

~ REGULAR SEASON REGULATIONS ~

~ GENERAL INFORMATION ~

**Registration**

A school should have registered for UIL cross country by January 15 the preceding year. The District Executive Committee may by majority vote accept a school after that date. After being accepted by the District Executive Committee, please notify the UIL by letter.

District Chair lists can be found on the UIL web site at [www.uil.utexas.edu](http://www.uil.utexas.edu) under cross country. If your district has elected a different chairman, please notify the League office.

**Eligibility Blanks**

Prior to the first varsity meet, complete the eligibility blank found at the end of this manual. This form is for varsity athletes only. Send one copy to your district chairman, and retain one copy in the school file. Copies of the same eligibility blank (as enclosed) or additions to the original eligibility blank should be used to report new varsity players. To save paperwork, athletes who will become eligible at a later date, due to grades or other rules, may be reported on the original eligibility blank and asterisked (\*) to indicate pending eligibility on a certain date.

**Entry Blanks**

Entry blanks are in the Appendix of the manual. Completed district entry blanks are to be sent to district director; regional entry blanks to the regional director. The regional director will send all results to the UIL. DO NOT SEND entry blanks to the UIL.

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.

**Championship Structure**

District meets shall be held in districts with more than three teams and/or ten individuals entered. A maximum of three teams and ten individuals shall qualify from district to regional. An individual qualifier may also be a member of a qualifying team. Additional individuals are not moved into the top ten qualifiers if any of the first ten qualifiers are also on a team.

Three teams and ten individuals shall qualify from regional to state. Additional individuals are not moved into the top 10 qualifiers if any of the first ten qualifiers are also on a team

**Distance**

- Girls' cross country meet will be approximately two miles (3200 meters).
- Boys' cross country meet will be approximately three miles (5000 meters).
- A race of six miles or longer shall not be considered a UIL cross country meet.

**Entry Limitations**

A minimum of five participants and a maximum of seven participants shall constitute a team. The first five finishers on each team will count for the total team score. A school may enter less than five, however, it cannot compete for the team title. A school may enter only one team of boys and one team of girls in the district, regional or state meet.

## Divisions

There shall be the following divisions in the respective conferences: a) boys; b) girls.

## Classifications

- a. Districts Meets. District cross country chairmen shall be responsible for organizing the district cross country meets.
- b. Regional and State Meets. There shall be five classifications for regional and state meets: Conference 1A, 2A, 3A, 4A and 5A schools.

## 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 coach. Meets which are limited to three or fewer schools, do not count as a meet for teams or participants, provided there is no loss of school time.

It is considered a school meet if a student is wearing a school uniform, using school equipment or transportation or is being directed in the meet by a coach being paid by the school. School week: A student or team representing a member school shall participate in no more than one scrimmage, contest, meet or tournament per school week. Exceptions: post-season competition, as well as district contests postponed due to weather or public disaster (not including illness) which shall be rescheduled on the next date, other than Sunday, on which another district game is not scheduled may also be scheduled during the school week. School week means the week beginning at 12:01 am on the first instructional day of a calendar week and ends at the close of instruction on the last instructional day of the calendar week, excluding holidays.

## Uniforms

Excerpt from the NFHS Track and Field Rules Book

### Section 3 Competitor's Uniform

Article 1...The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

- a. Each competitor shall wear shoes.
  1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel;
  2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
  3. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a track top or one-piece uniform issued by the school.
  1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
  2. The top or one-piece uniform may have the school identification and the top may have the competitor's name.
  3. The top shall not be knotted or have a knot-like protrusion.
  4. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top or one-piece uniform.
  5. The American flag, not exceeding 2x3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top.
  6. Bare midriff tops are not allowed.
  7. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing erect.

