

ARTICLE 20

Cross Country

20.1 GENERAL INFORMATION

20.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Cross Country Rules and Regulations. These rules shall govern unless noted below.

20.1.2 Any discrepancies will be ruled upon by the league director and/or Executive Board.

20.1.3 The CAA delegates all responsibilities for Cross Country meets to the individual schools participating in these meets. The regulations listed here are intended to create a fair and consistent set of guidelines for these meets. The Meet Director is responsible for all questions regarding their individually held meet.

20.1.4 CAA officials will be assigned to all CAA Certified Meets and paid directly by the CAA.

20.2 COACHING - Refer to Article 4

20.3 REGULAR SEASON MEETS

20.3.1 Entry Fee: CAA Executive Board will determine the fee structure on an annual basis.

20.2.1.1 Schools will be invoiced according to the number of registered athletes.

20.3.2 Meet Registration must be completed on athletic.net by Wednesday, 8:00 pm prior to the Saturday meets, unless otherwise noted.

20.3.3 CAA Member schools are encouraged to host a regular-season meet.

20.3.3.1 Course must be certified by the CAA Director of Cross Country

20.3.3.2 Provide individual and team awards at each meet.

20.3.3.3 Provide meet results to the Director of Cross Country within 24 hours after the meet so results can be posted on CAA website.

20.3.3.4 CAA Officials will be assigned based on the size of the invitational.

20.3.3.5 Director of Cross Country will supply the CAA Hosting Documents prior to approval for review.

20.4 EQUIPMENT, FIELD AND UNIFORM GUIDELINES

20.4.1 High School should be as close to a 5k (3.1 miles) as the available course allows.

20.4.1.1 Junior High should be as close to a 2.0 mile as the available course allows. (2023)

20.4.2 Uniform - Refer to NFHS Guidelines.

20.5 GAME TIME AND LATE ARRIVAL

20.5.1. The following CAA rules shall govern when a team arrives at the meet late:

20.5.2.1 Meet Time is Forfeit time.

20.5.2 All events run on a rolling meet schedule

20.6 SPORTSMANSHIP AND EJECTION - Review Article 12

20.7 STATE CHAMPIONSHIP INFORMATION

20.7.1 The CAA will host a Cross Country State Championship meet at the end of the season.

20.7.2 A CAA representative will be present and award trophies.

20.7.3 The CAA will collect all entry fees and pay for all costs to run the state meet. .

20.7.4 Minimum Qualifications:

20.7.4.1 High School runners must have competed in at least **5** CAA approved events during the regular season to be considered eligible for postseason registration.

20.7.4.1.1 School must participate in the regional meet.

20.7.4.2 Junior High runners must have competed in at least **4** CAA approved events during the regular season to be considered eligible for postseason registration.

20.7.5 Each school is allowed to enter a maximum of 10 eligible athletes per team for the State Championship meet.

20.7.6 Coaches may be asked to provide documentation that runner(s) are eligible for state meet.

20.7.6.1 Evidence may include copy of entry forms, printed meet results, etc.

20.7.7 State Entry fee will be determined by the CAA Executive Board on an annual basis.