

ARTICLE 20

Cross Country

20.1 GENERAL INFORMATION

20.1.1 The CAA shall adopt the current edition of the National Federation of State High School Association (NFHS) Cross Country Rules and Regulations. These rules shall govern unless noted below.

20.1.2 Any discrepancies will be ruled upon by the league director and/or Executive Board.

20.1.3 The CAA delegates all responsibilities for Cross Country meets to the individual schools participating in these meets. The regulations listed here are intended to create a fair and consistent set of guidelines for these meets. The Meet Director is responsible for all questions regarding their individually held meet.

20.1.4 CAA officials will be assigned to all CAA Certified Meets and paid directly by the CAA.

20.2 COACHING - Refer to Article 4

20.3 REGULAR SEASON MEETS

20.3.1 Entry Fee: The CAA Executive Board will determine the fee structure on an annual basis.

20.3.1.1 Schools will be invoiced according to the number of registered athletes.

20.3.2 Meet Registration must be completed on athletic.net by Wednesday, 8:00 pm, prior to the Saturday meets, unless otherwise noted.

20.3.3 CAA Member schools are encouraged to host a regular-season meet.

20.3.3.1 Host school must submit a sanction application for approval. (2025)

20.3.3.2 Host school provides individual and team awards at each meet.

20.3.3.3 Host school must upload results into Bound within 24 business hours of the event. (2025)

20.3.3.4 CAA Officials will be assigned based on the request of the Host. (2025)

20.3.3.5 Host school provides the CAA Cross Country Director with a post-event summary within 7 days of the completion of the event. (2025)

20.4 EQUIPMENT, FIELD, AND UNIFORM GUIDELINES

20.4.1 High School should be as close to a 5k (3.1 miles) as the available course allows.

20.4.1.1 Junior High should be as close to a 2.0 mile as the available course allows.

20.4.2 Uniform - Refer to NFHS Guidelines.

20.5 GAME TIME AND LATE ARRIVAL

20.5.1. The following CAA rules shall govern when a team arrives at the meet late:

20.5.2.1 Meet Time is Forfeit time.

20.5.2 All events run on a rolling meet schedule

20.6 SPORTSMANSHIP AND EJECTION - Review Article 12

20.7 STATE CHAMPIONSHIP INFORMATION

20.7.1 The CAA will host a Cross Country State Championship meet at the end of the season.

20.7.2 A CAA representative will be present and award trophies.

20.7.3 The CAA will collect all entry fees and pay for all costs to run the state meet. .

20.7.4 Minimum Qualifications:

20.7.4.1 High School runners must have competed in at least five (5) CAA-approved races during the regular season to be considered eligible for postseason registration.

20.7.4.1.1 The Athlete must participate in their Regional meet. (2025)

20.7.4.2 Junior High runners must have competed in a minimum of three (3) CAA-approved races during the regular season to be considered eligible for postseason registration. (2025)

20.7.5 Junior High - Each school is allowed to enter a maximum of 10 eligible athletes per team for the State Championship meet.

20.7.6 High School - Each school is allowed to enter a maximum of 7 eligible athletes per team for the Varsity Division State Championship race. (2025)

20.7.7 Coaches may be asked to provide documentation that the runner(s) are eligible for the state meet.

20.7.7.1 Evidence may include a copy of entry forms, printed meet results, etc.

20.7.8 State Entry fee will be determined by the CAA Executive Board on an annual basis.