

**2025-2026**



**CROSS COUNTRY  
COACHES' MANUAL**



**Girls | Conference 1A – McMullen  
County**



**Boys | Conference 1A - Comstock**



**Girls | Conference 2A - Hamilton**



**Boys | Conference 2A – Plains**



**Girls | Conference 3A - Holliday**

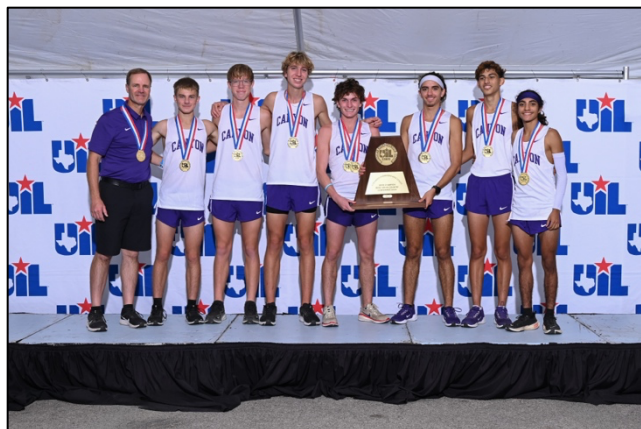


**Boys | Conference 3A – Lytle**





**Girls | Conference 4A – Canyon**



**Boys | Conference 4A - Canyon**



**Girls | Conference 5A – Smithson Valley**



**Boys | Conference 5A – Lucas Lovejoy**



**Girls | Conference 6A – Flower Mound**



**Boys | Conference 6A – Southlake Carroll**

## Cross Country Calendar | 2024-2025

An officials start date and final cross country meet have not been set by the Legislative Council. A start date should be set by school administration.

- October 11 – District Certification
- October 20-21 – Regional Meets
- October 31-November 1 – State Meet

## Cross Country Coaches' Checklist

### UIL Rules & Guidelines

#### **UIL Rule Amendments & Sport Plan**

#### **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 1A, 2A, 3A and 4A girls (3200 meters) and three miles for 1A-6A boys and 5A and 6A girls (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 member 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 member 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 four teams and the top 10 individuals (who are not already on the advancing teams) 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 shall 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, two hours of rest/recovery time between the end of one practice and the beginning of the next practice.

(5) Schools shall not schedule more than one practice on consecutive days and student-athletes shall not participate in multiple practices on consecutive days.

### **2024-2025 UIL Rule Changes & Amendments**

#### **UIL Resources for Game Administrators (pdf)**

#### **Ineligible Player and Unattached Participation**

- (c) MINIMUM PENALTY FOR USING INELIGIBLE PLAYER. In the event an ineligible contestant is used in any UIL game or contest, knowingly or unknowingly, the minimum penalty shall be forfeiture of the game, contest or event. Refer to Section 27 (c)(3).
- (d) UNATTACHED PARTICIPATION. In any UIL member school sponsored athletic contest, meet or tournament, UIL member high school students shall not be permitted to enter unattached. The penalty for violation of this rule shall be assessed against the member school(s) in violation. This provision applies to a non-enrolled (home schooled) student participating in accordance with section 33.0832 of the Texas Education Code.

#### **LIMITATION OF AWARDS**

##### **(a) LIMIT.**

**(1) Awards Schools May Give.** A member school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s) listed in Section 380. Each year a member school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$20 each. Schools may give a student the \$20 minor award for an activity during the same school year the \$70 major award is given for that activity. A school may contribute to major

awards in honor of winning a UIL State Championship event.

(2) Awards Students May Receive. A student may not accept from any source other than the school attended or the school district, any award in money, product or service for competing in an interschool contest except as follows.

(A) A certificate, medal, trophy, ring, or other symbolic award for participating in any UIL activity which counts on UIL standing, if it is given:

(i) by the school, or school district in accordance to the limitations in Section 480 (a)(1);

(ii) the District Executive Committee or the entity that organized the competition (i.e., the regional director or zone director;

(iii) the UIL or one of the professional, education organizations sanctioned by the UIL; or

(iv) an outside source approved by the school or school district.

(B) A medal, trophy, patch or other symbolic award for participating in an invitational athletic contest which does not count on UIL standing, in an activity which the UIL sponsors as listed in Section 380, if it is given by the organization conducting the contest or competition (Sports which are not sanctioned by the UIL, such as bowling, motorcycle racing or rodeo do not come under this rule).

(C) Unlimited awards for participating in an invitational academic or fine arts contest which does not count on UIL standing, whether or not it is an activity which the UIL sponsors.

(D) Educational trips sponsored by the school.

(E) Scholarships for college or university enrollment if awarded at or after graduation from high school.

**(3) Awards Students May Receive for Intraschool Competition.** A student may accept unlimited awards for participating in intraschool competition.

**(b) LEAGUE STANDING DEFINED.** For purposes of this rule, “counts on UIL standing” means any contest that causes an individual or team to advance toward a UIL district, bi-district, area, zone, regional or state championship.

**(c) AMATEUR STATUS.** Refer to Section 441 for rules governing amateur athletic status.

**(d) INDIRECT AWARD.** An award given to a second party to be held for later delivery to the student is considered received by the student when the award is given to the second party. This conduct is a violation by the member school or school district.

