

Cross Country:

Section 1 Rules National Federation Track and Field Rules, unless herein modified, shall govern all NJSIAA cross-country, winter track and spring track meets.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season As provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the result of a bona fide change of residence, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Meets Per Day A competitor shall not compete in more than one meet during the same calendar day.

CL: When there are multiple divisions in a meet on the same day at the same site, e.g., freshman, junior varsity, and/or varsity divisions, an athlete may compete in each of the divisions if the contestant does not violate National Federation Participation Rule, which limits the number of events in which a contestant may compete in a given meet, provided that the contestant does not compete more than once in the same event on that date.

Section 7 Meets Per Week A student shall be permitted to participate in a maximum of three (3) meets per week (including scrimmages as provided for in Program Regulations, Section 7 Practices/Scrimmages/ Games/Meets, and sanctioned and championship invitational meets). During the season, team members who compete in outside meets with the approval of the school remain eligible for NJSIAA competition; such meets to be counted as part of the maximum three (3) per week. Under no circumstances may a student compete on three (3) consecutive days even when a postponed meet is worked into the schedule. (National Federation approved meets are exceptions to this rule.)

Section 8 Postponed Meets One (1) postponed meet per week may be worked into the schedule, but under no circumstances may a student compete on three (3) consecutive days.

Section 9 Officials

It shall be required that at least three (3) NJSIAA registered track officials be used to officiate in any County, Conference, Invitational, Championship or NJSIAA meets involving four or more teams. Whenever possible, all officials in these meets should be registered.

In all dual and triangular Cross-Country Meets there shall be at least one (1) NJSIAA registered track official designated as the Starter-Referee.

In all dual and triangular Winter Track and Spring Track Meets there shall be at least two (2) NJSIAA registered track officials; one official to supervise Running Events and designated Meet Referee and/or Starter and/or Head Finish Judge; the other to supervise the Field Events and designated Head Field Judge.

Section 10 Jewelry Effective September 1, 2018, the NJSIAA will no longer adhere to the NFHS Rules and Regulations regarding watches, specifically NFHS Rule 4-6-5 Note #2. Watches will not be permitted at any NJSIAA regular season or post-season event.

Section 11 Standard Distances/Cross Country Unless Meet Directors for Open, Conference, and Championship meets have received NJSIAA approval to conduct meets at other distances, the standard distance shall be:

Freshman: 3500 meters

Junior Varsity or Novice: 5000 meters

Varsity: 5000 meters