- c. Each competitor shall wear a track bottom or one-piece uniform issued by the school.
  - 1. The bottom or one-piece uniform may have the school identification.
  - 2. Loose-fitting, boxer-type bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls.
  - 3. French or high-cut apparel shall not be worn in lieu of uniform bottom.
  - 4. The waistband of a competitor's bottom shall be worn above the hips.
  - 5. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimensions more than 2 1/4 inches, is permitted on the bottom or one-piece uniform.
  - 6. The American flag, not exceeding 2/3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform bottom.
- d. Visible Undergarmets
  - 1. Any visible garment worn under the uniform top or bottom must be unadorned (except for single, visible manufacturer's logo) and a single color.
  - 2. Visible garments worn under the top and bottom do not have to be the same color.

Article 2...Additional restrictions for relay races.

- a. In relay races, each team member shall wear the same color and design of school uniform although the length of the bottom or one-piece uniform may vary.
- b. Any visible garment(s) worn under the top or bottom shall be a single color and the same color as those worn by other members of the relay team. Visible garments under the uniform top or bottom may vary in length.

Article 3...Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body and alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.
- c. A watch may be worn around the wrist.

Penalty: (Articles 1, 2, 3) For an illegal uniform or wearing jewelry, the competitor is disqualified from the event.

Article 4...Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

Penalty: This shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

## Rules

The cross country rules found in the current National Federation Track and Field Rules Book shall be enforced in all League meets. These books can be purchased from the National Federation, Box 361246, Indianapolis, IN 46236-5324; 1-800-776-3462.

## Determining Team Scores

Scoring shall be as shown in the following table:

Place at finish	1st	2nd	3rd	4th	5th	etc.
Points	1	2	3	4	5	etc.

Competitors finishing the race shall be ranked and tallied in accordance with the above table. The team score in each conference shall be determined by totaling the points scored by the first five finishers of each team. The team scoring the fewest number of points is the winner.

If less than five competitors from a school finish the race, the places of those competitors are disregarded in determining the team scores and the team scores are reranked. Although the sixth and seventh place finishers do not score points toward the team total, the place is counted in determining the scores of other teams.

Ties in team scoring shall be resolved by comparing the sixth place finishers from the tied teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with a sixth place finisher shall prevail. If only five competitors of tying teams finish, the team scoring shall be resolved by totaling scores of the first four finishers.

### **Eighth Grade Rule**

Only seventh and eighth grade students who are too old to represent the eighth grade team may participate on the high school's sub-varsity athletic team, and then only if local rules permit.

### **Cross Country Season**

An official starting date and date for your final cross country meet have not been set by the Legislative Council. The cross country season is restricted to the eight allowable school meets. A starting date should be set by school administration.

### **Athletic Banquets**

Athletic teams may be given one pre-season meal, such as a fish fry, ice cream supper, etc. provided it is given by a non-profit organization (usually the booster club) before the first contest. Teams or individual athletes may not be given anything during the season which could be deemed as valuable consideration, defined as items which are wearable, useable or saleable. (Meals may be provided on out-of-town trips, provided they are purchased out of school funds.)

One additional activity, given by a non-profit organization, may be given following the season (usually the athletic banquet). Banquet favors that are considered valuable consideration would be a violation of the Amateur Rule if they were given at any time. The penalty for violation of this is forfeiture of eligibility in that sport for one year.

### **School Trips**

Schools can pay the expenses of athletes or teams when traveling to an away school competition. Supplies and services furnished during a game or a practice period (related only to that practice period or game) may be provided.

## **~ CROSS COUNTRY MEET MANAGEMENT ~**

### **Check list of a meet director's responsibilities.**

#### **General Responsibilities**

- a. Securing and assigning dressing room and shower facilities, if possible.
- b. Preparation of signs, flags or course markers.
- c. Selection and assignments of officials.
- d. Preparation of checker sheets and numbers for each contestant.
- e. Reporting results to the media.
- f. Awarding trophies and medals.
- g. Work with media for pre-meet information and post-meet results.
- h. Supply safety pins for numbers.
- i. Checking entries.
- j. Preparation and mailing of instruction sheet to each coach and official well in advance of the meet.
- k. Mailing meet summary to each participating school.

