

~ CROSS COUNTRY CALENDAR ~

October 31	District Certification Deadline
November 7	Regional Meets
November 14	State Meet

Deadlines for filing entry blanks to appropriate director:

District:	10 days prior to district meet
Regional:	Immediately following district meet
State:	Regional results will be sent by the regional director. The individual coach does not send an entry form to the League office.

~ 2009-10 NFHS CROSS COUNTRY RULE CHANGES ~

There are no rule changes for cross country for the 2009-10 school year.

~ UIL RULE CHANGES ~

All amendments below are effective for the 2009-10 school year, unless otherwise noted.

- In football, Conference 1A, 11-man participating schools will be divided in to two divisions.
- Change in "Reclassification and Realignment" process by which six-man schools determine enrollment figures.
- Allow track and field regional and/or state qualifiers, including alternates to be eligible to participate in any event at a regional and/or state qualifiers meet. (Effective January 2009)
- Changes to the official fee scale for wrestling.
- Allow a school golf coach to coach from green to tee.
- Allow swimming and diving consolation finals at the regional meet.
- Change in the time frame to identify or place overage students in 504 or special education for an athletic eligibility waiver prior to the end of his or her second year in high school.
- Change to the softball practice start date.

## ~ CROSS COUNTRY PLAN ~

Excerpt from UIL Constitution and Contest Rules.

## Section 1240: CROSS COUNTRY PLAN

- (a) ATHLETIC PURPOSES, CODES, PLAN APPLICABLE. Rules in Sections 1200-1209 also apply to Cross Country.
- (b) DIVISIONS. There shall be one division for boys and one for girls in the respective conferences. Boys' teams may not compete on or against girls' teams.
- (c) DISTANCE.
  - (1) Girls, Boys. The distance for the cross country event will be approximately two miles for girls (3200 meters) and three miles for boys (5000 meters).
  - (2) Limitation. A race of six miles or longer shall not be considered a cross country meet.
- (d) ENTRIES.
  - (1) Number. A minimum of five participants and a maximum of seven participants shall constitute a team. If a school enters fewer than 5 students, it cannot compete for the team title.
  - (2) Team Score. The place of the first five finishers on each team will count for the total team score.
  - (3) Team Limit. A school may enter only one team of boys and one team of girls in the district, regional and state meets.
  - (4) Fee. There is no entry fee for the state cross country meet.
- (e) MEET LIMITATIONS.
  - (1) Number of Meets. No student representing a participant school shall participate in more than eight meets during the school year, excluding one district meet, the regional meet and the state meet. Each meet a school team enters counts as one meet for each participating individual. Students are considered to be representing their school if they are wearing and/or using school equipment or being directed or transported by a school employee. Meets which are limited to three or fewer schools, do not count as a meet for participants, provided there is no loss of school time.
  - (2) School Week Limitation. No student representing a participant school shall participate in more than one tournament/meet per school week (the first instructional day of the week through the last school day). Exceptions: the regional and state tournaments, and district varsity tournaments postponed by weather or public disaster, may also be scheduled during the school week.
- (f) CHAMPIONSHIP STRUCTURE.
  - (1) District Meets. District meets shall be held in districts with more than three teams and/or 10 individuals entered. District cross country chairs shall be responsible for organizing the district cross country meets.
  - (2) Qualifiers to Regional Meet. The top three teams and the top 10 individuals shall qualify from district to the regional meet. An individual qualifier may also be a team member of one of the qualifying teams.
  - (3) Qualifiers to State. The top three teams and the top 10 individuals shall qualify from regional to the state meet.
- (g) PRACTICE REGULATIONS OUTSIDE THE SCHOOL YEAR. Any Cross Country practice conducted by a school outside the school year must be in accordance with the following regulations:
  - (1) Student-athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
  - (2) Student-athletes shall not engage in more than five hours of practice activities on those days during which more than one practice is conducted.
  - (3) The maximum length of any single practice session shall be three hours.
  - (4) On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.

## 2009-10 Sport Season Dates and Number of Games Allowed

	Sport	Number of Contests Allowed	Conference	First Day of Practice	Certification Deadline	Date(s) of State Championship
*	Baseball (Boys)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/29	5/4	6/9-12/2010
*	Basketball (Girls)	3 invitational tournaments plus 21 games	all conferences	10/21	2/13	3/4-6/2010
*	Basketball (Boys)	3 invitational tournaments plus 21 games	all conferences	10/28	2/20	3/11-13/2010
**	Cross Country (Girls & Boys)	8 meets	all conferences	year round	10/31	11/14/2009
*	Football (Boys)	10 games	Districts w/byes in first playoff round Districts w/o byes in first playoff round 2A, 3A, 4A, 5A w/no spring training 4A, 5A w/spring training	8/3 8/3 8/3 8/10	11/14 11/7 11/7 11/7	12/12/2009--Division I— 1A 11-man, 2A, 3A; 1A 6-man Division I & II 12/19/2009--Division II— 1A 11-man, 2A, 3A, 4A; 4A, 5A Division I & II
**	Golf (Girls & Boys)	8 tournaments	1A, 2A, 4A, 3A, 5A	year round	4/17 4/17	5/10-11/2010 5/13-14/2010
*	Soccer (Girls & Boys)	3 invitational tournaments plus 15 games	4A 5A	11/30 11/30	3/16 3/20	4/8-10/2010
*	Softball (Girls)	2 invitational tournaments plus 19 games or 3 invitational tournaments plus 17 games	all conferences	1/22	4/27	6/3-5/2010
**	Swimming & Diving (Girls & Boys)	8 meets	all conferences	year round	2/6	2/26-27/2010
*	Team Tennis (Girls & Boys)	8 tournaments (team & individual combined)	4A, 5A	year round	10/27	11/6-7/2009
**	Tennis-Individual (Girls & Boys)	8 tournaments total (team & individual combined)	all conferences	year round	4/17	5/10-11/2010
**	Track & Field (Girls & Boys)	8 meets	2A, 3A, 4A, 5A 1A	year round	4/17 4/10	5/14-15/2010
*	Volleyball (Girls)	3 invitational tournaments plus 23 matches-all conferences	all conferences	8/3	10/31	11/19-21/2009
**	Wrestling (Girls & Boys)	8 tournaments	all conferences	year round	2/6	2/26-27/2010

**\*District chair is responsible for sending certification form to the UIL office.**

**\*\*District chair is responsible for sending district results to regional director.**