

FIYA Cross Country

Rules/Procedures

1. **COACHES VIDEO MEETING:** Coaches and/or Administrators of schools should first and foremost review the extremely important FIYA Cross Country Coaches Video posted on the cross country page of the FIYA website.

2. **REGISTRATION:** Schools must register through Athletic.net. Registration is a two step process: First, your school must add a meet on to its school calendar *at least one week prior to the meet*. Second, you must place your individual athletes into the specific races on or before the registration deadline listed for each cross country meet (typically 6 PM on Monday prior to the meet). Please note that schools are billed for each athlete registered per meet regardless if the athlete participates or completes the race at \$20 per athlete. Schools will be invoiced by FIYA at the conclusion of the cross country season.

3. **DIVISIONS:** There are six divisions, differentiated by grade level and by gender (boys or girls): Division 1 (8th grade and below), Division 2 (6th grade and below) and Division 3 (3rd and 4th grade). For the OPEN races, there is no maximum limitation by school; each school may enter as many runners per division for the OPEN races. However, for each competitive race, a school can register a maximum of 12 runners per division. See #6 below.

4. **MEET SCHEDULE:** The meet schedule is approximately as follows:

4:00 PM – Division 3 OPEN – Boys/Girls

DIVISION 3 IS 3RD AND 4TH GRADE

4:15 PM – Division 1/2 OPEN – Boys/Girls

DIVISION 2 IS 5TH AND 6TH GRADE*

4:30 PM – Award Presentation for OPEN RACES DIVISION 1 IS 7TH AND 8TH GRADE*

4:30 PM – Division 2 COMPETITIVE – Girls

4:50 PM – Division 2 COMPETITIVE – Boys

*Runners can run up a division upon request.

5:10 PM – Division 1 COMPETITIVE – Girls

5:30 PM – Division 1 COMPETITIVE – Boys

6:00 PM - Award Presentation for COMPETITIVE RACES

5. **OPEN:** The OPEN race is meant for either developmental runners or runners who have not qualified on the school's competitive team. A developmental runner should be able to run 1 mile in less than 15 minutes; a school should not register runners in the OPEN race who cannot consistently achieve a 15-minute mile or less in practice. There is NO TEAM SCORING in the OPEN race but the top individual finishers by division and by gender will be recognized. The OPEN course is 1 mile in length.

6. **COMPETITIVE:** The COMPETITIVE race is meant for the school's twelve (12) best *divisional* runners; schools may submit a request to have **more than 12 divisional runners per competitive race** but a final determination by FIYA will be made upon the close of registration based largely on capacity. To participate in the team race, a school must have a minimum of

four (4) runners. If a school does not have at least four (4) runners to compete as a team, it still may enter its runners in the COMPETITIVE race for the individual component. The COMPETITIVE course is 2 miles in length. As a rule of thumb, runners in the COMPETITIVE race should be able to run a 2 mile course in 20 minutes or less.

TEAM SCORING in the COMPETITIVE race is as follows: The top four runners score and the fifth and sixth runners place. The team winner is determined by adding up the top 4 place finishers from each school and the lowest total number wins. In the case of a tie, the 5th runner from the team breaks the tie. For example, School A: 1st, 4th, 7th and 10th (total 22) with 5th runner finishing 15th and School B: 2nd, 3rd, 8th and 9th (total 22) with 5th runner finishing 16th. School A wins.

7. **COURSE MAP/COURSE VIDEO:** The course map and video will be made available on the cross country page of the FIYA website. It is the school's responsibility to know the course. We recommend reviewing these resources and taking your runners to the course prior to meet day. On meet day, FIYA will mark the course with orange saucer cones on the right and orange flags on the left. In addition, flag bearers will be stationed throughout the course. Lastly, rabbits/tortoises may be made available. However, for the COMPETITIVE races, Rabbits may only be used for the first mile.

8. **CROSS COUNTRY PACKET:** When coaches arrive on meet day, they should check in at the registration table to pick up Bibs and Pins. Each registered runner will be assigned a specific Bib number that should be fastened by pins across the runner's chest. Each bib includes an electronic timing chip. All meets are conducted by automatic timing. Results at the meet may be viewed on ANet Live and/or westsidetiming.com (you may share this link with athletes, families, and spectators to see immediate scores and times as they're posted during the meet).

9. **START LINE INSTRUCTIONS:** It is the responsibility of the schools to get its runners to the start line area at the appropriate start times. School teams with the required minimum of four (4) runners for team scoring should line up in single file at the start line; we recommend having the faster runners at the beginning of the line. School teams with less than the required four (4) runners for team scoring or for OPEN races will be lined up by the meet's starter. The meet's starter reserves the right to position the school teams along the start line.

10. **DISQUALIFICATION:** Although very rare, a disqualification can occur for the following reasons if witnessed by course officials and determined to have an impact: (i) a runner fails to run the course including cutting corners, (ii) a runner intentionally shoves or pushes another runner or (iii) a runner is being paced or shadowed by those not competing in the race.

11. **FINISH LINE INSTRUCTIONS:** Athletes should run through the finish line and ensure that they stay away from the electronic timing and video camera. Results will be posted live on ANet Live and/or westsidetiming.com.

12. **MEET AWARDS FOR OPEN RACES:** Upon the conclusion of the OPEN races, we will recognize the top finishers in each division by gender. There are no team awards for OPEN races.

13. **MEET AWARDS FOR COMPETITIVE RACES:** Upon the conclusion of the COMPETITIVE races, we will recognize (a) individual awards and (b) team awards.

Individual Awards – we award medals to the top finishers in each division. 1 place for every 5 runners with a maximum of 20 medals per division; we round up.

Team Awards - your school must have at least 4 runners per division to qualify as a team; a school's first four finishers score and a school's 5th and 6th finishers place. We will award 1st, 2nd and 3rd place team plaques for each COMPETITIVE race..

14. **SEASON AWARDS FOR DIVISION 1:** A seasonal champion for Division 1 only will be awarded. To qualify, a school team needs to participate in at least 50% of the FIYA cross country meets during the season. In addition, for schools that participate in every FIYA cross country meet of the season, we will drop one meet from that school's season total (the lowest scoring team result for the season). In other words, if FIYA offers 6 cross country meets in a season, a school team needs to participate in at least three (3) meets to qualify under this rule and a school team that participates in ALL 6 can only earn seasonal points in its five best meets.

Your Division 1 school team will earn points if it finishes in the top 5 team scores at each meet as follows: 5th Place – 1 point; 4th Place – 2 points; 3rd Place – 3 points; 2nd Place – 4 points; and 1st Place – 5 points

If there is a tie in team scores with multiple teams for a top five finish, we will add the point totals and divide by the number of tied teams. For example, if two schools tie for 2nd place (and therefore there is no 3rd place), we add the points of both places (4 + 3) and divide by 2 so each team will be awarded 3.5 points.

The Division 1 school team with the most accumulated points in the season will be crowned Division 1 champions for boys and for girls. If there is a tie in accumulated points among multiple teams upon the conclusion of the cross country season, the tiebreaker will be the team that competes in the MOST FIYA cross country meets in the season, including any school team that competes in every FIYA cross country meet. If the tiebreaker does not resolve the champion, there will be co-champions.

15. **ALL FIYA CROSS COUNTRY TEAM:** A Division 1 athlete who finishes in the top twenty percent in a COMPETITIVE race for at least four FIYA cross country meets during one season will be nominated to the All FIYA Cross Country team and recognized at the FIYA Awards Assembly in June. The top twenty percent is determined by taking the total number of Division 1 runners who finished at a meet and dividing by 5; we round up if the divisible number is .5 or higher.