

# Texas Charter School Academic & Athletic League (TCSAAL)

## 2018-2019 Cross Country Rules

### State Meet: October 27, 2018 – Location TBD

| Age/Gender Groupings  | Distance Per Meet |
|---|-------------------|
| 6 <sup>th</sup> – 8 <sup>th</sup> Grade Girls (Premier & Secondary Groupings) | 2 miles           |
| 6 <sup>th</sup> – 8 <sup>th</sup> Grade Boys (Premier & Secondary Groupings)  | 2 miles           |
| Junior Varsity Girls  | 2 miles           |
| Junior Varsity Boys   | 5 K (3.1 Miles)   |
| Varsity Girls   | 2 miles           |
| Varsity Boys  | 5 K (3.1 Miles)   |

TCSAAL will, for the most part, follow NFHS Cross Country Rules, however the rules in this document will supercede NFHS rules:

#### REGIONAL MEET (New for 2017-2018 School Year)

(If you would like to host the Regional Meet in the future, please contact your Regional Director.)

TCSAAL will work in conjunction with member school(s) to host a Regional Meet in each participating region. Students will qualify for the TCSAAL State Meet based on their performance at the TCSAAL Regional Meet.

| Regional Meet Responsibilities     |   |
|------------------------------------|---|
| <u>TCSAAL</u>                      | <u>Host School(s)</u>                             |
| Pays Cost of Meet                  | Secures the facility                              |
| Secure Trainer(s) and Security     | Marks the course(s) and sets up chute/finish line |
| Secure Automatic Timing            | Provide volunteers                                |
| Provide 3+ Staff                   | Concessions (if desired)                          |
| Set up heats and organize the meet | Find a bicyclist to lead heats                    |

#### TEAM SIZE AND ENTRY RESTRICTIONS

All campuses are only eligible to enter one team per grouping.

All State-Eligible Team Groupings (6<sup>th</sup>-8<sup>th</sup> Grade Premier and Varsity) are capped at 7 runners per gender per campus.

All Non-State-Eligible Team Groupings (6<sup>th</sup>-8<sup>th</sup> Grade Secondary and Junior Varsity) have no cap for number of runners per gender per campus.

#### TEAMS ELIGIBLE FOR STATE MEET

Only Varsity and 6<sup>th</sup>-8<sup>th</sup> Grade Premier Grouping teams will be eligible to qualify for the TCSAAL State Cross Country Meet. Junior Varsity and 6<sup>th</sup>-8<sup>th</sup> Grade Secondary Grouping teams will only compete at the Regional Meet.

#### SCORING SYSTEM

TCSAAL will for the most part follow the NFHS scoring system. The person that wins the race will earn 1 point. The person that comes in second will earn 2 points and so on. The team with the lowest amount of points wins the race. To determine team score we will take the team's 5 scores and total them to get a team score. Any team that does not have at least 5 people finish the race will be ineligible for a team score. However their finish place will still be held.

#### UNIFORMS

Teams must wear a similar colored uniform top.

Teams must follow the NFHS shoe requirements.

Runners will be given runner numbers that they must wear on their front.

Teams must follow NFHS Jewelry requirements.

Runners can wear long sleeves or pants as long as they wear their uniform over.

Runners can wear a toboggan style hat for warmth.

Runners cannot wear headphones of any kind for safety reasons.

## **RACE DAY**

Teams must check in 30 minutes before the first race.

Runners and coaches can survey the course 1 hour before the races begin.

## **REGIONAL MEET AWARDS AND STATE MEET QUALIFICATION**

As determined at the 2017 TCSAAL Coaches Conference by school vote:

The top 3 teams and top 10 individuals will advance to state from each Cross Country Regional competition in the 6<sup>th</sup>-8<sup>th</sup> Grade Premier groupings and the Varsity groupings. Please note that a student-athlete may advance through both the team and individual avenues. This does not open up extra spots for individuals.

## **STATE MEET AWARDS**

TCSAAL will award team trophies to the top 3 teams of each age/gender grouping.

TCSAAL will award medals to the top 3 finishers in each age/gender grouping.

## **GENERAL RULES**

AS A SPECTATOR, THERE WILL BE NO RUNNING WITH THE PARTICIPANTS DURING THE RACE. NOT ONLY DOES THIS CREATE COMPLICATIONS FOR STUDENT-ATHLETES, JUDGES, AND OFFICIALS BUT IS ALSO A SAFETY HAZARD – COACHES ARE EXPECTED TO ENSURE THEIR SPECTATORS DO NOT VIOLATE THIS RULE. VIOLATIONS MAY RESULT IN DISQUALIFICATION.

There will be a \$5.00 admission fee for all adults and students at the TCSAAL State Cross Country Meet. Children Age 8 & Under will not be charged an admission fee.

Runners can compete up in age groupings. No one can run in a younger age grouping.

Girls cannot participate on a boys' team in cross country.

For all other rules please see the NFHS Cross Country Rules found in the *NFHS Track and Field and Cross Country Rule Book*