

2017-2018 MIDDLE SCHOOL EXTRAMURAL ATHLETICS

CROSS COUNTRY RULES AND GUIDELINES

- All teams will practice five (5) days a week, two (2) hours per day.
- Each individual **must have a minimum of eight (8) practice** days before the first competition.

COMPETITION

- All eligible student-athletes (boys and girls) in the 6th, 7th and 8th grades (NO CUTS).

Please note, if a student is cut from a team and would like to turn out for another sport during the same season, they will abide by WIAA rule 17.12.3 which states:

Practices in one (1) sport cannot be transferred toward the number of practices required in another sport.

GENERAL INFORMATION

- Each athlete must have:
 - Middle School Activities Contract and Eligibility Form, including:
 - Emergency Contact information
 - Signed Concussion and Sudden Cardiac Arrest information form
 - Sport-specific consent form
 - Physical – Each athlete is required to have a current physical (last 13 months)
 - ASB Card Purchased (\$15.00)
- All the ABOVE INFORMATION MUST BE on file with the building athletic director before participation.
- School issued uniforms will include school colors, school names, and number. **PLEASE NOTE:** If uniforms are damaged and/or lost the student will be responsible for the cost of the replacement.
- All eligible participants should be given equal consideration for playing time over the course of the season based on coach's discretion. Factors for playing time may include but are not limited to, skill, effort, attitude, attendance, behavior in school or any combination of the preceding.

MEET REQUIREMENTS

- Meets will be set-up and timed by district-appointed staff and/or certified officials.
- Coaches are required to have a First Aid kit with them at all practices and games
- Coaches are required to have a copy of the emergency medical cards for each student-athlete on their team.
- The course will be marked in advance of the meet. Course lengths will be approximately 3,000 meters.

RULE CLARIFICATIONS

- All eligible athletes must be registered on Athletic.net and be assigned a participant number to be eligible to compete. **All eligible athletes will be allowed to participate.**
- Separate races will be run for both boys and girls. In 2016, boys will run first, then followed by girls. The order will rotate on an annual basis.
- Prior to the meet, each team will designate six (6) participants to run as the varsity (scoring) participants. All other participants will run simultaneously, but not score in the team event.

- All coaches are responsible for monitoring and recording their athlete's times for goal setting and personal records.

CHAMPIONSHIP REGULATIONS

- For students to be eligible for the middle school girls cross country championships, each athlete must participate in a minimum of three (3) meets during the season. If a student has not competed in three (3) meets, they are not allowed to participate.
- Top 5 finishers from each school will determine the score of the championship races. Lowest aggregate score will determine team place (ex: Team X finishes 2nd, 4th, 6th, 9th and 10th. Their team score would be $2+4+6+9+10=31$ points. Team Y finishes 1st, 3rd, 5th, 7th and 8th. Their team score would be $1+3+5+7+8=24$ points.)
- For the championship meet both team scores and individual times will be kept.

RULES

Governed by Washington Interscholastic Activities Association and National Federation 2015 Rules.