

## FOOTHILL INTERMEDIATE SCHOOLS ATHLETIC LEAGUE CROSS COUNTRY RULES

The following will be used at all F.I.S.A.L. Cross Country meets:

- Distance 1.5 miles
- No heckling or trash talking at any time. Person/people will be removed immediately from the F.I.S.A.L. event.
- Regular season would consist of 5 scheduled meets (not necessarily in Divisions)
- Ribbons and Medals for Finals – Medals for 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup>; Ribbons for 4<sup>th</sup>, 5<sup>th</sup>, & 6<sup>th</sup>
- Team perpetual trophy.
- A team consists of up to seven (7) runners with top 5 scoring for finals only.
- Course is 1.5 miles (measured by coaches).
- In all races, if a runner falls in the first 100ft the race must be restarted.
- At 20 minutes next race starts. If there are still runners finishing their race after the 20 minute time period, site coaches are responsible for getting their time
- Runners must compete in at least 3 League meets with a time of 13 minutes or faster in one League meet to be eligible for Cross Country Finals.
- Cross Country Consolation Race - There will be a consolation race held at the conclusion of Cross Country Finals for those runners who did not qualify **for the Finals. Limit of up to three (3) runners, per gender, per grade level with a time of 14 minutes or under for the consolation race.**
- It is the responsibility of each team to run the Finals course prior to the event.
- Every school must bring two (2) volunteers to **finals**
- No iPods or other listening devices with earphones will be allowed while competing.
- 6<sup>th</sup> graders may take the place of a 7<sup>th</sup> grader only if they are faster.
- Tie-Breakers: If there is a tie between 2 or more schools, the 6<sup>th</sup> runners' times from the tying schools will determine the tie break. In the event a school does not have 6 runners, the total time of the top 5 runners from each tying school will be added together to determine the tie break.

**Tournament Eligibility** – Student/Athletes participating for schools must be on the roster from the beginning of the season in order to be considered a team member and to be eligible to participate in end-of-season tournaments, County or TOC's. Student/Athletes can not join the team with only one or two matches left in a season just to be able to move on to the county, TOC or end-of season tournaments. Student/athletes that move to a member school during the season may join a school team, but must still compete in three (3) meets to be eligible for finals. (To be determined by each site) (Exceptions/appeals must be approved by the League Commissioner).

**Participation Eligibility:** A student/athlete cannot play, practice, and/or attend a practice for another team while attending practice or participating for their school in the same sport in the same season.

**Cross Country/Track** – Runners in both Cross Country and Track may have personal trainers and run unattached in 5K and 10K races but may not participate in organized Cross Country or Track and Field events. **See Rule 600**