



Cross Country
Sport Manual
2024-25 Edition

4.5 Cross Country

Administrator: Alex Ozuna, ext. 320, aozuna@fhsaa.org

4.5.1 Regular Season Procedures

4.5.1.1 Rules of Competition

4.5.1.1.1 Competition Rules. NFHS Cross Country Rules (Rule 8 in the NFHS Track & Field Rules Book), as modified by the FHSAA, are the official rules for all cross country meets. The following modifications to those rules have been adopted by the Board of Directors.

- 8-1-1. The length of the course for regular season competition – both girls and boys – is five kilometers (5K), which is 3.1 miles.
- 8-2-3. Modified scoring is optional for the regular season. All cross country meets shall be scored in accordance with NFHS rules, which state: If fewer than five (5) competitors of a team finish a race, the places of all members of that team shall be disregarded and the team scores re-ranked.
- 8-4-4. The starting procedure for all cross country meets will be one long whistle blast followed by the firing of the starting gun.
- 8-5. A varsity level cross country team must be composed of five (5) to seven (7) runners. A cross country team on the junior varsity level or below may be allowed an unlimited number of runners unless otherwise restricted by the meet director. However, only the first seven (7) runners on each team may enter into scoring. During the regular season and district meets (not the regional or state championship meets), meet directors/managers will have the option to allow up to 10 runners in a varsity race. Any team member who finishes beyond 7th in the team standing shall not count towards scoring in the team or individual race, shall not displace any opposing runner in individual score and shall not receive any individual awards during the competition.

4.5.1.1.2 Reporting Results

- (a) **Online Meet Entry.** All meet entry shall be via DirectAthletics.
- (b) **Reporting Results.** Regular season meet hosts shall report initial meet results to DirectAthletics within 24 hours of the meet's conclusion. CSV files may not be used in results reporting. All files shall be from Hytek or MeetPro.
- (c) **TFRRS Numbers.** Results must include athlete TFRRS numbers for marks/performances to be considered for placing purposes in the Florida High School State Championship Series.

4.5.1.1.3 Team and Season Administration

- (a) **Coach Accounts.** Coaches shall have their accounts set up on DirectAthletics by August 5, 2024. If applicable, accounts carry over from season to season.
- (b) **Rosters.** Rosters must be entered into DirectAthletics by August 19, 2024. All roster names must be identical to those submitted to Home Campus. Rosters shall be maintained throughout the season.
- (c) **Minimum Contest Requirement.** Athletes must participate in at least four (4) meets during the regular season in order to be eligible to be entered into the State Series (Bylaw 9.10.1 & Policy 10.3.2). Eligibility will be verified via DirectAthletics.

4.5.2 Florida High School State Championship Series Procedures

4.5.2.1 District Meeting.

4.5.2.1.1 Meeting Agenda. In addition to section 3.4.2, the following items of business must be addressed at the district meeting:

- Select host school, site and determine time schedule. (Note: An actual host school must be selected at this meeting and may be subsequently changed only with the permission of the Executive Director)
- Determine whether meet manager or games committee will conduct the draw for starting positions and on which date the draw will be conducted.
- Determine a Jury of Appeals.

4.5.2.2 Meet Structure and Time Schedules

4.5.2.2.1 District Meets

(a) Time Schedule and Site.

- (1) **Time Schedule.** Each district will determine the time schedule for its meet at the district meeting.
- (2) **Site.** Each district will determine a site for its meet at the district meeting.



- (3) **Postseason Entries.** Postseason Entries must be completed on DirectAthletics by 5:00 PM EST on **October 21, 2024**.

- (i) **Late Edits.** Edits to entries may be made for a \$250 fee after the initial entry deadline by **October 22, 2024** from 8:00 AM - 5:00 PM EST. Once the late edit window has closed, no other additions or changes can be done to the postseason entries.
- (ii) To be eligible for the State Series, a student-athlete must be listed on the Postseason Entries and the Postseason Entries must be submitted by the deadline.

The date and site of each district meet will be posted on FHSAA.com.

4.5.2.2.2 Regional Meets

- (a) **Complexes.** Districts 1 and 2 will comprise the Region 1 complex, Districts 3 and 4 the Region 2 complex, Districts 5 and 6 the Region 3 complex, and Districts 7 and 8 the Region 4 complex.
- (b) **Time Schedule.** Suggested schedule times for a regional meet held on Friday are 4:00 p.m., 4:30 p.m. and 5:00 p.m. of the designated regional week. Suggested schedule times for a regional meet held on Saturday are 9:00 a.m., 9:30 a.m. and 10:00 a.m. of the designated regional week. The girls' race shall precede the boys' race in each meet. The date and time of each meet will be posted on FHSAA.com. A coaches meeting shall be held at the site of each regional meet 60 minutes prior to the start of the meet.
- (c) **Sites.** Please visit the cross country page on FHSAA.com for region sites.
- (d) **Invitations to Host.** Criteria to be used in the selection of regional meet hosts includes:
- (1) Adequate restroom facilities in close proximity to the competition course.
 - (2) Chip timing system with a camera located at the finish line.
 - (3) The presence of AED, Wet Bulb, and Cold-Water Immersion Tub.
 - (4) Accurately measured 5K cross country course.
 - (5) Availability of having an Athletic Trainer on site.

