

# UCSSAL Cross Country Rules

## General Regulations

- The cross-country course shall be 2 miles.
- If a cross-country race course traverses any roads, it must be approved by the city in which the event resides.
- The host school will select the site for their “home” course. Using race courses off campus is allowed.
- The location of the regional cross country meets will be decided by the region athletic directors/coaches.
- 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 finish, and provide personnel to record runner times as they cross the finish line and document the results.
- Student-athletes from 6-9<sup>th</sup> grade may compete on their school team. Students must attend the school they are competing with in order to be eligible. 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 course prior to the race to become familiar with it.
- The UCSSAL State Championship Meet will begin with the boy’s race at 5:30, directly followed by the girl’s race.

## Region Meets - Qualifying for State

- All eligible teams and eligible runners may run in the region race.
- The region race is the only race that qualifies for the state meet.
- The top 2 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 19 runners to the state meet (14 team runners, 4 individual runners).
- The state meet will include both conferences, but points will be scored within each conference separately. 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place trophies will be given in both conferences, as well and 1<sup>st</sup>-10<sup>th</sup> place individual finishers.

## Scoring

- Schools that have a minimum of five runners will be scored based on each runner’s finish placement in each race. The first-place runner in the race 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.

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

### **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 alongside 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 firsthand 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 1 volunteer for the race (if a school qualifies both a boys' team and a girls' team, they must provide 1 volunteer for the boy's race and 1 for the girl's race). For schools that do not have a team competing, but have individual runner(s), will not be required to provide a volunteer.