for a Healthy Kids Running Series event, you acknowledge that you have read, understand, and agree to abide by this Code of Conduct. You also agree to uphold the HKRS mission, vision, and values and understand that violations may result in corrective action, including removal from the program without refund.

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