

Cross Country

First Practice Date August 3, 2009 First Meet August 17, 2009
Entry Deadline for State Meet October 26, 2009 State Meet October 31, 2009

Rules:

1. National Federation Rules shall be the official rules unless SCISA has an otherwise stated policy.

Practice:

1. Spring Practice is allowed for ten (10) days in the Spring. Spring practice should not conflict with other spring sports.
2. Teams are allowed 12 work-outs from May 31 - July 24, 2010 with the following Closed Periods (July 4-10, July 16 & 17). Sessions are limited to 1 1/2 hours, no more than two times weekly. Camps during this period are the exception to the weekly restrictions but each day count against the total number of work-outs.
3. Outside of the official season, closed dates, and open summer dates, a coach may work-out (practice) with not more than three (3) players at a time.
4. Conditioning and Weight Programs: conditioning and weight programs are legal throughout the year.
5. See Organized practice rule in Article VII, Section V.
6. All schools must have a Heat and Athletic Participation Policy. This policy will provide coaches with the types of conditions caused by athletic participation during times of heat and heat related stress. It will provide warning signs, treatment and a guideline to scale back or cancel athletic activities.

Meet Officials:

1. Schools must adequately staff all meets. Careful consideration must be given if the running path is near a highway.

Meet Information:

1. The course will be approximately 3.1 miles for both boys and girls. Flats are the recommended footwear.
2. A team will consist of not less than five (5) nor more than seven (7) members.
3. The Home Administration is responsible for deciding if weather conditions are unfavorable (under normal weather conditions) or if the course is unsafe. If this determination is made the visiting team and the SCISA Office must be notified.
4. Each school MUST report all player/coach/fan disqualifications or incidents to the SCISA Office. A school shall use a Form B - Disqualification/Incident Report.

Levels of Competition: *(Note- Students must also meet all other SCISA eligibility standards)*

Varsity Teams: Eligible students in grades **6-12** may participate in varsity cross country.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any varsity teams.

Junior Varsity Teams: Eligible students in grades 5-10 may participate on junior varsity teams in all sports except football.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 9th grade before permitting participation on any junior varsity team.

B-Teams: Eligible students in grades 5- 8 may participate on B-Teams in all sports except football.

Note: To address player safety, coaches and parents must carefully evaluate the skill level and physical competitiveness of students below the 7th grade before permitting participation on any B-Team.

Home Team Responsibilities:

1. **Event Security/Game Management:**

- A. A Designated Representative is required of all teams (see Article XIII, Section V). A school's head coach may serve as the Designated Representative in cross country and shall assist home management when requested.
2. **Course:** The Home Team shall provide a safe course which is properly marked.
 3. **Reporting Meet Results:** The Home Team shall report the meet results to the news media.

Coaching Notes:

1. Sportsmanship: What you permit, you promote! Coaches must emphasize and promote good sportsmanship and fair play according to the rules.
2. Coaching requirement: the head coach must be CPR certified.
3. Coaches are reminded to be aware of weather conditions. Coaches should carefully review the approved lightning policy (flash to boom interval of 30 seconds or less will require meet officials to suspend the meet immediately).

2009 State Cross Country Meet Information

Date: Saturday, October 31, 2009

Site: Heathwood Hall Episcopal School, Columbia

Directions:

Take I-77 to Exit #5 (Bluff Road). From I-77 North, turn left off the exit ramp. From I-77 South, turn right off the exit ramp. Follow Bluff Road to the first light. Turn left on Beltline Boulevard. Follow for 1.5 miles until you come to the gates. After entering the gates, turn left to go to the athletic complex.

Time: Start Times for Saturday, October 31st

Girls Class AAA	9:00	Girls Class A-AA	10:45
Boys Class AAA	9:40	Boys Class A-AA	11:20
Fun Run 10:10			

Deadline for Registration: Monday, October 26th

Registration Procedure: Steps to register into meets:

1. go to "www.ptentry.com"
2. select "Click Here To Register" - if already registered, go to step 5
3. create account (email address and password)
4. fill out account information (affiliation, phone, etc.)
5. create roster (girls and boys) - fill out as much information as possible <REMOVE ATHLETES NO LONGER ON TEAM>
6. when completed go to "next step"
7. select "[XC - 2009 SCISA State Meet - XC Championship @ Heathwood Hall \(Columbia, SC\)](#)"
8. select race and use drop-down box to select athlete in that event
9. Be sure to specify which division athlete is competing (Varsity, JV or Middle School)
10. times do not need to be submitted
11. when completed with event select "Done with this event"
12. select "Print this meet" to print your entries or save entries to your computer
13. when completed with entries select "Done with this meet"

Meet Notes:

- Entry Fee: \$90 Per Team (for just a boys or girls team) OR \$165 per school (this will cover both the girls and boys team) OR \$20 per individual (mail check to SCISA).
- The State Meet will be an "Invitational" in that all cross country teams will be invited. All Cross Country "Teams", whether full teams or individuals, must have competed in at least two meets prior to the State Meet.
- Team scores will be determined by totaling the numerical position of the first five finishers from each team. Team winners will be determined by the low aggregate scores. A non-team runner's place will be omitted when determining team scores and each team runner will advance in the order of their finish. If teams tie, the tie shall be resolved in accordance with the rule book.
- Coaches are encouraged to arrive early and walk the course with their team.
- A team shall consist of not less than five (5) nor more than seven (7) members.
- A school may enter "individuals" if the school is unable to field a team.
- State Champions and Runners-up will be crowned for Boys & Girls in Class A-AA and in Class AAA.
- The Top Ten Individual Finishers (Boys & Girls) shall be recognized in Class A-AA and in Class AAA.
- Entries will NOT be accepted at the meet.
- Starting positions will be determined by draw.
- Note: If you would like to give the Alternates or JV runners the opportunity to run in a "fun run", contact the SCISA Office and provide the number of runners and how you will be able to assist. Coaches will be requested to assist with this "fun run" for times only.