### **Section 481: GIFTS OR AWARDS TO SPONSOR OR COACH**

Individuals who coach, direct or sponsor UIL activities in grades 9-12 may be suspended if:

(a) they accept more than \$500 in money, product or service from any source, over and above the stipend paid by the school district, in recognition of or appreciation for coaching, directing or sponsorship of UIL activities. (Refer to Section 1202). The \$500 limit is cumulative for a calendar year and is not specific to any one particular gift;

(b) they accept money, product or service for entering their student(s) in a contest or other activity;

(c) this section includes, but is not limited to, money, gifts, use of automobiles, insurance, club privileges and any funds tendered by booster clubs for other services; and

(d) it is a violation if coaches and/or their attorney(s) accept money or other valuable consideration for payment of legal expenses incurred to file suit or take other legal action against a school, school district or the UIL.



**(e) EXCEPTIONS:**

**(1) Scholarships.** A sponsor or coach may accept from any source in any amount a postsecondary institution scholarship.

**(2) Retirement.** Upon retirement from the profession, sponsors or coaches may accept money or other valuable consideration in any amount from any source.

**(3) Annual UIL Award for Excellence.** A sponsor or coach may accept the Annual UIL Award for Excellence sanctioned by the UIL.

**Charitable Cause Guidelines.** The UIL has received numerous requests from member schools to support various charitable causes in conjunction with high school athletic events. The UIL is supportive of these initiatives and has developed guidelines in regard to an athletic competition being held in the name of a charitable cause.

Schools may host a contest in recognition of a charitable cause under the following conditions:

1. The contest of competition may be held during any one week of the designated sport season (to be determined by each individual school).
2. If NFHS or NCAA rules allow, non-school colors can be worn upon mutual agreement between opponents. (ex: pink uniforms)
3. A commemorative ribbon of non-school color may be worn on the jersey or school-issued uniform.
4. Officials may be allowed to use a colored whistle or modified uniform in accordance with UIL guidelines.

Colored game balls will not be allowed, however they may be used during any warm-up period prior to the contest.

NFHS Cross Country Information

**Pre-Season Regulations (see Team Sport General Manual)**

- Employment of Coaches
- Texas Education Code Requirements (State Law)
- Coaches Certification Program (CCP)
- UIL Eligibility for Athletic Contests
- Student Participation Required Forms

**REGULAR SEASON**

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.**

- 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 in the meet or transportation is being provided by the school or coach.

**Cross Country Regulations** An official starting date and final cross country meet have not been set by the Legislative Council. A starting date should be set by school administration. 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. 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.

- **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. School week is defined as 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.
- 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 school coach.

**Rules** The cross country rules are available in the current National Federation Track & Field and Cross Country Rules Book and shall be enforced in all UIL meets. Rule books can be purchased from the National Federation, [www.nfhs.org](http://www.nfhs.org).

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

### **Classifications**

**Districts Meets.** The District Executive Committee will set the date and time scheduled for the District Meet.

**Regional and State Meets.** There shall be six classifications for regional and state meets: Conference 1A, 2A, 3A, 4A, 5A, and 6A schools.

### **Distance.**

- Girls' 1A, 2A, 3A & 4A – approximately 2 miles (3200 meters).
- Boys (All Conference) & Girls 5A & 6A – approximately three miles (5000 meters)
- *A race of six miles or longer shall not be considered a UIL cross country meet.*

**Number of Participants** 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, the school/team cannot compete for a team title.*

- When determining the number of competitors to be placed in each section, it is important to consider the size of the field, the quality of the performances of the competitors involved and the relationship to risk minimization.
  - A section should not be so large as to create an environment that increases the risk for injury due to the competitors being too crowded and not able to freely run.
- A school may enter only one team of boys and one team of girls in the District, Regional & State Meet.

### **Determining Team Scores**

**NFHS 8.2.1** Scoring shall be as shown in the following table:

Place at Finish	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	Etc.
Points	1	2	3	4	5	Etc.

**NFHS 8.2.2** All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.



**NFHS 8.2.3** If fewer than five competitors of a team finish, or other number specified by the games committee, the places of all members of that team shall be disregarded and the team scores re-ranked.

**NFHS 8.2.4** Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying 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.

**NFHS 8.2.5** If only five competitors of tying teams finish, the team scoring shall be resolved by totaling scores of the first four finishers.

## **POST-SEASON**

### **UIL Championship Structure**

The cross country rules found in the current National Federation Track and Field/Cross Country Rules Book shall be enforced at all UIL meets. NFHS rule books may be purchased from the NFHS Website: [www.nfhs.org](http://www.nfhs.org).

District meets shall be held in districts with more than three teams and/or ten individuals entered. Each school may enter seven boys and seven girls to a district meet. A minimum of five athletes shall constitute a team entry.

- A maximum of the top three teams and ten individuals shall qualify from district to regionals.
- A maximum of the top four teams and top ten individuals, not on a qualifying team, shall qualify from regionals to state. Each school qualifying a team may enter seven boys and/or seven girls to the regional or state meet.
- Only the teams and individuals qualifying through the district and regional meet are eligible to advance to the state meet. Teams qualify as a school and substitution of team members are allowed. Regional and state meet directors must be notified of any substitutions.
- District meet directors will certify results to the regional meet director.
- Regional meet information will be provided from a link on the UIL website. Each meet director may require specific electronic files or online entry procedures. Entry fees may apply to participation.
- Regional results will be certified to the UIL Office by the regional meet director for State. Entry fees do not apply for state meet participation.

### **State Meet**

**Dates.** October 31-November 1, 2025

**Location.** Old Settlers Park | Round Rock, TX

### **State Meet Forms.**

[Cross Country Team Substitution Form](#)

[Cross Country Individual Scratch Form](#)

### **Off-Season Regulations (see Individual Sport General Manual)**

- School Sponsored Camps
- Non-school Leagues, Camps & Clinics