4.5.2.2.3 Florida High School State Championship Finals

- (a) **Time Schedule.** The Finals schedule will be posted on the FHSAA Website.
- (b) **Coaches Packet.** A coach's packet will be available on the FHSAA Website. The head coach of each participating team is required to view the information prior to the event.

4.5.2.2.4 Advancement of Teams and Individuals

- (a) **District Meet to Regional Meet.** The first eight (8) placing teams and the top four (4) placing individuals who are not members of an advancing team shall advance to the regional meet. A "team" is defined as having five (5) or more runners on the starting line and competing. A runner who qualifies as a member of a qualifying team may be replaced in the team lineup [regional meet/Florida High School State Championship Series] by a substitute. The substitute, however, shall not be eligible for individual honors on any subsequent level of competition.
- (b) **Regional Meet to Florida High School State Championship Series.** The first eight (8) placing teams and the top four (4) placing individuals who are not members of an advancing team shall advance to the Florida High School State Championship Meet. A runner who qualifies as a member of a qualifying team may be replaced in the team lineup [regional meet/Florida High School State Championship Series] by a substitute. The substitute, however, shall not be eligible for individual honors on any subsequent level of competition.

4.5.2.3 Meet Regulations

4.5.2.3.1 Teams. A team shall be composed of five (5) to ten (10) runners during the district round and five (5) to seven (7) runners during succeeding rounds. Schools that enter fewer than five (5) runners, and schools from which fewer than five (5) runners finish the race, at any Florida High School State Championship Series meet shall not be eligible for team honors. Individual contestants from such schools, however, may earn individual awards.

4.5.2.3.2 Postseason Entries. All participating teams shall submit their Postseason Entries via DirectAthletics by 5:00 PM EST on **October 21, 2024**. To be eligible for the state series, a student-athlete must be listed on the Postseason Entry and the Postseason Entries must be submitted by the deadline. Postseason Entries shall be limited to fifteen (15) student-athletes per team (Policy 11.2).

4.5.2.3.3 Starting Positions. The starting position for each team in a Florida High School State Championship Series meet shall be drawn by lot from left to right in advance by the meet manager or games committee. Individual contestants shall be assigned starting positions using the same procedure.

4.5.2.3.4 Participant Passes. Schools with 4 or less participants will receive ONE (1) coaches' pass/wristband for the meet for coaches, trainers, managers, etc. in the team packet. Schools with 5-7 participants will receive **TWO (2) coaches' passes/wristbands and THREE (3) additional passes** in the team packet, that can be used for alternate runners or additional coaches. Please note, alternate passes/wristbands will only allow the alternate runners free entry into the park, it will not allow alternate runners on the course. Coaches/Athletes of schools abusing the Pass Policy are subject to a monetary fine by the FHSAA.

4.5.2.3.5 Jury of Appeals.

- (a) A Jury of Appeals consisting of five coaches from five different participating schools shall be appointed by the meet manager for each meet in the Florida High School State Championship Series. Five alternate jurors shall also be appointed. A Jury of Appeals consisting of five members is mandatory. There can be no ruling rendered without five jurors.
- (b) Jurors for the Florida High School State Championship Series shall be chosen as follows:
 - (1) A list of recommended jurors will be compiled by the FHSAA and/or FACA State Cross Country chairperson and submitted to the FHSAA for approval. Any coach not on the “approved” list cannot serve on a Jury of Appeals at the Florida High School State Championship Series.
 - (2) Diversity in school classification, gender and geography, as well as knowledge and experience, must be taken into consideration when a Jury of Appeals is selected.
- (c) A member of the Jury of Appeals whose team or individual contestant is a party to an appeal must recuse himself/herself and be replaced until the appeal is concluded.
- (d) The Jury of Appeals may meet 15 minutes following the conclusion of the final race of each classification, and should conclude all rulings prior to the awards ceremony for that classification.
- (e) The head coach of a team who wishes to file an appeal must do so in writing. The appeals process will adhere to NFHS Case Book guidelines.
- (f) The decision of the Jury of Appeals shall be final. The Jury of Appeals cannot set aside any rule.

