

ARTICLE 22

CROSS COUNTRY

22.1 RULES

- 22.1.1 Official rules for all cross-country competition shall be those published in the current edition of the National Federation Track And Field and Cross Country Rules.
- 22.1.2 School athletic programs at all levels are subject to disciplinary action when a school team is removed from the floor or field prior to completion of the contest.

22.2 SEASON OF SPORT

- 22.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition and the conclusion of post-season competition.
- 22.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.
- 22.2.3 Fall Season

Practice	no sooner than the	6th week
Competition	no sooner than the	9th week
Championship	to be concluded by the	23rd week

 - 22.2.3.1 Check Conference Handbook for specific dates.

22.3 SCHEDULES

- 22.3.1 Each Region will develop its own schedule as provided for in the AIA Bylaws.
- 22.3.2 When a Conference approves the master schedule, individual schools must participate in the master schedule to be eligible for the state tournament.
- 22.3.3 In the absence of a master schedule, a school must have a regularly organized program to qualify for the state tournament. *(See Article 12)*
- 22.3.4 If scheduling difficulties occur, schedules may be increased by one meet. The additional meet shall be approved by the Conference Executive Committee.
- 22.3.5 Junior varsity and freshman teams may schedule multiple meets.

22.4 NUMBER OF MEETS IN SEASON

- 22.4.1 No team shall schedule more than 12 varsity meets per season.
- 22.4.2 No school shall schedule more than ten junior varsity or freshman meets per season per team.
- 22.4.3 No runner shall compete in more than 12 meets per season.
 - 22.4.3.1 EXCEPTION: 2A Conference schools, because of their limited enrollment, may permit a runner to participate in 15 meets per season.
- 22.4.4 No varsity, junior varsity or freshman team may compete in two different meets on the same day.

22.5 CONTEST PARTICIPATION

- 22.5.1 When a student enters an interscholastic contest, regardless of the length of time, it shall be considered participation in the interscholastic contest.

22.6 INTERSCHOOL COMPETITION

- 22.6.1 Runners may compete in Region qualifying meets as members of a team, or as individuals. A team shall consist of at least five and not more than seven runners.
- 22.6.2 There may be unlimited entries during the regular season of cross country meets for freshman and junior varsity teams only.
- 22.6.3 Freshman and junior varsity teams are permitted to have multi-school competitions.
- 22.6.4 All runners must be in school uniform. Violating teams shall be disqualified.

22.7 COACHES / COACHING

- 22.7.1 The AIA shall not have regulations concerning coaches coaching their own school teams during the summer vacation period. Summer vacation period shall be identified as beginning with the last day of school and extending to the first day of permissive football practice for each Conference.
- 22.7.2 Coaches may coach their own teams and/or team members beyond the first day of permissive football practice, providing the team is participating in a summer league play-off meet or tournament.
- 22.7.3 Coaches / Players - Contest participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.

22.8 SCHOOL EQUIPMENT

- 22.8.1 The only school equipment which may be used out-of-season is weightlifting equipment and the track.
- 22.8.2 School Transportation During Summer - School provided transportation for summer activities is a local option.

22.9 TOURNAMENTS - REGION / STATE**22.9.1 Region Tournaments**

- 22.9.1.1 Regional qualifiers for the state tournament shall be determined by each Conference.

22.9.2 State Tournaments

NOTE: See Article 12 for additional state tournament rules.

22.9.2.1 Dates and Sites

- 22.9.2.1.1 Conferences may recommend the dates and sites of state tournaments.
- 22.9.2.1.2 The AIA Executive Board shall determine the dates and sites of state tournaments.
- 22.9.2.1.3 No regional meet or tournament shall be held at the same site on the same day as a state championship tournament.

(Section 22.9 cont'd. on next page)

22.9.2.2 There may be four Boys State Cross Country Tournaments:

- 1A-2A 1 State Champion
- 3A 1 State Champion
- 4A 1 State Champion
- 5A 1 State Champion

22.9.2.3 There may be four Girls State Cross Country Tournaments:

- 1A-2A 1 State Champion
- 3A 1 State Champion
- 4A 1 State Champion
- 5A 1 State Champion

22.9.2.4 Only the first five of each team shall enter into the scoring of the team. The sixth and seventh place finishers of a team do not score points toward their team's total.

22.9.2.4.1 If the sixth and seventh place finishers' time is better than any of the first five of any opposing team, it will result in an increased score for the opposing team.

22.9.2.4.2 If fewer than five competitors of a team finish, the places of all members of that team shall be disregarded in team scoring.

22.9.2.5 The top team and top runner shall be declared the Conference State Cross Country Champion Team and the State Cross Country Champion Runner, respectively.

22.9.3 Tournament Games Committee - The Conferences shall give the Tournament Director the authority to appoint a Tournament Games Committee made up of a representative from each of the Conferences involved at the State Cross Country Meet. The Tournament Games Committee shall assist the Tournament Director at the state tournament.

22.9.4 Awards

22.9.4.1 Region Tournament - Region Champion Plaques
(See Article 13, Section 13.1)

22.9.4.2 State Tournament - State Champion and Runner-Up
(See Article 13, Section 13.1)

22.9.4.2.1 The AIA will award individual medals to 1st through 28th place runners for each state tournament.

22.9.5 Practice on Site - A practice or competition on the site of the Region or State Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Region or State Championship, except in the case of the host school.

DETERMINATION: *The host school may participate at the site only if that is their regular practice site. (Ex. Bd. 10/77)*

22.9.6 Protests

22.9.6.1 In the event of a question or a protest during a qualifying tournament or state tournament, the decision of the Tournament Director and/or Tournament Games Committee shall be final.

22.9.6.2 Regular season protests, if any, will be handled as indicated in the current edition of the National Federation Track And Field and Cross Country Rules.

“Regardless of personal
accomplishments,
the only true satisfaction a
player receives
is the satisfaction that only
comes from
being part of a successful team.”

- Vince Lombardi