

Section 155 Cross Country Rules

2011-
2012

- A. NATIONAL FEDERATION TRACK AND FIELD RULES will govern the meet.
- B. DISTANCE. The distance for the cross country event will be
1. approximately two miles for girls (3200 meters)
 2. and three miles for boys (5000 meters).
- C. COURSE. The course must be marked with cones or flags at the corners and turns. Difficult or confusing turns must have a person directing the way or be clearly chalked. The coach of each team is RESPONSIBLE for his runners knowing the course before the race begins.
- No markings other than official course markings may be applied to or adjacent to the official course. Such action may be subject to disqualification of the school's entries.**
- D. FINISH LINE. The finish line is the front of the chute.
- E. FINISH LINE PERSONNEL.
1. *Timers.* Timers are needed at the mile marks so the runners will know their time at that point of the race.
 2. *A clerk* is to record the initials of the school and place of finish on the time sheet.
 3. *A running time* needs to continue so the clerk will know the approximate time. This person will also assist the clerk in distinguishing the school and place of finish.
 4. *A picker* decides the close finishes. He needs to be sure the correct runner receives the proper card at the end of the chute. He is to assist the clerk and running time-keeper when he is not needed to perform the above responsibility.
 5. *Cards.* A person at the end of the chute is to hand out the cards with the finish numbers listed sequentially. Be sure there are as many cards as there are runners. The numbers on the cards or the cards themselves should be different colors to distinguish the boys' finish cards from the girls' finish cards.
- F. FINISH SHEET. Each coach must hand in the finish sheet with their cards to the meet director. Schools which participated but did not have a complete team must also hand in the finish sheet so the final result sheet will be complete when it is typed. The meet director shall check the finish sheets of each school to be sure the first and last names of the participants are correctly spelled. The meet director shall be sure the finish places correspond correctly with the numbered cards.
- G. STATE CHAMPION. The team with the lowest sum of its first five runners is the State Champion. The second lowest team score is the State Runner-Up.

H. SCHEDULE:

As posted for current year on the TAPPS website.

I. SITE OF STATE MEET: Baylor University Course, Waco, Texas

1. **Directions to meet site and course layout will be posted on the TAPPS web site, www.tapps.net.**
2. All tents, camps, and team areas will be set up in the designated area on the map. **DO NOT SET UP TEAM OR SPECTATOR TENTS AND CAMPS INSIDE THE RACE COURSE IN NONDESIGNATED AREAS.**

J. UNIFORMS:

1. The cross country uniform consists of a minimum of jersey and shorts, of uniform color and design, which are not objectionable, and shoes, which may be supplied by the contestant.
2. When other apparel is worn under the jersey; or if leotards, biker shorts or body suits are worn under the shorts, by more than one team member (two or more), that apparel must be the same color.
3. Contestants may not wear caps, toboggans, head bands or jewelry. They may use string, rubber bands or tape to keep hair in place. (The meet referee may allow toboggans and other apparel in inclement weather.)
4. If leotards, biker shorts, body suits, or **closed legged briefs** are worn, shorts must be worn over them.
5. The competitor must wear the assigned contestant number, when numbers are used.
6. **TATTOOS MUST BE COVERED BY TAPE OR THE UNIFORM AT ALL TIMES.**
7. **In keeping with NFHS rules the following are emphasized:**
 - a. NFHS Rule 4.3.b.3
 - b. NFHS Rule 4.3.b.6
 - c. **Violations may lead to disqualification**

K. **MEET DIRECTOR.** The Meet Director is responsible for typing and sending the final results to the participating schools within two weeks of the state meet finish. Those results shall include the team scores and all individual places.