

2009

CROSS COUNTRY RULES

SENIOR DIVISION	7 TH AND 8 TH GRADE	BOYS	1 ¼ MILE
	7 TH AND 8 TH GRADE	GIRLS	1 ¼ MILE
JUNIOR DIVISION	5 TH AND 6 TH GRADE	BOYS	1 MILE
	5 TH AND 6 TH GRADE	GIRLS	1 MILE

(NO 4TH GRADE & UNDER)

TEAM SIZE: Team will consist of 4 - 7 runners from the parish. The first 4 runners of each parish will score toward the team total. The 5th, 6th, 7th runner can help his/her team by beating one or more of another team's runners in case of a tie. Parishes may also enter individual runners if there are not enough to fill a team. Awards will be given on a team and individual basis. Schools may not merge teams.

TEAM SCORING: Points are awarded to each runner according to his/her finish place in the race. The first runner received 1 (one) point, the fifth finisher receives 5 (five) points, the tenth finisher receives 10 (ten) points, etc. The points are totaled for the first 4 (four) runners for each team, and the lowest total score wins. The fifth runner for each team can act as a pusher by beating one of the 4 top runners of another team. The following example shows how a dual meet (two teams) might be scored.

Team one		Team Two	
Runner	Finish Place	Runner	Finish Place
Jim	1	John	2
Allen	3	Bill	4
Mike	5	Michael	6
Sam	9	Keith	7
Kevin	10	Steve	8

By adding the first 4 scores for each team, team one wins 18 to 19. Remember that the lower score wins. This same method is used to score meets between two or twenty teams.

As each runner finishes the race, he/she will be given a card with the finish place marked on it. All runners are to keep cards through the **finish chute** (the chute after the finish line) and give them to their coaches. Each coach records the runner's name and finish place, and then totals the team scores on the score card. Individual runners must also have a score card filled out by their coach. The score cards and finish cards are to be turned into the meet directors for verification and awards.

TEAM TIE: If there is a tie in the team points scored, then we will go back to the finish place of the 5th runner. If a tie remains, then we will go to the finish of the 6th or 7th place until the tie is broken. If one of the teams does not have a fifth, sixth or seventh runner, then the one with the fifth place runner automatically wins. If both teams do not have a fifth, sixth or seventh place runner, then the fourth place finish will determine the winner.

FINISH ENVELOPES AND FINISH CARDS: PLEASE PRINT NAMES NEATLY. FILL OUT ENVELOPES BEFORE RACE STARTS. THE BACK OF THE FINISH CARDS MUST BE FILLED OUT COMPLETELY.

FINALS: All schools will compete in the finals.

The City Championship team will consist of seven runners from that parish with the top 4 runners of that team with the lowest score.

LINE UP AT START: The start of the race will start with the 2 runners of each team or individual across. They may be 4 to 5 runners deep.

CROSS COUNTRY RULES: Cross Country will be run according to National Federation High School Rules.

UNIFORMS: All teams must wear matching shirts.

OFFICIAL COURSE MARKERS: The official course markers are colored flags marking the course. The red means left turn, yellow means right turn, and blue means straight away.

AWARDS: Awards will be given on a team and individual basis. Team trophies will be given to champs, runner-up and third place in city meet. Individual ribbons will be given to the first 20 individuals to finish in the finals. Medals will be given to the first four individuals in the city finals.

ELIGIBILITY RULES: Participants must run in their division in which they fall. A 5th or 6th grade runner may not run on the 8th grade team.

FOR 8TH GRADE DIVISION, if a participant reaches his/her 15th birthday before August 1, 2009. Or is in the 9th grade or over, he/she will be ineligible for C.S.A.A. grade school sports.

FOR 6TH GRADE DIVISION, if a participant reaches his/her 13th birthday before August 1, 2009, or is in the 7th grade, he/she is ineligible for the 6th grade division.

STARTING DATE: The starting date for cross country is August 1st. No practices, workouts or tryouts are allowed before this date.

The 3rd and 4th grade may not start practice before August 15th.

PARTICIPATION: Football and volleyball players MAY run Cross Country.

CONTRACTS: Every boy and girl must have a contract signed by their Parents and Priest manager on file at the C.S.A.A. Office. A participant must sign a new contract this year before he/she participates. The Athletic Director at your parish has been given contracts for any participant who will participate in any athletic contest during the school year that has not yet sign a contract. Proof of age is required when a participant turns in his/her contract.

TEAM ROSTER: Team Rosters are due September 24TH This is the official eligibility sheet for your cross country team. Please fill out the roster completely.

PRACTICE TIME: Runners participating in our other fall sports are limited to a total of 2 hours practice per day for 8th grade, and 1 ½ hours per day for 6th grade, 4 days a week, (3 school nights Sun. - Thurs. and 1 non-school night). This is per week not per sport.

NO SPIKES are to be worn.