

2023-24 TSSAA Handbook

CROSS COUNTRY REGULATIONS

I. GENERAL REGULATIONS

A. TSSAA Uniform Rule

All uniforms must follow the NFHS Rules. The referee will warn every participant prior to the meet that they must compete in a legal uniform, and if a contestant competes in an illegal uniform, then that contestant is disqualified from that event. There are no team warnings or individual warnings after the meet begins. Officials should use preventative officiating as much as possible.

B. For cross country competition, TSSAA schools shall be divided into two classes in Division I (Class A-AA and Class AAA) with eight regions per class and two classes in Division II (Class A and AA) with three regions per class.

C. The cross country course shall be three miles or five kilometers (5K) in distance for boys and girls. No contestant will be permitted to enter a meet if the contestant is not accompanied by a person meeting Article I, Section 9 of the TSSAA Bylaws. Rules governing cross country shall be those as published by the National Federation of State High School Associations as found in the Track and Field Rulebook.

II. TEAMS

A team will consist of a minimum of five and a maximum of seven. However, if a school does not have a team it may enter less than five runners in the individual division of the meet. No school shall enter more than seven participants in the regional cross country meet. In Division I and Division II Class A any seven members of the team may run at the regional meet. Should the team qualify for the state meet, any seven members of the team may run in the state meet. In Division II Class AA, any seven members of the team may run at the state meet.

III. REGIONAL MEETS

In Division I and Division II Class A, regional cross country meets must be completed by the Saturday of NFHS Week 17. The cross country course at the region meet shall be three miles or five kilometers (5K). At the regional cross country meet each year, the coaches involved shall select the site of the following year's regional cross country meet and the director.

If at the completion of the regional meet it is discovered that a participant who had not been entered in the meet for a team illegally entered the course and crossed the finish line, the illegal participant and all members of the team are disqualified. No member of the disqualified team would be allowed to participate in the state meet.

IV. STATE MEET

The state cross country meet shall take place during NFHS Week 18. The cross country course at the state meet shall be five kilometers (5K). In Division I Class A-AA, the top four teams from each region advance to the state meet and the next five best times not on one of the top four teams. In Division I Class AAA, the top three teams from each region advance to the state meet and the next best five times not on one of the three teams. In Division II Class A, the top three teams from each region advance to the state meet and the next best five times not on one of the three teams. In Division II Class AA, teams and/or individuals must be submitted online by Friday of NFHS Week 17. No school shall qualify more than seven runners for the state cross country meet.

V. ENTRANCE FORMS

In Division I and Division II Class A, entry forms are to be submitted to the meet director in the format of their choosing (paper or online). Schools must submit their entries by the deadline determined by the meet director.

VI. TROPHIES AND AWARDS

In the Division I and Division II Class A regional cross country meets a championship and runner-up plaque will be presented and medals shall be presented to the first-, second- and third-place finishers. In the Division I and Division II state meet trophies will be awarded to the team winner and team runner-up in each classification and medals to the winning and runner-up teams. Individual medals shall be awarded to contestants that finish 1-15 in the state meet.