

Texas Charter School Academic & Athletic League (TCSAAL)

2016-2017 Cross Country Rules

State Meet: November 12, 2016 – TBD, Austin TX

Age/Gender Groupings	Distance Per Meet
6 th – 8 th Grade Girls (A & B Groups)	2 miles
6 th – 8 th Grade Boys (A & B Groups)	2 miles
9 th – 10 th Grade Girls	2 miles
9 th – 10 th Grade Boys	5 K (3.1 Miles)
11 th – 12 th Grade Girls	2 miles
11 th – 12 th Grade Boys	5 K (3.1 Miles)

TCSAAL will, for the most part, follow NFHS Cross Country Rules however the rules in this document will trump NFHS rules:

TEAM SIZE

Team will be made up of a maximum of 7 team mates. In NFHS they do not always cap teams to 7 but only the top 7 can earn a place so we have capped it at 7.

TEAM ENTRY RESTRICTIONS (NEW FOR 2016-17)

New for the 2016-17 school year, the Varsity age-grouping will be capped at a maximum of one team (up to 7 participants) in each gender per member school.

New for the 2016-17 school year, the 6th-8th grade age-grouping will be divided into two groupings of competition. The 'A' group is capped at a maximum of one team (up to 7 participants) in each gender per member school. The 'A' group is intended to serve as the stronger competition group. The 'B' group does not have any caps on the number of teams per campus allowed to participate.

SCORING SYSTEM

TCSAAL will for the most part follow the NFHS scoring system. The person that wins the race will earn 1 point. The person that comes in second will earn 2 points and so on. The team with the lowest amount of points wins the race. To determine team score we will take the team's 5 scores and total them to get a team score. Any team that does not have at least 5 people finish the race will be ineligible for a team score. However their finish place will still be held.

UNIFORMS

Teams must wear a similar colored uniform top.

Teams must follow the NFHS shoe requirements.

Runners will be given runner numbers that they must wear on their front.

Teams must follow NFHS Jewelry requirements.

Runners can wear long sleeves or pants as long as they wear their uniform over.

Runners can wear a toboggan style hat for warmth.

Runners cannot wear headphones of any kind for safety reasons.

RACE DAY

Teams must check in 30 minutes before the first race.

Runners and coaches can survey the course 1 hour before the races begin.

AWARDS

TCSAAL will award team trophies to the top 3 teams of each age/gender grouping.

TCSAAL will award medals to the top 3 finishers in each age/gender grouping.

GENERAL RULES

AS A SPECTATOR, THERE WILL BE NO RUNNING WITH THE PARTICIPANTS DURING THE RACE. NOT ONLY DOES THIS CREATE COMPLICATIONS FOR STUDENT-ATHLETES, JUDGES, AND OFFICIALS BUT IS ALSO A SAFETY HAZARD – COACHES ARE EXPECTED TO ENSURE THEIR SPECTATORS DO NOT VIOLATE THIS RULE. VIOLATIONS MAY RESULT IN DISQUALIFICATION.

Runners can compete up in age groupings. No one can run in a younger age grouping.

Girls cannot participate on a boys' team in cross country.

For all other rules please see the NFHS Cross Country Rules found in the *NFHS Track and Field and Cross Country Rule Book*