

2024 FCIAC – CROSS COUNTRY

Revised February 2024

Girls/Boys

I. RULES

A. CIAC

1. All rules are governed by the CIAC Cross Country Committee
2. Maximum number of meets per season (exclusive of the CIAC sponsored meets) is 14
3. Limit of two meets per week, per individual, exclusive of postponements
4. First practice date August 24th - determined by the CIAC.
5. Opening day of competition September 7th – determined by the CIAC.
6. All Sports Teams and individual athletes must have a minimum of 10 physical exertional school practice days before the date of the first scheduled competition.
7. No team/athlete shall practice/compete with their school more than 6 consecutive days to provide a day of rest. Saturdays, Sundays, and holidays may be used unless prohibited by local board policy.
- 8.

B. FCIAC

1. A regular season course shall be no less than 4000 meters and no longer than 5000 meters. Such course should not be able to run under a time of 12:30
2. First place shall score (1) point, second place two (2) points, third place three (3) points, and so on. All girls who finish the course shall be ranked and tallied in this manner. The team score shall be determined by totaling the points scored by the first five girls of each team to finish. The team scoring the smallest number of points shall be the winner.
3. If fewer than five (5) girls/boys compete, a forfeit is declared. The forfeits are recorded as losses. The girls/boys may unofficially compete in either the girl's/boys' varsity or junior varsity meet.
4. If less than five (5) girl's/boy's finish, the places of all members of that team shall be disregarded.
5. The National Federation Rule Book shall be used to determine all rules not accounted for in the CIAC or FCIAC regulations.
6. Questions of safety shall be resolved by the Cross-Country Committee.
7. Triangular and Quadrangular Meets are to be scored as Double and Triple Dual meets respectively.
8. Meet starting time shall be decided by mutual agreement of all coaches involved in the meet, immediately upon the completion of viewing the course. Note: The coed novice race should start no later than 4:15 pm. and the girls' varsity race should start at 4:30 with the boys' varsity race starting at 5:00 pm. An earlier starting time is permitted if all coaches mutually agree. If there are extenuating circumstances, the first race will begin 15 minutes after the last bus arrives but no later than the above times listed.
9. All runners shall wear the same style and color uniform of their team.
10. All runners shall wear shoes.
11. All coaches shall exchange maps of their home course at the pre-season coaches meeting.

12. All postponed meets shall be made up on the next available date, as agreed to by the coaches involved, within nine (9) calendar days of the scheduled postponed meet, including Sundays. Exceptions to this rule may be appealed to the Commissioner through the Athletic Director.
13. Teams are permitted to scout out and practice at away courses prior to the day of the meet and for one day only. Visiting coaches shall call ahead of time to announce their visit.

II. DETERMINING SCHEDULE

- A. Makeup of the divisions will be as determined as written in the FCIAC League Operations; 3. Scheduling; e. Establishment of divisions.
- B. The Chairman of the Cross-Country Committee will draw up the schedule and submit it to the Cross-Country Committee for approval so that it may be included in the yearly report of the committee.

III. DETERMINATION OF CHAMPION

- A. Determination of a Champion
 1. Criteria to determine a Division Champion
 - (a) Total FCIAC won – lost record
 2. If a tie exists, the following criteria shall be implemented.
 - (a) Won – lost record of the tied team in competition with each other.
 - (b) Won- lost record of the tied teams in the division.
 - (c) Dual meet score between the tied teams extracted from the FCIAC open championship meet.
 - (d) Higher placing team in the FCIAC open championship meet.
 3. In order for a school to be eligible for a division championship team status must be declared before the first meet. Schools competing against undeclared teams may not count that competition in their win-loss record.
 - B. The FCIAC open championship will be determined by an FCIAC open championship race to be run at the conclusion of the conference schedule. Ties shall be resolved by the National Federation Rules.
 1. A Meet Director shall be appointed by the Cross-Country Committee, and he shall have the authority to supervise the race.
 2. The Meet Director's honorarium shall be determined by the Board of Directors.
 3. There will be a finish line judge who is not associated with any of the schools participating.
 4. An appeals Committee with alternates will be appointed by the Meet Director. This committee shall not include coaches from competing schools.
 5. There will be a back up system for recording the order of finish of the FCIAC championship races.
 - C. The distance of the boys' and girls' varsity race shall be the same as voted on last year.
 - D. The Junior Varsity Boys and Girls shall be the same distance and course as the Varsity Boys and Girls races.

IV. OFFICIALS

A. An adult shall serve as the chief judge of finish

V. AWARDS

A. Trophies/Plaques

1. The Eastern and Western division champions will be awarded the FCIAC trophies.
2. The FCIAC varsity team champions will be awarded a shadow box.
3. A plaque will be awarded to the individual varsity winners.
4. A trophy will be awarded to the runner-up team of the FCIAC varsity races.
5. A trophy will be awarded to the winning team of the FCIAC junior varsity races.

B. Medals

1. Twenty-nine medals will be awarded to the first 2-30 finishers in the varsity races.
2. Ten medals will be awarded to the first-place varsity teams.
3. Fifteen medals will be awarded to the 1-15 finishers in the junior varsity races.
4. Five medals will be awarded to the 1-5 finishers in the freshmen races.

VI. ALL CONFERENCE TEAM

- A. The first fifteen finishers in the FCIAC varsity races shall be First Team ALL FCIAC.
- B. Finishers 16-30 in the FCIAC varsity races shall be Second Team All FCIAC.