

Rules in this section shall apply to both boys' and girls' cross country unless otherwise specified.

13.1 IMPORTANT DATES

2016-2017 DATES	CALENDAR WEEK	ACTIVITY
Monday, August 8, 2016 - Saturday, September 3, 2016	6th - 9th	Weight training/conditioning permitted. No practice/contests allowed.
Monday, August 8, 2016	6th	1st Official Practice (Current medical history/exam, athletic participation/parental permission, and substance misuse forms must be on file.)
Monday, August 29, 2016	9th	1st Meet (Eligibility must be submitted online.)
Monday, October 10, 2016	15th	Deadline for submitting GPAs online for seniors for All Academic
Wednesday, November 2, 2016	18th	Boys' and Girls' Entry to State
Saturday, November 12, 2016	19th	Boys' and Girls' End of Regular Season
Monday, November 14, 2016	20th	Boys' and Girls' State Meet - (Classes 2A, 1A, B, and C) Northwestern State University, Natchitoches
Tuesday, November 15, 2016	20th	Boys' and Girls' State Meet - (Classes 5A, 4A, and 3A) Northwestern State University, Natchitoches
Wednesday, November 16, 2016 - End of School	20th - TBD	Weight training/conditioning permitted. No practice/contests allowed.
Sunday, May 14, 2017	46th	Summer Rules Begin

13.2 CONTEST LIMITS

13.2.1 Season: The number of meets in which a school may participate in during a season shall be unlimited.

13.2.2 Calendar Week: A school shall be limited to two meets during a week. (Sunday-Saturday)

13.3 GENERAL

13.3.1 Boys' and girls' cross country schools shall compete in Classes 5A, 4A, 3A, 2A, 1A, B, and C.

13.3.2 A school shall not compete in any manner in any Louisiana collegiate meet, against independent teams, recreation teams, club teams, junior colleges or community teams, four-year colleges or university teams, professional or semi-professional teams or individuals that compete "unattached" in high school events.

13.3.3 Legal Uniforms shall consist of the following:

1. A minimum legal cross country uniform shall consist of a school-issued jersey, unobjectionable shorts, and shoes which may belong to the contestant.
2. Team members' uniforms (jerseys and shorts) shall match in color and design. Visible apparel worn under the cross country uniform shall be of a single color, but undergarments may be different colors. However, undergarments worn with uniforms by two or more contestants shall be of the same color but not necessarily the same length.
3. Spikes shall be acceptable.

13.4 REGIONAL MEETS

13.4.1 Regional meets shall be conducted in class 5A a minimum of 10 days and a maximum of 21 days prior to the state meet to qualify individual contestants and teams."

13.4.2 The boys' and girls' regional cross country meets shall be completed as listed in Rule 13.1, Important Dates, in this section.

13.4.3 The regional meet chairperson shall be the principal of the preceding year's regional meet winner. A special provision has to be put in place for the first year because there was no regional winner this year. The LHSAA will appoint a regional chair for the first year."

1. A regional meet chairperson shall call a meeting of regional participants' principals or his/her designee at least six weeks prior to the meet.

The attendees at this regional meeting shall determine by a simple majority vote (one vote per school):

- A. The host school
- B. The meet site
- C. The date of the meet
- D. The meet's starting time
- E. The meet director
- F. Financial provisions for the meet
- G. Entry prices
- H. Spectator Admission Fee

13.4.4 Responsibility of Regional Meet Directors - Immediately after the regional meet, the meet director shall:

1. Accurately complete the LHSAA's qualifying information report form
2. List contestants with correctly-spelled first and last names
3. Fax or email complete and accurate meet results to the LHSAA (fax: (225) 296-5919)
4. Ensure that schools which qualified teams have a complete list of contestants (including alternates)
5. Maintain copies of qualifying forms sent to the LHSAA
6. Provide the LHSAA with a telephone number where he/she may be contacted (day and night) to obtain clarifications or additional information
7. Any person who will serve as a regional meet director shall be required to attend a meeting help by the LHSAA for information and instruction. The date, location and time of the meeting to be set by the LHSAA. Each region is responsible to have its regional director present at this meeting. Failure to attend this meeting shall result in the LHSAA appointing the regional director for that region and possible other sanctions and/or fines as deemed appropriate by the LHSAA.

