

## SECTION 13: CROSS COUNTRY

Rules in this section shall apply to both boys' and girls' bowling unless otherwise specified.

### 13.1 IMPORTANT DATES

2011-2012 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 8, 2011	6th	1st Practice (Medical, parents' permission, and substance misuse forms must be on file.)
Monday, August 29, 2011	9th	1st Meet (Eligibility must be filed online.)
Monday, October 10, 2011	15th	Deadline for submitting GPAs online for seniors for all academic
Sunday, October 30, 2011	18th	Boys' and Girls' Entry to State
Saturday, November 12, 2011	19th	Boys' and Girls' End of Regular Season
Monday, November 14, 2011	20th	Boys' and Girls' State Meet – (Classes 5A, 4A, and 3A)
Tuesday, November 15, 2011	20th	Boys' and Girls' State Meet – (Classes 2A, 1A, B, and C)
Wednesday, November 16, 2011 – Saturday, May 12, 2012	20th – 45th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, May 14, 2012	46th	Summer Rules Begin

### 13.2 CONTEST LIMITS

**13.2.1 Season:** The number of meets in which a school may participate in during a season shall be unlimited.

**13.2.2 Calendar Week:** A school shall be limited to two meets during a week. (*Sunday-Saturday*)

**13.2.3 School Day Contest:** A school shall not compete during instructional time (*Monday-Friday*) during the regular season. This rule is explained in by-laws in Section 10: "Athletics and Instructional Time." This rule shall be waived for both state championship events.

### 13.3 GENERAL

**13.3.1** Boys' and girls' cross country schools shall compete in Classes 5A, 4A, 3A, 2A, 1A, B, and C.

**13.3.2** All team members shall meet all LHSAA eligibility rules. Only LHSAA-registered, eligible students shall participate in interschool cross country meets. If a cross country contestant has not been registered with the LHSAA in another sport, he/she shall register before he/she participates in his/her first interschool meet of the season.

**13.3.3** If a team enters no more than two contestants in a meet, the student(s) may be accompanied by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, if both schools' principals give written permission. The written permission shall be presented to the meet director at the team packet pick-up area.

**13.3.4** A school shall not compete in any manner in any Louisiana collegiate meet, against independent teams, recreation teams, club teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals that compete "unattached" in high school events.

**13.3.5** Legal Uniforms shall consist of the following:

1. A minimum legal cross country uniform shall consist of a school-issued jersey, unobjectionable shorts, and shoes which may belong to the contestant.
2. Team members' uniforms (*jerseys and shorts*) shall match in color and design. Visible apparel worn under the cross country uniform shall be of a single color, but undergarments may be different colors. However, undergarments worn with uniforms by two or more contestants shall be of the same color but not necessarily the same length.
3. Spikes shall be acceptable.

### 13.4 STATE MEETS

**13.4.1** The boys' and girls' state cross country meets shall be conducted on Monday and Tuesday of the 20<sup>th</sup> week of the NFHS calendar. Beginning with the 2011 State Cross Country meets, Classes 3A, 4A, and 5A will be conducted on Monday and Classes 2A, 1A, B, and C will be conducted on Tuesday. The two days will then alternate from year to year.

## Section 13: Cross Country

- 13.4.2** Both boys' and girls' state meets shall be conducted at the same site. The cross country state meets shall be conducted at Northwestern State University in Natchitoches through 2011.
- 13.4.3** The LHSAA shall organize and administer the state meets.
- 13.4.4** A state boys' and girls' cross country bulletin including official entry forms shall be placed on the website and schools notified when available.
- 13.4.5** Schools shall not participate in the state meet(s) until delinquent membership dues are paid.

### **13.4.6 Designating Team Members**

1. Coaches with a full team (*5 runners*) shall designate at the team packet pick-up area prior to each run a maximum of seven runners to represent the team in the meet.
2. Substitutions shall be allowed only at the team packet pick-up area no later than one hour prior to the run in each division.
3. Substituted runners' names shall be listed on the official entry form.

- 13.4.7 Scoring** - Runners shall be awarded points according to their finish as follows:

Place Finished	<u>1<sup>st</sup></u>	<u>2<sup>nd</sup></u>	<u>3<sup>rd</sup></u>	<u>4<sup>th</sup></u>	<u>5<sup>th</sup></u>	<u>6<sup>th</sup></u>	<u>7<sup>th</sup></u>	<u>8<sup>th</sup></u>	<u>9<sup>th</sup></u>	<u>10<sup>th</sup></u>
Points Awards	1	2	3	4	5	5	7	8	9	10

- 13.4.8 Distance:** The boys' and girls' state meet shall be run over 3.0-3.2 miles.

### **13.5 ENTRY INFORMATION**

- 13.5.1** A school may enter 12 contestants in the state meet, but only seven contestants may compete in the state meet. A school must have at least five runners to have a complete team.
- 13.5.2** A school shall send a list of contestants on the official state cross country entry form signed by the principal and a school check payable to the LHSAA for \$10 per contestant up to seven runners for a maximum fee of \$70. The fee is \$70 for a boys' team and \$70 for a girls' team.
- 13.5.3** The entry form and fee shall be sent by certified, return receipt requested mail postmarked by the date listed in Rule 13.1, Important Dates, in this section. A school with a delinquent entry form may still enter its contestants in the meet no later than two hours prior to the run in each division by paying a \$50 fine for one contestant or a \$100 fine for two or more contestants along with the entry fee. The fine shall be paid by school check payable to the LHSAA.
- 13.5.4** A school shall be represented by a faculty coach/representative or an LHSAA-approved non-faculty coach at the mandatory team packet pick-up area prior to the run in each division. If an eligible representative does not pick-up a school's packet, the school shall pay a \$100 fine before it can participate in the run; the fine shall be paid by school check payable to the LHSAA.
- 13.5.5** If a school with one or two contestants is represented by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, the representative shall present written permission from both schools to the meet director at the team packet pick-up area.