

## Hosting a Cross Country Meet

### Utilizing your NFHS Track and Field and Cross Country Rule Book

Here is a breakdown of the Cross Country section of your NFHS rule book.

- Section 1 outlines the course length, layout, markings, start and finish line. Diagrams are provided complete with multiple chutes when scoring a meet where teams need to be separated for results.
- Section 2 explains scoring – see below.
- Section 3 outlines the start/conclusion of a race including competitor information.
- Section 4 delineates officials (games committee/meet director, referee, starter, chute director, finish line officials, marshals)
- Section 5 explains a team including uniform rules
- Section 6 explains when an athlete is disqualified.

### Scoring a Cross Country Meet

In your NFHS Track and Field Rules, Rule 8 applies to Cross Country. Scoring is found in Rule 8-2:

#### SECTION 2 SCORING

**ART. 1 . . .** Scoring shall be as shown in the following table:

|         |       |        |       |        |       |        |      |
|---------|-------|--------|-------|--------|-------|--------|------|
| Place:  | First | Second | Third | Fourth | Fifth | Sixth, | etc. |
| Points: | 1     | 2      | 3     | 4      | 5     | 6,     | etc. |

**ART. 2 . . .** All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.

**ART. 3 . . .** If fewer than five competitors of a team finish, or other number specified by the games committee, the places of all members of that team shall be disregarded and the team scores re-ranked. By state association adoption, a modified scoring system may be used.

**ART. 4 . . .** Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.

**ART. 5 . . .** If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

**ART. 6 . . .** The score of a forfeited dual meet shall be 15-50.

The **NFHS Track and Field and Cross Country Case** Book corresponds with the Rules Book citing detailed descriptions of how rules are to be interpreted.

The **NFHS Track and Field and Cross Country Officials Manual** provides a detailed description of all Officials duties and responsibilities.

These can be purchased on NFHS.org or received when becoming an AIA Official.