

## **UCSSAL Cross Country Rules**

### **General Regulations**

The cross country course shall be 2 miles. If the courses traverse any roads, it must be approved by the city in which the event resides. The host school coaches will select the site for the course they host and the regional cross country meets will be decided by the league and region athletic directors. The UCSSAL State Meet location will be determined by the UCSSAL Directors and Board of Trustees each year.

Host schools are required to mark the course appropriately, provide a shoot for the runners to come into, and provide personnel to take runner times as they cross the finish line and document the results.

Student-athletes from 6<sup>th</sup>-9<sup>th</sup> grade may compete on the same team. The teams will be separated into boys and girls. Teams are required to wear clothing that identifies them as a team. Each team (boys and girls) will consist of a minimum of five participants. Teams with fewer than five participants can compete as individuals but not as a team.

Meets will be at 4:30pm beginning with the boy's race and ending with the girls. Teams should walk the entire course prior to the race to become familiar with it.

The UCSSAL State Championship Meet will begin with the boys race at 5:30, directly followed by the girls race.

### **Region Meets - Qualifying for State**

All teams and runners may run in the region race. The region race is the only race that qualifies for the state meet. The top 3 teams will qualify for state, taking their choice of 7 runners. The first 4 runners NOT from a qualified team will qualify for the state meet to race as individuals for their school. Therefore, the maximum number of athletes that can compete at the state meet from one school is seven. Each region will bring 25 runners for each race to the state meet (21 team runners, four individual runners).

### **Scoring**

Schools that have a minimum of five runners will be scored based on their finish place of the race. The first place runner will earn one point for their school, second place will earn two points, third place will earn three points, and so forth. The top five runners from each school will be given points based on their finish place. The sixth and seventh place runners from each school count as displacers. A displacer doesn't earn points for their team but their finish place does count. All other runners don't count for points or as displacers. Therefore, only the top seven runners from each school affect the outcome of the race scoring.

### **Disqualifications**

Disqualifications during the regular season will be determined by the host school. Any disqualifications at the region and state meets will be determined by a UCSSAL representative.

A runner who demonstrates any form of inappropriate contact or language such as pushing, tripping, elbowing, swearing, etc. will be immediately disqualified. Pacing will result in disqualification. Pacing happens when a parent, coach, or anyone else not participating in the race runs along side of a runner during the race.

Any runner who cuts a course and finishes the race will be disqualified. If a runner cuts a course by accident, they must immediately return to the place of the cut and continue with the race.

Potential disqualifications will only be considered when reported by a meet official/volunteer or with photographic or video evidence. Any violation must be reported immediately and must be witnessed first-hand by the meet official/volunteer.

Schools must provide volunteers to act as race officials at the UCSSAL State Meet. For each team competing at the state meet, that school must provide 2 volunteers for the race (if a school qualifies both a boys team and a girls team, they must provide 2 volunteers for the boys race and 2 for the girls race). For schools that do not have a team competing, but have individual runner(s), they must provide 1 volunteer for the race. Runners from schools that do not fill the volunteer requirement will be disqualified.

### **State Qualifying**

All runners may participate in the region meet. The first 5 runners for each team will count for their team's total point count. The sixth and seventh runners will count as displacers. All other runners on that team do not count as scorers or displacers. The top three teams will take their top 7 runners to the state meet. The top four finishers NOT from the 3 qualifying team qualify as individuals for the state race.

At a meet where placing is necessary (region and state) tie breakers will be decided by the higher overall placing of the team's sixth runner.