

## **NIAA HANDBOOK – CROSS COUNTRY REGULATIONS**

### **NAC 386.719 Cross-country: Generally. (NRS 386.430)**

1. The Board shall establish the date upon which a school may begin practicing for a cross-country season at least 2 years before the beginning of the season. Each season ends upon completion of the state tournament for cross-country, which must be conducted at the date, time and place specified by the Board.
2. The rules of the National Federation of State High School Associations, or its successor organization, relating to cross-country govern each cross-country meet. The rules are in addition to any requirements for conducting the meet adopted by the Association.
3. A school shall not schedule a cross-country meet that is conducted for practice between schools.
4. A pupil shall not participate in more than one event for a cross-country meet during a day.
5. The length of the course for a league, regional or state tournament for cross-country must be 5,000 meters. The length of the course for a cross-country meet that is conducted for practice or during the regular season may be less than 5,000 meters.
6. Each team that participates in a cross-country meet must consist of at least seven members.
7. Except as otherwise provided in this subsection, to determine the total score of a team that participates in a cross-country meet, the team:
  - (a) Must use the scores of the members of the team who completed the meet in the first, second, third, fourth and fifth places on the team; and
  - (b) Must not use the scores of the members of the team who completed the meet in the sixth or seventh place on the team.
8. The places of the members of a team specified in paragraph (b) of subsection 7 for the meet must not be used to reduce the scores of an opposing team for the meet.
9. If a school enters at least one participant in an invitational cross-country meet, the school shall include that meet in the total number of meets in which the school may participate pursuant to NAC 386.699.

**(Added to NAC by Nev. Interscholastic Activities Ass'n by R206-03, eff. 11-2-2004)**