



TCAL cross country rules are governed by the most recent Official Track and Field and Cross Country Rules Book released from the National Federation of High School (NFHS) along with the current versions of TCAL Constitution, Bylaws and Athletic Plan. Rules noted in this Cross Country Plan supersede general athletic plan rules.

Cross Country is considered a year round sport therefore no official start date is applicable. No student representing a participant school shall participate in more than eight meets during the school year, excluding TCAL district or regional meets established for the means of advancing to the state meet. Each meet a school team enters counts as one meet for each participating individual. Meets which are limited to three or fewer schools, do not count as a meet for teams or participants, providing there is no loss of school time. Students are considered to be representing a school if they are wearing school issued uniform parts.

DIVISIONS. Boys may not compete on or against girls' teams and girls may not compete on or against boys' teams. Current participation warrants only one race for each gender which will encompass all participating schools.

DISTANCE. The distance for the cross country events will be approximately two miles for girls (3200 meters) and approximately three miles for boys (5000 meters). The course measurement shall be obtained along the shortest possible route a runner may take.

STATE QUALIFICATION. TCAL Cross Country is currently an open qualification sport.

ENTRIES.

1. A minimum of five participants and a maximum of seven participants shall constitute a team. A maximum of five alternates may be listed and must be included on your eligibility report to be deemed eligible as a substitution— **See "Substitutions" below.** If a school enters fewer than five student athletes, they may not compete for a team title, but may compete for individual awards.
2. Substitutions. Schools may make substitutions, but NOT additions on the morning of the meet, up until 30 minutes before the races begin, with a written declaration sheet presented.
3. Team Score. The place of the first five finishers on each team will count for the total team score. Ties will be broken in accordance with NFHS rules.
4. Team Limit. A school may enter only one team of boys and one team of girls in the state meet.
5. Fee.
 - a. Fees are payable at the meet site on the day of competition. Do not mail fees ahead of time to the TCAL office.
 - b. Schools will be charged for the number of student athletes registered.