**Coach and Team Instruction Sheet**

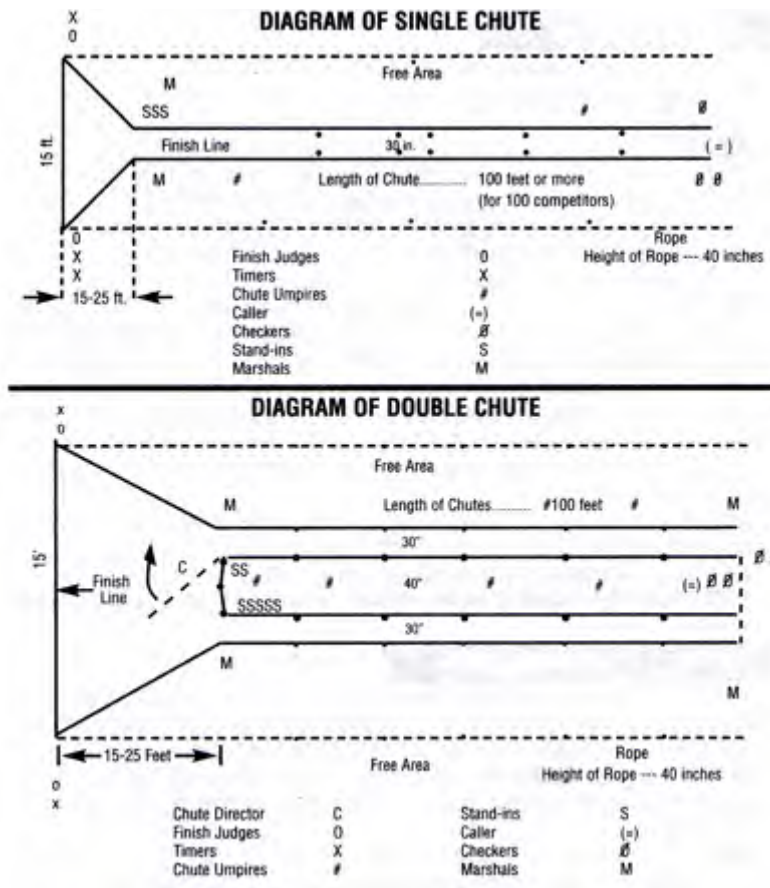
- a. Time and location of meet.
- b. Equipment regulation.
- c. Diagram of course or instructions explaining the course.
- d. Instructions regarding location and use of dressing rooms, locker assignments and showers.
- e. Any special ground rules.
- f. Diagram of chute with explanation of finish.
- g. Position of numbers on runners.
- h. Special instructions for spectators.
- i. Instructions to coaches and team managers concerning crowding around finish and chute.

**Preparation of Course**

- a. The course should be marked by signs, flags or cones clearly visible to the participants. The time and effort put into the marking and placing of proper guides on the course will result in a better understanding by the coaches and runners.
- b. Obstructions on the ground that might cause tripping should be removed from the path of the runners. These obstructions may result in serious falls and possible injury.
- c. The starting line should be placed so that there is a long straight away before a turn is reached. This allows the runners to become spread out before the turn.

The straight-away at the start should be wide enough to accommodate all the teams and individual runners.

- d. The starting line should be drawn with white chalk, 2 inches wide, and placed at right angle to the direction of the starting straight-away. It should extend a distance equal to twice the number of teams multiplied by three feet. If a number of single entries are in the meet, additional space on the starting line should be provided.
- e. The finish should be at the end of a straight-away extending a distance of at least 150 yards. The finish line should be at the "neck" of a rope funnel leading into a rope chute. The mouth of the funnel should be at least 15 feet wide and should narrow into the chute. The chute should be 30 inches wide and at least 100 feet long. If space is not available for a 100-foot long chute, circle or weave the chute around the area available in order to give the runners ample space in the chute. The rope should be supported by stakes placed approximately 20 feet apart. The stakes at each end should be driven in the ground or set in post holes. They should be solid enough to permit the rope to be drawn tight.



