

4. CROSS COUNTRY — BOYS AND GIRLS

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Each competitor must practice a minimum of 10 days under supervision of the individual or coach authorized by the Board of Education before competing in a contest.

1.2) DISTANCE

a. Grades 9-12 — 5,000 meters (OHSAA Tournaments).

b. Grades 7 & 8 — 3,200 meters maximum.

2) Non-Interscholastic Participation

2.1) A member of an interscholastic cross country squad (any student who has participated in a regular season/tournament contest sponsored by the Board of Education) shall not participate in a non-interscholastic contest as an individual or a member of a team in the sport of cross country during the school's season (Sports Regulation 7.2.2).

2.2) Individual Non-Interscholastic Competition Dates:

A cross country athlete who has not participated for the school in cross country that season must cease non-interscholastic cross country competition four weeks (28 days) prior to the Monday of the week of the State Tournament in cross country in order to be eligible for OHSAA Tournament competition.

In addition, an athlete who has participated for the school in cross country who violates this non-interscholastic competition date by participating in a non-interscholastic contest in cross country shall be ineligible for OHSAA tournament competition in cross country in addition to any other penalties that may be prescribed.

Date: October 2, 2023

2.3) Road racing is interpreted as a different sport than cross country. If the majority of the race is run on a road, participation is not a violation of the non-interscholastic competition bylaw Schools may not conduct a road race on their school's cross country course.

3) Sponsorship

3.1) A school that sponsors girls cross country, with five or more girls participating, shall have a separate girls team in order to enter the OHSAA-sponsored girls tournament competition.

3.2) A school that sponsors girls cross country and has less than five girls participating may permit the girls to participate as individuals with the boys team during the regular season, and the girls will be permitted to enter and compete as individuals in the OHSAA-sponsored girls tournament provided the school is registered for the girls tournament.

3.3) A school that sponsors boys and girls cross country and has separate teams shall schedule separate contests, but both may be held at the same time.

3.4) A school that does not sponsor girls cross country but has five or more girls participating, may permit the girls to participate on the boys team, but they must enter the OHSAA-sponsored boys tournament competition.

4) Penalties

4.1) The maximum penalty for violation of Sports Regulation 7.2.2 (participation with a non-interscholastic cross country squad or in non-interscholastic competition while a member of the school's interscholastic cross country squad) or any OHSAA regulations for any member of the school squad, EXCEPT a senior, may be ineligibility for the remainder of the interscholastic cross country season or the ensuing cross country season. For a senior, the maximum penalty may be ineligibility for the remainder of the school year.

5) Transfer Bylaw

While all questions regarding the transfer bylaw should be addressed to the appropriate school administrator, information regarding the transfer bylaw can be found on the OHSAA website at this link, <https://www.ohsaa.org/Eligibility/Transfer>. Note that students who transfer and do not meet an exception to the transfer bylaw, and who participated in high school cross country within 12 months of the transfer date, are ineligible for all regular season contests, scrimmages, and the OHSAA postseason tournament beginning with varsity regular season contest #9.

6) Other Bylaws and Regulations

6.1) Ejection for Unsporting Conduct

For information on Ejection for Unsporting Conduct See *Ejection Policies for Coaches and Players* under Section 13 and 14 of the General Sports Regulations here OHSAA.org.

6.2) Out-of-State Travel

For information on Out of State Travel regulations see Bylaw 9-2 at OHSAA.org.

6.3) Please find the Cross Country Manual at OHSAA.org on the Cross Country Page for additional NFHS rules governing Cross Country.

CROSS COUNTRY 2023-2024

B. SPECIFIC REGULATIONS — GRADES 9-12

- 1) **Tryouts, coaching and instruction may begin — July 31, 2023**
- 2) **First contest — August 21, 2023**
Exception: Those schools participating in the OHSAA Invitational August 19, 2023
- 3) **Deadline date for OHSAA Tournament — September 25, 2023**
- 4) **Tournament draw/seeding meeting — October 8, 2023**
- 5) **Coaching and Season end — First Saturday in November — November 4, 2023**
- 6) **Scrimmages — None permitted.**
- 7) **Regular season contests — Maximum of 16 for team and individual.**
- 8) **Rules — 2023 National Federation Cross Country.**
- 9) **Officials:**
 - 9.1) Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the contest referee required.
 - 9.2) Reserve/Junior Varsity — Minimum of one OHSAA Registered Class 1 official who shall be the contest referee required.
 - 9.3) Freshman — OHSAA Class 1 or 3 recommended.

C. SPECIFIC REGULATIONS — GRADES 7 & 8

- 1) **Tryouts, coaching and instruction may begin — July 31, 2023**
- 2) **First contest — August 21, 2023**
- 3) **Coaching and Season end — November 4, 2023**
- 4) **Scrimmages — None permitted.**
- 5) **Regular Season contests — Maximum of 12 for team and individual plus one league championship meet and the OHSAA-sponsored Invitational — October 22, 2023**
- 6) **Rules — 2023 National Federation Cross Country.**
- 7) **Officials — No specifications.**

CROSS COUNTRY CALENDAR

Cross Country	2023	2024	2025
Coaching and Tryouts Begin	7/31	8/1	8/1
Season Begins	8/21	8/19	8/18
Non-Interscholastic Date	10/2	9/30	9/29
District	10/21	10/19	10/18
Regional	10/28	10/26	10/25
State	11/4	11/2	11/1
Season Ends	11/4	11/2	11/1

REGIONAL AND STATE TOURNAMENTS — ORDER OF COMPETITION

2023-2025-2027	2024-2026-2028
III Girls, III Boys, II Girls, II Boys, I Girls, I Boys	III Boys, III Girls, II Boys, II Girls, I Boys, I Girls