

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 — 5000 meters (OHSAA Tournaments).
 - b. Grades 7 & 8 — 2 miles maximum.

2) Out-of-State Travel

A cross country team may travel out of state to compete in contest scrimmages, previews and games in states or provinces in Canada that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The province includes Ontario. Additionally, a cross country team may travel out of state one time per sport per interscholastic season to compete in states or provinces in Canada that are not contiguous to Ohio provided there is no loss of school time.

“School time” is defined as any time during any day during which the school is in session as stipulated in its Board-adopted school calendar exclusive of contingency days. Penalty for violation: The school shall be ineligible for the OHSAA postseason tournament in the sport in which the out-of-state travel was involved and could be subject to additional penalties as referenced in Bylaw 11.

EXCEPTION: If, because of missed school days due to calamity situations, an otherwise non-school day(s) becomes a school day(s) in order to make-up for the missed school day, the school may compete in a contest(s) outside the state of Ohio provided:

- 1) The school had contracted for/committed to said trip/contest(s) at least three months prior to the contest(s) in question and;
- 2) The school receives written permission from the Commissioner’s office at least one week in advance of the scheduled event.

A cross country team may not travel out of state only to practice.

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) Ejection for Unsporting Conduct

See *Ejection Policies for Players and Coaches* under Section 11 of the General Sports Regulations.

5) Non-Interscholastic Participation

5.1) 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 4.4).

5.2) 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 21, 2009

5.3) 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.

6) Instructional Programs

See *Regulations for Instructional Programs* under Section 5 of the General Sports Regulations.

7) Penalties

7.1) The maximum penalty for violation of Sports Regulation 4.4 (participation with a non-interscholastic cross country squad 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.

B. SPECIFIC REGULATIONS — Grades 9-12

- 1) Coaching and instruction may begin — August 10, 2009.
EXCEPTION: Classes begin on or before August 21, coaching may begin August 7.
- 2) First contest — August 24, 2009.
- 3) Deadline date for OHSAA Tournament — October 5, 2009.
- 4) Tournament draw/seeding meeting — October 11, 2009.
- 5) Coaching and Season end — First Saturday in November — November 7, 2009.
- 6) Scrimmages — None permitted.
- 7) Regular season contests — Maximum of 16 for team and individual.
- 8) Rules — 2009 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.

CROSS COUNTRY 2009-2010

C. SPECIFIC REGULATIONS — Grades 7 & 8

- 1) Coaching and instruction may begin — August 10, 2009.
EXCEPTION: Classes begin on or before August 21, coaching may begin August 7.
- 2) First contest — August 24, 2009.
- 3) Coaching and Season end — November 7, 2009.
- 4) Scrimmages — None permitted.
- 5) Regular Season contests — Maximum of 12 for team and individual plus one league championship meet.
- 6) Rules — 2009 National Federation Cross Country.
- 7) Officials — No specifications.

Cross Country	2009	2010	2011	2012	2013	2014
Coaching Begins	8/10*	8/9	8/8	8/6	8/5	8/4
Season Begins	8/24	8/23	8/22	8/20	8/19	8/18
Non-Interscholastic Date	9/21	9/20	9/19	9/17	9/16	9/15
District	10/24	10/23	10/22	10/20	10/19	10/18
Regional	10/31	10/30	10/29	10/27	10/26	10/25
State	11/7	11/6	11/5	11/3	11/2	11/1
Season Ends	11/7	11/6	11/5	11/3	11/2	11/1
Thanksgiving	11/26	11/25	11/24	11/22	11/21	11/27

*See exception in B1 and C1.

REGIONAL AND STATE TOURNAMENTS — ORDER OF COMPETITION

2009, 2011, 2013	III Girls, II Girls, I Girls, III Boys, II Boys, I Boys
2010, 2012, 2014	III Boys, II Boys, I Boys, III Girls, II Girls, I Girls