~ DUTIES OF OFFICIALS ~

**The Games Committee**

The Games Committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.

**Referee**

The referee shall make final decisions concerning questionable points and shall disqualify any runner for violation of the rules. National Federation Cross Country Rule 9-6 "Disqualifications" states:

Article 1 . . . Any runner who false starts shall be disqualified.

Article 2 . . . Any runner who interferes with another runner shall be disqualified. Interference is any action by a competitor which unfairly changes the course or natural running rhythm of another runner during a race. This may include bumping, tripping or running across a runner's path.

Article 3 . . . Any competitor who uses unsportsmanlike or unacceptable conduct shall be disqualified. Conduct which is unethical or dishonorable which includes action and/or language which will bring discredit to the individual or his/her school, disrespectfully addressing an official, using profanity, criticizing an opponent or an official or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.

Article 4 . . . A runner shall be disqualified who is aided by a coach, teammate or anyone connected directly or indirectly with the competitor or team concerned. Such aids include:

- (a) Running alongside a runner or being stationed at a point near the course or for the purpose of aiding or coaching a competitor during the race;
- (b) Runners join hands or grasp each other at anytime during a race;
- (c) A runner uses an aid during a race.

Article 5 . . . Competitors who fail to complete the prescribed course that is defined by a legal marking system shall be disqualified.

Article 6 . . . Any competitor who competes while wearing an illegal uniform as described in Rule 9-5 of the National Federation Cross Country Rule Book shall be disqualified.

Article 7 . . . Any competitor who uses an illegal aid shall be disqualified.

### **Starter**

The command, shall be, "On Your mark;" and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners by firing the pistol. If a runner falls during the first 100m due to contact with another runner, the race shall be recalled by firing the pistol.

### **Clerk of the Course**

The clerk shall place the teams in proper position on the starting line and give all needed instructions.

### **Finish Judges**

The finish judges stand outside the chute on the finish line and determine the order in which runners enter the chute. Their decision is final.

### **Chute Inspectors**

The chute inspectors supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all runners who cross the finish line are given their proper order as the contestants go through the chute.

### **Caller**

The caller calls the number of each contestant in the order of his/her proper place in the chute.

### **Checkers**

The checkers keep a record of the contestants and their order of finish as announced by the caller. In case of conflicts, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision.

NOTE: Checkers sometimes use numbered cards. One of these with the number indicating the order of finish is handed to each competitor upon leaving the chute.

### **Course Inspectors**

The course inspectors observe the activity of the runners. If any runner fails to run the proper course, or otherwise violates the contest rules, the inspectors report the infraction to the referee.

### **Timers**

The timers record the times of the runners who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.

**Marshal**

The marshal and assistants shall keep the grounds free from all persons except officials, contestants and others who have permits from the games committee.

**~ MEET ADMINISTRATION AND REGULATION ~****Schedules.**

Athletic schedules will not be considered official until approved by the superintendent of the member school district.

**Adult Supervision.**

A coach or adult supervisor must always accompany students. A student shall not represent his or her school at any time in connection with interscholastic competition unless accompanied by a coach or another appointed member of the school faculty. **Exception:** A nonschool person may serve as the adult supervisor of students when appointed by the administrator in areas where no coaching/directing takes place. These individuals may provide the transportation to and from the activity and be responsible for the supervision of participants.

**Warning About The Inherent Dangers Of Athletic Participation**

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

The UIL encourages student athletes in all sports, and their parents, to discuss risks and risk minimization with coaches and school administrators.

