



Standing Regulations  
For  
Cross Country  
2024-2025

## **Cross Country Dates 2024-2025**

<b>Start Practice Date</b>	<b>School Decision</b>
Coaches Meeting	Tuesday, September 10, 2024 <b>7pm via TEAMS</b>
Eligibility Sheets Due	Monday, September 16, 2024
First Week of Meets	Monday, September 23, 2024
Last Day for Drop/Add	Friday, October 4, 2024
<b>Cross Country Championship</b>	Thursday, October 17, 2024 Markham Park – Coaches meeting 3pm

**\*All meet dates are subject to change based on weather conditions**

## MSAA Cross Country

The National Federation Rules Book will be adhered to with the following additions if not included in the rules.

1. The **typed** eligibility roster form including name, grade, birth date, uniform number, conduct grades, and the unweighted GPA, **MUST** be submitted to the County Athletic Department by noon on **September 10, 2024**. Conduct grades and the GPA must be taken from the fourth marking period of the 2023-2024 school year. **Any additions or deletions to the team roster must be submitted to the County Athletic Office by Noon on Friday, October 4, 2024**. An athlete not listed on the roster is ineligible to participate. A forfeit of any points scored by an ineligible athlete will result if an ineligible athlete participates in any meet.
2. Parental permission and insurance forms must be on file for each student and copies brought to **each** competition in case of injury.
3. **The principal of each school must sign the contract for each meet and send to the County Office.**
4. The MSAA requires the home team to provide administrative supervision at an athletic contest. If your principal decides that an administrator is necessary for an away contest that is a school-based decision.
5. Each school must compete in TWO regular season cross country meets and be required to enter athletes for their regional meet scheduled. Any athlete that qualifies for the County Cross Country Finals is expected to attend unless serving a school suspension.
6. Each school must exchange a list of contestants' names prior to the meet. The format of the exchanged list should show a list of athletes participating.
7. Runners may not run a total distance of more than 2 miles in any meet.

### **THE FOLLOWING RULES OF CONDUCT SHALL BE OBSERVED AT ALL MEETS:**

1. A coach and/or other responsible person must accompany all teams at meets.
2. Contestants should remain in a designated area until called for his/her designated event. At no time should people crowd the finish line.
3. All attendants, coaches, and team members should be instructed prior to the meet that once competition begins there can be **NO COACHING OR RUNNING ALONG THE SIDE OF THE COURSE DURING COMPETITION.**

4. **NO** food or drinks are allowed on the field at any meet. The MSAA encourages the use of water or sports drinks for proper hydration but the drinks should be stored in the athlete's backpack or gym bag for use when they are not participating in an event.
5. All contestants must wear a shirt and shirt tails must be tucked in with waistband of shorts above hips.
6. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Compression shorts, biking shorts, training shorts, etc. manufactured as an undergarment are prohibited as the uniform bottom. However, they may be worn underneath the uniform bottom, providing they are unadorned and of a single, solid color.
7. The only headgear permissible is a commercially manufactured headband, 1" – 2" in width. Material must be made of non-abrasive materials, soft material is permissible (as stated in track rule book listed under uniforms).
8. **JEWELRY IS PERMITTED unless it is determined that it may be a safety hazard, especially in events such as high jump and long jump.**
9. Unsportsmanlike gestures exhibited while participating in any event is subject to
  - a. disqualification.
10. An athlete must participate in a minimum of one (1) regular season meet in order to be eligible for entry to the Regional Meet.
11. Any **athlete** ejected from a contest for unsportsmanlike conduct must sit out the next meet. The athlete is not permitted to ride the bus, suit up, or sit on in the team area. If the ejection occurs during the last meet of the season, the athlete must sit out the first game of the next season for which he/she participates. In addition, the athlete must complete the Unsportsmanlike Learning Packet. Parent or guardian, coach, and the school principal must sign the packet. The school athletic director must submit the packet to the County Athletic Department prior to the athlete returning to interscholastic competition.
12. Advancement to the Championship Cross Country Meet:
  - i. Eight (8) athletes will advance to the MSAA Cross Country Championship Meet

**AGE REQUIREMENT:** Any student who turns 15 years of age on or before **August 31, 2024 is ineligible** to compete in MSAA interscholastic athletic contests. Any student

who turns 15 on or **after September 1, 2024** is eligible to compete for the entire 2024-2025 school year as long as his/her GPA and conduct grades meet MSAA Standards

13. Some of our schools will charge for admission at their home Cross Country meets. **Members of a Cross Country team, in uniform, who are competing shall be admitted without question. In addition each team is entitled to be accompanied by a maximum of two coaches (girls coach, boys coach) and three (3) student trainers.**

## **REGIONAL AND CHAMPIONSHIP MEET REGULATIONS**

Each school will be permitted to **enter a maximum of eight (8) athletes** for the Regional Meet. All entries must be submitted to Direct Athletics: [DirectAthletics.com](http://DirectAthletics.com)  
*By Noon on Friday, September 27th, 2024.*