



# Cross Country

## Sport Information

### Sport Director-

Homar Ramirez, NCISAA Executive Director, [hramirez@ncisaa.org](mailto:hramirez@ncisaa.org)

### Regular Season Information-

#### In-Season Activities-

- In-season practice with a school coach present - in any sport - is prohibited outside the sport seasons designated in the following table. (Summers are exempt.)

Season	Start Date	End Date
Fall Season	Monday, July 31, 2023	Saturday October 28, 2023

#### Game Limits-

Sport	Game Limits
Cross Country	15 Contests

#### Out-of-Season Activities-

- Out-of-season activities are allowed, but are subject to the following:
  - Dead Periods:
    - Only apply to sports not in season.
    - Out-of-Season activities are not allowed during the following periods:

Season	Period
Fall	Starts the first week of fall season through August 31st.
Winter	Starts 1 week prior to the first day of the winter sport season and extends 3 weeks after Nov. 1.
Spring	Starts 1 week prior to the second Monday of February and extends 3 weeks after the second Monday of February.
May	Starts on the spring seeding meeting date and extends through the final spring state championship.

#### Sport Rules-

- National Federation of High Schools Rules (NFHS)-
  - The NCISAA is an affiliate member of the NFHS.
  - National Federation High School rules apply when NCISAA rules do not cover a particular application.
  - Visit [www.nfhs.org](http://www.nfhs.org) to find sport specific rules and annual updates.
- It is important for athletic directors and coaches to annually review rules changes each season. Rule Books are also available for online purchase on the NFHS website.

## Postseason Information - Meet Director-

### Dates & Sites-

Intent to Run	Friday, September 22, 2023	by 12:00 Noon
Entry Deadline	Sunday, October 22, 2023	by 12:00 Noon
Championships	Friday, October 27, 2023	@ WakeMed Park, Cary NC

### Letters of Intent and Rosters:

1. Intent to Run must be indicated by Friday, September 22, 12:00 Noon, by accepting the invitation to join the meet on athletic.net and adding the meet to your athletic.net Season Calendar.
2. All participating athletes must be full-time students in grades 7-12.
3. Rosters with up to ten eligible runners must be entered on athletic.net by Sunday, October 22, 12:00 Noon.
4. Coaches may make initial entries and changes to entries from August 1 until October 22 at 12:00 Noon.
- 5a. 2A, 3A, and 4A teams may race any seven of the ten listed entries on race day.
- 5b. 1A teams may race any five of the ten listed entries on race day.
6. Please contact Brett Honeycutt (Metrolina Christian Academy) with questions concerning [www.athletic.net](http://www.athletic.net).

### Team Scores:

1. The Cross Country meet for all classifications (boys and girls) will be held on the same date and at the same site.
2. Team points will be decided by the position each runner attains against other teams not including individual runners.
3. Individuals receive credit for their finish, but places are not counted against team scores.
- 4a. 2A, 3A and 4A: To qualify as a full team you must have at least five runners and no more than seven runners. The first five will score for their team and 6 and 7 will displace. Teams racing more than seven runners will be disqualified.
- 4b. 1A: To qualify as a full team you must have at least three runners and no more than five runners. The first three will score for their team and 4 and 5 will displace. Teams racing more than five runners will be disqualified.

### General Playoff Guidelines-

See [Playoff Info](#) section of the NCISAA Handbook.

### Uniforms:

The competitor's uniform shall be school-issued or school-approved, and worn as intended by the manufacturer. All cross country team members must wear uniforms clearly indicating through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team. Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment; foundation garments are not subject to logo/trademark/reference or color restrictions. (2020 NFHS Rulebook)

**Course:**

The course will be no less than 3.0 miles and no more than 3.2 miles in length. An official must walk the course prior to the start to ensure that all markers and signs are in place.

**Medical Coverage**

A North Carolina State Licensed Athletic Trainer or First Responder is required for all NCISAA playoff contests.

**Admission-**

	Championships
Adults	\$10.00
Students	Free
Children (under 8)	Free

100% of gate receipts, after approved expenses, is due to the NCISAA.

**Meet Schedule:**

1. Based upon Intent to Run by classification.
2. There must be at least 8 teams in each classification to qualify for a championship race.

9:00am	2A Girls
9:45am	2A Boys
10:30am	2A Awards
10:30am	3A Girls
11:15am	3A Boys
12:00pm	3A Awards
12:00pm	4A Girls
12:45pm	4A Boys
1:30pm	4A Awards
1:30pm	1A Girls
2:15pm	1A Boys
3:00pm	1A Awards

**Team and Individual Participation:**

1. A team member or individual entry must have competed in a minimum of four separate varsity 5K meets on four separate dates throughout the course of the current season.
2. Individuals may enter for individual honors only.
3. Placement points will be given in exact team member order.

## Awards-

Team	1A	2A	3A	4A
Championship Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Runner-Up Trophy	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Individual Gold Medals to Championship Team	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls
Individual Silver Medals to Runner-Up Team	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls	10 Boys 10 Girls

Team All-State Team (Top 11 finishers in each classification)	1A	2A	3A	4A
Plaque to Champion of State Championships	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Silver Medal to 2nd Place Finisher of State Championships	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls	1 Boys 1 Girls
Bronze Medals to Finishers 3-11 of State Championships	9 Boys 9 Girls	9 Boys 9 Girls	9 Boys 9 Girls	9 Boys 9 Girls