

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.