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: Registration is a two-step process:

Step 1 – School Registration: Each school must register for each meet through FIYA's LeagueApps Registration platform at onfiya.org/registration/. School registration must be completed at least one week prior to the meet.

The cost of school registration is $100 per school, per meet. The $100 school registration fee will be applied as a credit toward the school's athlete registration fees for that meet. The minimum registration fee for any school participating in a meet is $100, regardless of the number of athletes registered.

Step 2 – Athlete Registration: Upon successful school registration, the school then will be authorized to register its athletes for the meet through the Athletic.net registration platform. Each school must then register its individual athletes for their specific races on or before the registration deadline for each meet. The athlete registration deadline is 9:00 PM on the Friday prior to the meet.

An athlete may participate in only one race per meet, either the Open Race or the Competitive Race. An athlete who participates in both races will be disqualified from the meet.

The athlete registration fee is $20 per athlete registered for each meet, regardless of whether the athlete ultimately participates in the meet or completes the race. The $100 school registration fee will be credited against these athlete registration fees. FIYA will invoice each school for any remaining balance 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 (7th and 8th grade), Division 2 (5th and 6th grade) and Division 3 (3rd and 4th grade).

For COMPETITIVE races, runners can run up a division upon request by the school and approval by FIYA but cannot run down a division. For example, a 7th grader cannot run a Division 2 COMPETITIVE race but a 6th grader can be requested (and potentially granted) to run in a Division 1 COMPETITIVE race.

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 #5 below.

4. **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.

5. **COMPETITIVE**: The COMPETITIVE race is meant for the school's twelve (12) best ***divisional*** runners. Each school may register a maximum of twelve (12) runners per division for each COMPETITIVE race.

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 22 minutes or less.

TEAM SCORING in the COMPETITIVE race is as follows: The top four runners score and the fifth and sixth runners are used as place finishers for purposes of team scoring and tiebreakers. The team with the lowest total score wins. In the event of a tie in the team score, the fifth-place runner from each tied team is used as the tiebreaker. If still tied, the sixth-place runner will be used. 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.

6. **MEET DAY SCHEDULE**: The meet day schedule generally consists of seven races. Depending on whether the meet is on a weekday or a weekend will impact the actual starting time. Unless otherwise indicated, the race schedule is as follows:

Race	Weekday	Weekend
Division 3 Open - Boys/Girls	4:00 pm	9:00 am
Division 2 Open - Boys/Girls	4:15 pm	9:15 am
Division 2 Competitive - Girls Only	4:30 pm	9:30 am
Division 2 Competitive - Boys Only	4:50 pm	9:50 am
Division 1 Open - Boys/Girls	5:10 pm	10:10 am
Division 1 Competitive - Girls Only	5:25 pm	10:25 am
Division 1 Competitive - Boys Only	5:45 pm	10:45 am

7. **COURSE MAP/COURSE VIDEO**: The course map(s) and/or video(s) will be made available on the cross country page of the FIYA website. It is the school's responsibility to know the course(s). 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 and orange flags. When the course is run clockwise, the cones are on the right and the flags on the left; when the course is run counterclockwise, the cones are on the left and the flags on the right. In addition, flag bearers will be stationed throughout the course. Lastly, if rabbits/tortoises are available, they will only be utilized for OPEN races involving Division 3 and Division 2. No rabbits will be utilized for any other races.

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 their 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**: A disqualification can occur for the following reasons if witnessed by course officials: (i) a runner fails to run the course including cutting corners, (ii) a runner intentionally shoves or pushes another runner; (iii) a runner is being paced or shadowed by those not competing in the race or (iv) a runner runs in both the open and the competitive races or runs in a race for which he/she was not registered.

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**: While there are no team awards for the OPEN races, we will recognize the top finishers in each division by gender. We will award medals upon the conclusion of the cross country season to the top finishers in each division. 1 place for every 5 runners per division.

13. **MEET AWARDS FOR COMPETITIVE RACES**: For the COMPETITIVE races, we will recognize and award (a) the top individual finishers and (b) the top team finishers.

Individual Awards – we will award medals to the top finishers in each division at the end of the cross country season: 1 place for every 5 runners with a maximum of 25 medals per division; we round up.

For example, 57 runners finish: divide 57 by 5 equals 11.4 means top 11 finishers awarded a medal, but if 58 runners finish: divide 58 by 5 equals 11.6 means top 12 finishers awarded a medal.

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. Schools with more than six runners do not impact team scores. We will award 1st, 2nd and 3rd place team plaques for each COMPETITIVE race at the conclusion of the cross country season.

14. **SEASON AWARDS FOR DIVISION 1**: A seasonal champion for Division 1 only will be awarded. The boys and girls seasonal champions will be awarded a team trophy and individual medals and champion tee shirts at the conclusion of the cross country season.

To qualify, a school team needs to participate in at least 50% of the FIYA cross country meets during the season. A school team is considered to have participated in a meet if it has at least four (4) runners competing in the Division 1 COMPETITIVE race.

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**: The ALL FIYA Cross Country Team award recognizes the top Division 1 runners who perform at a high level throughout the cross country season. Such runners will be honored and recognized for this award at the Annual Awards Assembly in June.

A Division 1 athlete can qualify for this award in one of two ways:

(i) A runner who participates in at least 75% of the cross country meets during one season and finishes in the top twenty percent (20%) of each meet (competitive race only). The top twenty percent (20%) is

determined by taking the total number of D1 runners at a meet and dividing by 5; we round up if the divisible number is .5 or higher; or

(ii) A runner who attends at least half of the cross country meets during one season and finishes in the top ten percent (10%) of each meet (competitive race only). The top ten percent (10%) is determined by taking the total number of D1 runners at a meet and dividing by 10; we round up if the divisible number is .5 or higher.