**Games Administration and Protection of Players**

School officials should exert every effort to reduce athletic injuries. Cross Country can be a dangerous sport, and every care should be exercised for the protection and safety of the players. The following suggestions are offered for consideration:

1. Have a written permit from the parents to secure emergency medical services in case of injury.
2. See to it that players are properly equipped with adequate protection.
3. Give immediate attention to all injuries, even seemingly unimportant scratches and bruises. Be prepared for hot weather practice.
4. Have all players covered by an athletic insurance policy.

**Crowd Management and Game Security.**

In our complex and open society there are numerous problems which hinder the public school administrator. Crowd management and game security are two problems which have haunted even the most conscientious administration. This area goes beyond the spectator who is intoxicated in the stands or those who insist on running onto the field at the end of the game. Schools in some states have been forced to abandon night games, while others in some states must seek a neutral site with little or no publicity surrounding the event to prevent added disturbances. Fortunately, this has not been a great problem for athletics in Texas. However, disturbances can occur at even the smallest of schools during a game which has no bearing on the district championship. Each school system should develop a master plan for management of crowds.

Administrative duties for controlling crowds involves a well thought out plan of action. Actions prescribed should be endorsed by the school board as policy for the district, prior to each school year. Plans may then be viewed for comparison with other school systems. Naturally, each system will include variations to fit their own unique situation.

The UIL views this as a positive way to defend against possible trouble at athletic events. School personnel are more apt to act with confidence, knowing where they stand when written policy is in place. Schools that have operated without a crowd management and/or game security policy may see this as an opportunity to add consistency while upgrading their procedures, not to mention serving as a guide for legal implications. It is better to operate somewhat anonymously and behind the scenes so that fans may enjoy their favorite events than to spend little time in planning and be faced with an unchecked security problem.

**Administrative Responsibility.** The school district superintendent and/or their designee is responsible for enacting and enforcing a crowd management policy for contests sponsored by his/her district. Likewise, all phases of interscholastic competition are under the careful supervision of the superintendent.

**Guidelines.** (These basic guidelines may be supplemented by local schools.)

1. A crowd control policy for season athletic contests shall be endorsed by the school board and should be kept on file with the district executive chairman and in possession of those in the individual school directly responsible.
2. No interscholastic contest may be arranged without the knowledge and sanction of the superintendent or his designee.
3. A game administrator or manager (usually the athletic director or principal) shall be in charge of the various administrative duties not associated with the contest at all home games. This person shall be on duty during the actual playing of the contest.
4. In all cases where students are competing against those of another school there must be an authorized faculty representative on the premises. In team sport contests such as basketball, football, soccer, softball, and volleyball, the superintendent and/or a designated game administrator shall be present at all home games and should be present at games away from home when large numbers of students and fans are attending the game.
5. Students, participants and staff members representing member schools in interscholastic competition are expected to conduct themselves in a sportsmanlike manner. Failure to do so may be in violation of the UIL Constitution and Contest Rules and subject the school, students and sponsors to penalty.
6. The member school superintendent is responsible for initiating appropriate disciplinary measures against those guilty of violations of the State Education Code.
7. It shall be the responsibility of the host administration to insure the safety of the officials.

**SAFETY**

Our baseline responsibility is to assure that every person who comes to school or to a school event is ensured the opportunity of returning home safely that day or night. The following suggestions are not complex, but hopefully will stand the test of time.

