



Varsity Boys and Girls Cross Country Rules & Regulations

<p style="text-align:center">BOYS AND GIRLS CROSS COUNTRY RULES AND REGULATIONS</p>
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I. DUAL AND INVITATION MEETS:

- A. All scheduled non-league meets must be submitted to and approved by the Department of Sports Administration and Facilities Management prior to the season. Teams or individuals will be prohibited from participating in such contests without the appropriate application and Departmental sanction.
- B. Contest Limitations: Team - No Boys or Girls Cross Country team representing a member school shall, in any one season, participate on more than fifteen (15) dates exclusive of the IHSA series. Individual - No individual shall compete in Boys or Girls Cross Country on more than eighteen (18) dates, exclusive of the IHSA series.
- C. **To be eligible for the State Series, a team should compete in at least six (6) meets between September 1 and October 18.**
- D. For dual meets, **eligibility sheets**, including scores, must be signed by the athletic director, exchanged with opponents, and immediately forwarded to the Department of Sports Administration – 501 W. 35th St., 2nd Floor (GSR #40).
- E. If you wish to use Invitation Meets among the six (6) for state qualification eligibility, you must submit a copy of your results to the Department of Sports Administration – 501 W. 35th St., 2nd Floor (GSR #40).

II. ELIGIBILITY:

- A. The rules of the Chicago Public High Schools Athletic Association and IHSA will prevail.
- B. Before any practice sessions or meets are conducted, a Central Office Record Sheet must be submitted to the:

**Department of Sports Administration
501 W. 35th St., 2nd Floor (GSR #40)**

- C. Before the Central Office Record Sheet is filed, the following must be on file with the Athletic Director:
 - 1. A Player's Record Card for each participant including:
 - a. Physician's permission to participate for current year.
 - b. Parental permission to participate for current year.

2. The birth date for each runner on the Central Office Record Sheet.

D. Class competition must comply with the following:

- SOPHOMORE A student shall be eligible who is a Freshman or Sophomore, and who has not reached age seventeen (17) by August 13.
- VARSITY A student shall be eligible through age nineteen (19) unless the student shall become twenty (20) during a sport season in which event eligibility shall terminate on the first day of such season. The first date of the Cross Country season is the date of the first practice, August 13.

E. While a member of a school team, a runner shall not represent or compete for any outside organization or tournament in that sport for the duration of the season.

III. CITY CHAMPIONSHIP SERIES INFORMATION

A. A runner may run in one division only. Only 7 runners will be allowed to compete in the City Series at that division. The Open division, however, is unlimited:

7:00 a.m. – packet pick-up

7:30 a.m. – coaches’ meeting

1. Exhibit Frosh. Girls (8:00 a.m.).....2.0 MILE RACE
2. Exhibit Frosh. Boys (8:30 a.m.).....2.0 MILE RACE
3. Sophomore Girls (9:00 a.m.)2.0 MILE RACE
4. Sophomore Boys (9:30 a.m.)2.0 MILE RACE
5. Varsity Girls (10:00 a.m.)3.0 MILE RACE
6. Varsity Boys (10:45 a.m.).....3.0 MILE RACE
7. Exhibit Open Girls (11:30 a.m.)2.0 MILE RACE
8. Exhibit Open Boys (12:00 p.m.)2.0 MILE RACE

12:30 p.m. – awards

Separate eligibility sheets for each division must accompany the entry forms. **ENTRY FORMS WILL NOT BE ACCEPTED WITHOUT ELIGIBILITY SHEETS!!!**

B. Coaches meetings will be held prior to the start of the races. Coaches will review their computerized entries and may correct computer mistakes. **Please keep a copy of your entries for your records.**

On the day of the meet, a substitution can be made only for medical reasons. The coach must provide a letter from the school principal indicating the name of

the sick or injured runner, the medical reason, and the name of the substitute runner. **No additional entries can be made on race day.**

C. UNIFORMS:

Contestants will be required to wear the regulation uniform as described in current National Federation Track & Field and Cross Country Rule Book. In sum, the uniform must be school issued and the school must be identifiable by the uniform; moreover, a team's uniforms must be similar.

New this year, a set of sleeves (or perhaps even a single sleeve) that covers the athlete's arm or arms, but that are not attached to any part of the athlete's jersey or top piece of the uniform are not permitted. The sleeves are considered an adornment and therefore unnecessary since the athletes are already allowed to wear a garment "underneath" the top or bottom of the uniform to aid in the comfort during cold weather events.

Jewelry: Contestants wearing jewelry of any kind, including **watches**, metal or hard plastic type barrettes or hair clips, earrings, billed caps, or adornments such as medallions or hair braids, will not be permitted to compete. Narrow headbands to keep the hair from interfering with a contestant's vision will be permitted. If religious or medical medals are worn, they shall be taped to the body under the uniform. Contestants with painted bodies or faces as well as any costumes will not be permitted to compete.

D. SCORING:

1. First place shall count as one (1), second place as two (2), and third place as three (3), etc. The team scoring the lowest number of points shall be declared the winner.
2. After five (5) of a team's runners finish, the remaining contestants from that school who finish shall also be tallied in order to determine the score of the other teams whose members finish thereafter.
3. In case the total points scored by two (2) teams result in a tie, the tie shall be broken by considering the sixth-place runners.
4. Immediately upon completion of each race coaches shall turn in to the judges the scoring envelope, which lists their runners in the order of finish. Use first and last names of the runners. Finishing numbers must be enclosed in the envelope for verification.

E. QUALIFICATION FOR CITY CHAMPIONSHIPS:

1. All recognized programs will be invited to compete in the City Championship Series. All recognized programs are suggested to have participants in at least one division during the Series.
2. A runner may only compete in one (1) division; he or she may not move up or down to compete in another division during the championship meet.

**A SUBSTITUTION MAY BE MADE FOR MEDICAL REASONS ONLY.
(See Section III C above.)**

IV. **AWARDS:**

1. In order to be eligible for a team trophy, a school must have contestants (5-7) who finish the race in their division.
2. Shields shall be awarded to first-and second-place teams on the Varsity and Sophomore levels at the City Championships.
3. Medallions will be given to the top three (3) individual place winners for the Varsity and Sophomore levels of the City Championships meet.

V. **COACHES' DUTIES**

1. Attend mandatory rules interpretation meetings and abide by the rules and regulations of the Department of Sports Administration and the IHSA.
2. Attend CPS Sports Administration sponsored coaching clinics; (12) hours for new hires and (6) hours for incumbents.
3. Attend mandatory Entries meetings and coaches meetings sponsored by the Chicago High School Athletic Association.
4. Accompany your team to all meets. **Each program must have a team that competes in at least 6 meets (on 6 separate dates) comprised of races of at least 1.5 miles.**
5. Prepare your student-athletes through daily practice sessions.
6. Monitor your student-athletes' progress on the field and in the classroom.
7. Monitor the conduct of your athletes for the duration of each meet.

VI. LOCATION OF SITES

1. **Washington Park**-- Start/Finish is located behind Dyett High School just southeast of 51st and King Drive.
2. **Horner Park**—Cross Country Start/Finish is located southeast of California Avenue 200 meters behind the field house at California & Montrose (2800 West-4400 North).
3. **Promontory Park**- Start/Finish is located at the eastern boundary of Hyde Park at 5491 South Shore Drive.