13.4.5 Qualifying Plans and Special Rules for Regional Meets (Boys and Girls):

1. The top eight teams from each region shall qualify for the state meet in the 5A classification
2. Any athlete in the Top 25 at the regional meet shall also qualify for the state meet
3. The girls' and boys' meets shall be contested at the same site on the same day
4. Site of Meet: Shall be within the region of the participating schools
5. Breaking Ties: Eight-place ties shall be resolved by scoring the 6th runner. Should one of the teams involved in the tie have only 5 scored runners and the other team has more than five, the team with a minimum of 6 runners shall be awarded the higher team finish
6. Awards and Expenses: Participating schools shall be assessed an entry fee determined at the regional meeting to pay for the meet's awards and administration expenses. The admission price for the meet shall be set at the regional meeting. The host school shall retain concession sales revenue for expenses relating to facilities, workers and equipment.

<u>Region:</u>	<u>Districts:</u>	<u>Qualifying Teams & Individuals</u>
<u>I</u>	<u>1, 2, 3</u>	<u>8 teams, individuals in Top 25</u>
<u>II</u>	<u>4, 5, 6</u>	<u>8 teams, individuals in Top 25</u>
<u>III</u>	<u>7, 8, 9</u>	<u>8 teams, individuals in Top 25</u>

13.5 STATE MEETS

- 13.5.1 The boys' and girls' state cross country meets shall be conducted on Monday and Tuesday of the 20th week of the NFHS calendar. Classes 2A, 1A, B, and C shall be conducted on Monday and Classes 3A, 4A, and 5A will be conducted on Tuesday.
- 13.5.2 Both boys' and girls' state meets shall be conducted at the same site. The cross country state meets shall be conducted at Northwestern State University in Natchitoches.
- 13.5.3 The LHSAA shall organize and administer the state meets.
- 13.5.4 A state boys' and girls' cross country bulletin including official entry forms shall be placed on the website and schools notified when available.
- 13.5.5 Schools shall not participate in the state meet(s) until delinquent membership dues are paid.
- 13.5.6 Designating Team Members
1. Coaches with a full team (5 runners) shall designate at the team packet pick-up area prior to each run a maximum of seven runners to represent the team in the meet.
 2. Substitutions shall be allowed only at the team packet pick-up area no later than one hour prior to the run in each division.
 3. Substituted runners' names shall be listed on the official entry form.
- 13.5.7 **Scoring** - Runners shall be awarded points according to their finish as follows:

<i>Place Finished</i>	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	9 th	10 th
<i>Points Awards</i>	1	2	3	4	5	5	7	8	9	10

13.5.8 Distance: The boys' and girls' state meet shall be run over 3.0-3.2 miles.

13.6 ENTRY INFORMATION

13.6.1 A school may enter 12 contestants in the state meet, but only seven contestants may compete in the state meet. A school must have at least five runners to have a complete team.

13.6.2 A school shall send a list of contestants on the official state cross country entry form signed by the principal and a school check payable to the LHSAA for \$10 per contestant up to seven runners for a maximum fee of \$70. The fee is \$70 for a boys' team and \$70 for a girls' team.

13.6.3 The entry form and fee shall be sent by certified, return receipt requested mail postmarked by the date listed in Rule 13.1, Important Dates, in this section. A school with a delinquent entry form may still enter its contestants in the meet no later than two hours prior to the run in each division by paying a \$50 fine for one contestant or a \$100 fine for two or more contestants along with the entry fee. The fine shall be paid by school check payable to the LHSAA.

13.6.4 A school shall be represented by a faculty coach/representative or an LHSAA-approved non-faculty coach at the mandatory team packet pick-up area prior to the run in each division. If an eligible representative does not pick-up a school's packet, the school shall pay a \$100 fine before it can participate in the run; the fine shall be paid by school check payable to the LHSAA.

13.6.5 If a school with one or two contestants is represented by a faculty coach/representative, or an LHSAA-approved non-faculty coach from any other school/school system entered in the meet, the representative shall present written permission from both schools to the meet director at the team packet pick-up area.