1. Principals and athletic directors should meet with the police and fire chiefs, emergency medical service head, and school superintendent. At this meeting establish roles of responsibility. For example, whose decision it is to evacuate a school or athletic site? Also discuss all of the other issues (e.g. lightning, power outage, bomb threats, weapons) that are concerns of the respective participants in this meeting. It would be good if written protocols resulted.
2. Form a School Safety Committee which should be representative of students, custodians (who may know your facility better than anyone else), staff, administration, parents, and the community. All of these constituents are stakeholders who should share in responsibility for safety.
3. Consider safety to be a "team" effort. Inform your students and other constituencies that you want them to keep their eyes open, and to report anything they see or hear that may be troubling. "Intelligence" is important and can be reasonably easy to acquire through such a network.
4. Every student should have an advocate member of the school staff. Too often children are without a good adult role model. A staff member, making it a point to check on each student once a week, may be enough to keep the student connected, or to detect a potentially significant personality change.
5. Recognize that you are surrounded by trained observers. Educators, like police, are accustomed to observing individuals, groups, and crowds. Anyone or anything that does not "look right", probably isn't. Station trained observers at the entrance to athletic events. Assign staff in fan sections, have the police detail deployed to observe fan behavior, and place administrators at vantage points where spectators and observers can be viewed.
6. Cell phones can be critical during an emergency when phone lines are cut; incoming phone traffic precludes making calls, etc.
7. Don't believe "it can't happen here." The profiles of perpetrators of recent school tragedies are suburban, affluent young people who spend time on computers or who may have access through family to guns.
8. Continue to work to keep high school athletic programs within the perspective of their educational mission. Do not place athletes on a pedestal. Honor equally achievements of all your students (e.g. academics, community service, drama, National Honor Society).
9. A communication system (e.g. walkie-talkies) is important among school personnel, fire, police, EMS, etc .
10. Remain calm, and use the PA system to deliver pre-developed messages/instructions.

~ PUBLIC ADDRESS AND RADIO ANNOUNCEMENTS ~

### Public Address Announcements

It is recommended that the following public address announcements be made prior to the game:

"These are high school athletes performing tonight. They are friendly rivals, not enemies."

"Friendly competition is the theme of interschool sports. The visiting team and fans are our guests. Please show courtesy and good sportsmanship."

"Officials are assigned by mutual agreement of both schools. Sportsmanship should be shown by all spectators, no matter which team they are backing."

"Good Evening. Welcome to this game between the \_\_\_\_\_ and the \_\_\_\_\_. A special welcome is extended to our neighbors from \_\_\_\_\_ for this exciting contest between two fine schools. Tonight's event provides a showcase for the talents and skills of the students from each school through friendly competition, which is the theme of all interscholastic events.

The performances you will see are the result of many hours of preparation. The teams, the bands, the drill teams and the cheerleaders have worked hard for your entertainment and appreciation. Please encourage them by your cheers, your applause, and your good sportsmanship. These students, along with their directors and coaches, represent their school with pride and honor.

The game will be conducted according to the rules of the University Interscholastic League. The officials were selected with the consent of both schools, and their rulings should be respected by all. The use of alcoholic beverages or illegal drugs is prohibited on all school property, as well as the possession of illegal weapons and public gambling. The use of all tobacco products is forbidden except in designated areas.

You are reminded that spectators are not allowed on the field until players and officials have had an opportunity to leave after the game.

Thank you for your attendance. Get ready to enjoy the special performances of the talented students from these two fine schools."

### Radio Announcements

The following requirements should be put in a written contract with any radio or television station carrying a high school athletic activity. This is important because some announcers criticize game officials. Each station should agree not to criticize the officiating, the school, or the League. It is recommended that the following be included in any agreement to broadcast a high school athletic activity:

1. There shall be no political announcements or advertising of tobacco, liquor, wine or beer during the broadcast;
2. The Station is to be responsible for any expenses incidental to setting up the broadcasting arrangements;
3. The Station shall not feed the broadcast of this game to any other radio station without the signed approval of a school official;
4. The \_\_\_\_\_ School District shall not be liable for any expenses incurred by Station \_\_\_\_\_ in putting on the broadcast;
5. There shall be no criticisms of officials' decisions;
6. No mention shall be made of injuries, unpreventable accidents, or other incidents which may cause any anxiety on the part of listeners; and
7. There shall be no discussion of school or League policies which are of a derogatory nature.