

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.