

CROSS COUNTRY 2016-2017**4. CROSS COUNTRY — BOYS AND GIRLS****A. GENERAL REGULATIONS****1) Interscholastic Participation**

1.1) Each competitor must practice a minimum of 10 days under supervision of the individual or coach authorized by the Board of Education before competing in a contest.

1.2) DISTANCE

a. Grades 9-12 — 5,000 meters (OHSAA Tournaments).

b. Grades 7 & 8 — 2 miles maximum.

2) Non-Interscholastic Participation

2.1) A member of an interscholastic cross country squad (any student who has participated in a regular season/tournament contest sponsored by the Board of Education) shall not participate in a non-interscholastic contest as an individual or a member of a team in the sport of cross country during the school's season (Sports Regulation 7.2.2).

2.2) Individual Non-Interscholastic Competition Dates:

A cross country athlete who has not participated for the school in cross country that season must cease non-interscholastic cross country competition six weeks (42 days) prior to the Monday of the week of the State Tournament in cross country in order to be eligible for OHSAA Tournament competition.

In addition, an athlete who has participated for the school in cross country who violates this non-interscholastic competition date by participating in a non-interscholastic contest in cross country shall be ineligible for OHSAA tournament competition in cross country in addition to any other penalties that may be prescribed.

Date: September 19, 2016

2.3) Road racing is interpreted as a different sport than cross country. If the entire race is run on a road, participation is not a violation of the non-interscholastic competition bylaw.

3) Sponsorship

3.1) A school that sponsors girls cross country, with five or more girls participating, shall have a separate girls team in order to enter the OHSAA-sponsored girls tournament competition.

3.2) A school that sponsors girls cross country and has less than five girls participating may permit the girls to participate as individuals with the boys team during the regular season, and the girls will be permitted to enter and compete as individuals in the OHSAA-sponsored girls tournament provided the school is registered for the girls tournament.

3.3) A school that sponsors boys and girls cross country and has separate teams shall schedule separate contests, but both may be held at the same time.

3.4) A school that does not sponsor girls cross country but has five or more girls participating, may permit the girls to participate on the boys team, but they must enter the OHSAA-sponsored boys tournament competition.

4) Penalties

4.1) The maximum penalty for violation of Sports Regulation 7.2.2 (participation with a non-interscholastic cross country squad or in non-interscholastic competition while a member of the school's interscholastic cross country squad) or any OHSAA regulations for any member of the school squad EXCEPT a senior is ineligibility for the remainder of the interscholastic cross country season or the ensuing cross country season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

5) Transfer Bylaw

Due to the many questions regarding this bylaw and its application to students desiring to participate in cross country, please go to the OHSAA website (www.ohsaa.org), click on the “Eligibility” link, then click on the “Transfer Bylaw Resource Center” to assist in the understanding of this bylaw. Note that students who transfer and do not meet an exception to this bylaw are ineligible for all contests until regular season contest number nine (9) in cross country.

6) Other Bylaws and Regulations

6.1) Ejection for Unsporting Conduct

For information on Ejection for Unsporting Conduct See *Ejection Policies for Coaches and Players* under Section 13 and 14 of the General Sports Regulations here www.ohsaa.org.

6.2) Out-of-State Travel

For information on Out of State Travel regulations see Bylaw 9-2 at www.ohsaa.org.

6.3) Please find the Cross Country Manual at www.ohsaa.org on the Cross Country Page.**B. SPECIFIC REGULATIONS — Grades 9-12**

- 1) Tryouts, coaching and instruction may begin — August 1, 2016.
- 2) First contest — August 22, 2016. **Exception:** Those schools participating in the OHSAA Invitational August 20, 2016.
- 3) Deadline date for OHSAA Tournament — October 3, 2016.
- 4) Tournament draw/seeding meeting — October 9, 2016.
- 5) Coaching and Season end — First Saturday in November — November 5, 2016.
- 6) Scrimmages — None permitted.
- 7) Regular season contests — Maximum of 16 for team and individual.
- 8) Rules — 2016 National Federation Cross Country.
- 9) Officials:
 - 9.1) Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the contest referee required.
 - 9.2) Reserve/Junior Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the contest referee required.
 - 9.3) Freshman — OHSAA Class 1 or 3 recommended.

C. SPECIFIC REGULATIONS — Grades 7 & 8

- 1) Tryouts, coaching and instruction may begin — August 1, 2016.
- 2) First contest — August 22, 2016.
- 3) Coaching and Season end — November 5, 2016.
- 4) Scrimmages — None permitted.
- 5) Regular Season contests — Maximum of 12 for team and individual plus one league championship meet.
- 6) Rules — 2016 National Federation Cross Country.
- 7) Officials — No specifications.

