ARTICLE 23

CROSS COUNTRY
(BOYS CROSS COUNTRY)
(GIRLS CROSS COUNTRY)

23.1 RULES

23.1.1 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 Book.

23.1.2 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.

23.2 SEASON OF SPORT

23.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition and the conclusion of post-season competition.

23.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.

23.2.3	Fall Season	Practice	no sooner than the	5th week
		Season of Competition	begins Monday of the	8th week
		Championship	to be concluded by the	23rd week

23.2.4 **Pre-Competition Practice** – Practice shall be conducted in a manner consistent with the guidelines set forth in Bylaw 43.6 – Heat Acclimatization Protocol, where applicable.

23.3 SCHEDULES

23.3.1 If scheduling difficulties occur, schedules may be increased by one meet. The additional meet shall be approved by the AIA Executive Board.

23.3.2 Junior varsity and freshman teams may schedule multiple meets.

23.4 NUMBER OF MEETS IN SEASON

23.4.1 No team shall schedule more than 12 varsity meets per season.

23.4.2 No school shall schedule more than ten junior varsity or freshman meets per season per team.

23.4.3 No runner shall compete in more than 12 meets per season.

23.4.3.1 EXCEPTION: 2A Conference schools, because of their limited enrollment, may permit a runner to participate in 15 meets per season.

23.4.4 No team may compete in two different meets on the same day.

23.5 CONTEST PARTICIPATION

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

23.6 INTERSCHOOL COMPETITION

23.6.1 Runners may compete in Sectional qualifying meets as members of a team, or as individuals. A team shall consist of at least five and not more than seven runners.

23.6.2 There may be unlimited entries during the regular season of cross country meets for freshman and junior varsity teams only.

23.6.3 Freshman and junior varsity teams are permitted to have multi-school competitions.

23.6.4 All runners must be in school uniform. Violating teams shall be disqualified.

23.7 COACHES / COACHING

23.7.1 The AIA shall not have regulations concerning coaches coaching their own school teams outside of the AIA defined season of sport.

23.7.2 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.

23.7.3 Attendance shall be voluntary and no student athlete shall be prohibited from participating on the team for failing to attend the out-of-season activity.

23.8 SCHOOL EQUIPMENT

23.8.1 School Transportation - School provided transportation for activities is a local option.

23.8.2 School equipment outside of the season of sport is a local option.

23.9 POST-SEASON TOURNAMENTS

23.9.1 Post-Season Tournaments

NOTE: *See Article 12 for additional post-season tournament rules.*

23.9.1.1 Dates and Sites

23.9.1.1.1 Conferences may recommend the dates and sites of post-season tournaments.

23.9.1.1.2 The AIA Executive Board shall determine the dates and sites of post-season tournaments.

23.9.1.1.3 No sectional meet or tournament shall be held at the same site on the same day as a post-season championship tournament.

23.9.1.2 There shall be individual and/or team post-season tournaments as determined by the Executive Board.

23.9.1.3 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.

23.9.1.3.1 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.

23.9.1.3.2 If fewer than five competitors of a team finish, the places of all members of that team shall be disregarded in team scoring. A team must consist of five to seven individuals.

23.9.1.4 The top team and top runner shall be declared the Division Post-Season Cross Country Champion Team and the Post-Season Cross Country Champion Runner, respectively.

23.9.1.5 50% of all teams that complete the sectional meet advance to the State Championships. In additional the top 7 individuals from non-qualifying teams in a sectional meet will advance to the State Championship meet.

23.9.2 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.

23.9.3 Awards - The AIA shall be responsible for the purchase and standardization of all post-season tournament awards. *(See Article 13, Section 13.1)*.

23.9.4 Practice on Site - A practice or competition on the site of the Sectional or Post-Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Sectional or Post-Season 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)

(Section 23.9 cont'd on next page)

23.9.5 Protests

23.9.5.1 In the event of a question or a protest during a qualifying tournament or post-season tournament, the decision of the AIA Sports Administrator and/or Tournament Games Committee shall be final.

23.9.5.2 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.

23.9.6 Unmanned aerial systems at AIA post season events

23.9.6.1 The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons at all AIA post season events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.