



Texas Charter School Academic & Athletic League (TCSAAL)

2026-2027 Cross Country Rules

Age/Gender Groupings	Distance Per Meet
6th – 8th Grade Girls (Premier & Secondary Groupings)	2 miles
6th – 8th Grade Boys (Premier & Secondary Groupings)	2 miles
Junior Varsity Girls	2 miles
Junior Varsity Boys	5K (3.1 miles)
Varsity Girls	2 miles
Varsity Boys	5K (3.1 miles)

TCSAAL will, for the most part, follow NFHS Cross Country Rules. However, the rules in this document will supersede NFHS rules.

TEAM SIZE AND ENTRY RESTRICTIONS

All campuses are only eligible to enter one team per grouping.

All State-Eligible Team Groupings (6th-8th Grade Premier and Varsity) are capped at 7 runners per gender per campus.

All Non-State-Eligible Team Groupings (6th-8th Grade Secondary and Junior Varsity) have no cap for number of runners per gender per campus.

Schools must compete in their Regional Meet and are not eligible to participate in other Regional Meets.

TEAMS ELIGIBLE FOR STATE MEET

Only 6th-8th Grade Premier and Varsity Grouping teams will be eligible to qualify for the TCSAAL State Cross Country Meet. Junior Varsity and 6th-8th Grade Secondary Grouping teams will only compete at the Regional Meet.

PARTICIPATION COSTS

Costs for participation in the TCSAAL Cross Country meets includes registration for both the Regional Meet and, if qualified, the State Meet as follows:

6th-8th Grade Premier Girls & 6th-8th Grade Premier Boys – \$200 per team (one team cap per gender) / 7 runner cap
Varsity Girls & Varsity Boys - \$200 per team (one team cap per gender) / 7 runner cap

6th-8th Grade Secondary Girls & 6th-8th Grade Secondary Boys - \$150 per team for 7 runners / No cap on number of runners / \$30 for each additional runner after allotted 7 runners per team

Junior Varsity Girls & Junior Varsity Boys - \$150 per team for 7 runners / No cap on number of runners / \$30 for each additional runner after allotted 7 runners per team

SCORING SYSTEM

TCSAAL will for the most part follow the NFHS scoring system. The runner that wins the race will earn 1 point. The runner that comes in second will earn 2 points and so on. The team with the lowest amount of points wins the race. To determine team score, we will take the team's 5 scores and total them to get a team score. Any team that does not have at least 5 people finish the race will be ineligible for a team score. However, their finish place will still be held. Please note that scoring is determined by finish place order as finalized by the meet director. Timing is

used for competition purposes only. When using automatic timing, transponders / bibs are required to be worn, but accidental loss of these items throughout a race does not equal a disqualification as determined by the meet director.

UNIFORMS

Teams must wear a similar colored uniform top.

Teams must follow the NFHS shoe requirements.

Runners will be given runner numbers that they must wear on their front chest.

Teams must follow NFHS Jewelry requirements.

Runners can wear long sleeves or pants as long as they wear their uniform over.

Runners can wear a toboggan style hat for warmth.

Runners cannot wear headphones of any kind for safety reasons.

RACE DAY

Teams must check in 30 minutes before the first race.

Runners and coaches can survey the course 1 hour before the races begin.

Each campus must provide (1) volunteer to help facilitate the meet.

REGIONAL MEET AWARDS AND STATE MEET QUALIFICATION

The top 3 teams and top 10 individuals will advance to state from each Cross-Country Regional competition in the 6th-8th Grade Premier groupings and the Varsity groupings only. Please note that a student-athlete may advance through both the team and individual avenues. This does not open up extra spots for individuals.

6th-8th Grade Secondary groupings and Junior Varsity groupings only participate in regional competitions and do not advance to the state meet.

TCSAAL will award regional trophies in state advancing (6th-8th Premier & Varsity) and non-state advancing (6th-8th Secondary & JV) categories for the top 3 teams at regional meets. Medals for the top 10 individuals will also be awarded at the regional level for each grouping & gender.

STATE MEET AWARDS

TCSAAL will award team trophies to the top 3 teams of each age/gender grouping.

TCSAAL will award medals to the top 10 finishers in each age/gender grouping.

GENERAL RULES

THERE WILL BE NO RUNNING WITH THE PARTICIPANTS DURING THE RACE. NOT ONLY DOES THIS CREATE COMPLICATIONS FOR STUDENT-ATHLETES, JUDGES, AND OFFICIALS BUT IS ALSO A SAFETY HAZARD – COACHES ARE EXPECTED TO ENSURE THEIR COMMUNITIES DO NOT VIOLATE THIS RULE. VIOLATIONS MAY RESULT IN DISQUALIFICATION.

There will be a \$5.00 admission fee for all adults and students at the TCSAAL Regional Cross Country Meet.

There will be a \$10.00 admission fee for all adults and students at the TCSAAL State Cross Country Meet.

Children aged 8 & Under will not be charged an admission fee at Regional or State Meets.

Runners can compete up in age groupings. No one can run in a younger age grouping.

Girls cannot participate on a boys team in cross country.

TCSAAL Drone Policy:

The use of drones are not allowed at TCSAAL events without prior approval from league administration.

For all other rules please see the NFHS Cross Country Rules found in the *NFHS Track and Field and Cross Country Rule Book*.