



## TCAL Cross Country Athletic Plan/Manual (proposed 7/2013)

This plan does not cover all rules. The Constitution, Bylaws and Cross Country notations under the general athletic plan are applicable. However specific rules noted in the Cross Country Plan override general athletic plan rules.

The National Federation of High School Track and Field Rules Book which includes Cross Country rules will be utilized for reference on rule changes and state allowed modifications.

- A. DIVISIONS. There shall one division for boys and one for girls in their respective classifications; Boys may not compete on or against girls' teams and girls may not compete on or against boys' teams.
- B. DISTANCE. The distance for the cross country events will be approximately two miles for girls (3200 meters) and approximately three miles for boys (5000 meters). The course measurement shall be obtained along the shortest possible route a runner may take.
- C. STATE QUALIFICATION. TCAL Cross Country is currently an open qualification sport.
- D. ENTRIES.
  1. A minimum of five participants and a maximum of seven participants shall constitute a team. A maximum of five alternates may be listed and must be included on your eligibility report to be deemed eligible as a substitution— **See "Substitutions" below**. If a school enters fewer than five student athletes, they may not compete for a team title, but may compete for individual awards.
  2. Substitutions. Schools may make substitutions, but NOT additions on the morning of the meet, up until 30 minutes before the races begin.
  3. Team Score. The place of the first five finishers on each team will count for the total team score. Ties will be broken in accordance with NFHS rules.
  4. Team Limit. A school may enter only one team of boys and one team of girls in the state meet.
  5. Fee.
    - a. Fees are payable at the meet site on the day of competition. Do not mail fees ahead of time to the TCAL office.
    - b. Schools will be charged for the number of student athletes registered, not the number actually competing on the day of the meet.
    - c. \$75 is due for a team of five to seven runners.
    - d. Schools entering less than five runners will have a \$15 per runner fee due.
- E. MEET REGISTRATION. All State Cross Country entries will be processed online through [www.athletic.net](http://www.athletic.net). Entry instructions will be posted on the TCAL website approximately three weeks prior to the meet and distributed to coaches and or athletic directors. Entries must be submitted by 11:59 PM on the deadline date posted on the TCAL calendar and website.

## Cross Country Rules

- A. RULES. Current NFHS Rules will govern the state meet.
- B. COURSE. The course must be marked with cones or flags at the corners and turns. Difficult or confusing turns must have a person directing the way or be clearly chalked. **The coach of each team is responsible for his runners knowing the course prior to the race start. No markings other than official course markings may be applied to or adjacent to the official course. Such action may be subject to disqualification of the school's entries.**
- C. FINISH LINE. The finish line is the front of the chute.
- D. FINISH LINE PERSONELL.
  - 1. A clerk is required to establish the order of finish.
  - 2. A picker decides the close finishes. He determines the order of finish at the chute and helps to maintain finishing order.
- E. STATE CHAMPION. The team with the lowest sum of its first five finishing runners is the State Champion. The second lowest team score is the State Runner-Up.
- F. SCHEDULE. A current year's schedule will be posted on the TCAL website.
- G. SITE OF THE STATE MEET. The location, directions, course layout including team camp areas shall be posted on the TCAL website.
- H. UNIFORMS.
  - 1. The cross country uniform consists of a minimum of jersey and shorts, of uniform color and design, which are not objectionable, and shoes, which may be supplied by the contestant.
  - 2. If leotards, biker shorts, body suits, or closed legged briefs are worn, shorts must be worn over them.
  - 3. When other apparel is worn under the jersey; or if leotards, biker shorts or body suits are worn under the shorts, by more than one team member (two or more), that apparel must be the same color.
  - 4. Contestants may not wear caps, toboggans, head bands or jewelry. They may use string, rubber bands or tape to keep hair in place. (The meet referee may allow toboggans and other apparel in inclement weather.)
  - 5. The competitor must wear the assigned contestant number, when numbers are used.
  - 6. **TATTOOS MUST BE COVERED BY TAPE OR THE UNIFORM AT ALL TIMES.**
  - 7. The following NFHS rules are emphasized:
    - a. NFHS Rule 4.3.b.3
    - b. NFHS Rule 4.3.b.6
    - c. Violations may lead to disqualification
  - 8. Removal of any part of the uniform at the competition site may result in disqualification.
- I. MEET DIRECTOR. The Meet Director is responsible for sending the final results to the participating schools within two weeks of the state meet finish. Those results shall include the team scores and all individual places.

- J. PRACTICE REGULATIONS OUTSIDE THE SCHOOL YEAR. Student-athletes shall not engage in practice activities lasting more three consecutive hours and no more than five total hours of practice on any one day. When multiple daily practices are scheduled a minimum of two hours recovery time must occur prior to the start of the next practice session.

When determining how to count times spent as "practice activities" please consult the following chart:

What Counts	What Doesn't Count
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training
Mandatory conditioning	Film study
	Water breaks
	Rest breaks
	Injury treatment
	Voluntary conditioning