NORTHWEST CATHOLIC CONFERENCE
CROSS COUNTRY LEAGUE RULES
(UPDATED 8-2-2026)

Our conference rules are in conjunction with the IESA and NFHS unless otherwise noted below.

1. **MEET HOSTING:** The Cross Country Director(s) will set the schedule of meet hosts and assign them at the pre-season coaches meeting.

2. **MEET CANCELLATIONS:**
   a. In the case of a meet cancellation, meets will not be made up. Please make every attempt possible to host your meet on the scheduled day. If a meet needs to be cancelled, please notify all participating schools by 1:00 pm on the day of the race.
   b. **Excessive Heat**. If the forecasted temperature for the meet time is above 90 degrees on the day of the meet, the Conference Director may decide regarding possible cancellation of the meets due to the heat for the safety of the children. Consideration shall be given to the various meet locations (shaded v. sunny courses). If the Conference Director determines that the meets are to be cancelled, he/she will contact all coaches and AD's via email by 1:00 pm on Race Day to inform them of the cancellation.

3. **SAFETY:** In hosting, please ensure the safety of our athletes. Make sure that your course has proper adult supervision, especially in areas not visible from the start line. **Course spotters are required to remain in place for the entirety of each race.** In excessive heat, please take appropriate precautions, such as allowing runners to carry water on the course and add additional course spotters. Also, mark ALL hazards along your course such as holes, tree branches, and uneven surfaces. Do not start the race if thunderstorm activity is in the vicinity. If you can hear thunder or see lightning, the race should be delayed until the weather clears up. **If after 30 minutes the weather does not clear up the meet should be cancelled.**

4. **START COMMANDS:** The NFHS rule states: the official start command is "ON YOUR MARKS" followed by a starting signal like a whistle, air horn, or gun. Don't use "get set" after "on your marks." This is how all conference races should be started.

5. **DISTANCES:** 1.0 mile for JV Boys and JV Girls,
   2.0 miles for Varsity Boys and Varsity Girls.

6. **SCORING**: - **Junior Varsity** races will be the top 4 finishers plus 2 pushers
   - **Varsity** races will be the top 4 finishers plus 2 pushers

7. **CALLING OUT TIMES-** A coach or volunteer may call out times/splits for **all athletes** in the race.

8. **RUNNING UP:** 5th or 6th graders may compete at the Varsity level. 7th or 8th graders may not run at the JV level.

9. **DOUBLE RACING:** A runner may only compete in one race per meet.

10. **ROSTERS:** Team rosters should be sent to the Cross Country Director or NWCC Executive Committee one week prior to the first meet. Final rosters are due 9/8/26 and no additions may be made after this date.

11. **RESULTS SHARING:** The results of all the meets shall be made available to all the coaches and should be distributed within 24 hours of each meet.

12. **CLEANUP:** All schools are required to help clean up the facility/park once the meet has completed. Failure to do so may cause unnecessary fees assessed to each participating school.

13. **JEWELRY:** Religious medals may be worn but should be taped to the runner's body. Post or stud earrings will be allowed. But no hoops or anything that dangles. Barrettes or hair clips no longer than 2 inches may be worn. Athletic watches may be worn, but not bracelets.

14. **FINISH LINE:** The NFHS rule states: "**At the end of the course, a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15-25 feet from the chute".**

    Note: Meet Host should make sure to have adequate course marshals at the finish line to keep the finishers in the correct order and places as runners move through the chute. Please do not place the finish line at the point where the funnel meets the chute as this could cause collisions and/or injury to the athletes.

15. **PACING:** The NFHS rule states: "**a competitor who receives any assistance from any other person is disqualified and also a competitor who interferers with another competitor is disqualified".** Pacing is not allowed.

    Note: we have all witnessed a cross country race where a runner is struggling to finish the course, and is supported/encouraged by coaches, parents or teammates by running alongside of them. Please respect the rule stated above while being sensitive to unique and special situations.

CONFERENCE FINALS

a. For a runner to participate in the NWCC Conference Finals, they must compete in at least two of the regular schedule conference meets. Invitational's do not count as a regular conference meet. If a JV runner wants to compete at the Varsity level at Finals, he or she must have run at least one of the regular season meets at the Varsity level.

b. The Open Race is available to all runners (boys and girls), but only if their average race time for the season is **slower** than the following times: JV girls 8:00, JV Boys 7:15, Varsity Girls 16:30, Varsity Boys 15:00.

c. Coaches should divide their roster to include the (5) races (if needed): JV Girls, JV Boys, Open, Varsity Girls, and Varsity Boys. Finals rosters should be submitted to the Conference Director at least (3) days prior to the Conference Finals meet.

d. JV and Varsity team scores will consist of total placement count of their top 4 finishers, excluding runners not eligible for the team placement (teams with 3 or fewer runners). 2 pushers per team will count in the scoring by adding to opponents' totals. Ater the 2 pushers, the rest of those spots are "released" to the next schools in line. **Team ties are broken by counting the first pusher to finish in the total for the tied teams.**

e. Awards are given for top 3 teams in each of 4 scoring divisions (JV Girls, JV Boys, Varsity Girls, Varsity Boys), the top 10 individuals in all 5 races (including Open race), and the traveling trophy for the top overall team. Top 3 individuals in each race will receive a trophy with 4^{th}-10^{th} please receiving ribbons.

f. Hosting the Conference Finals is a large task and help from all schools is needed. Please do your best to fulfill the job as assigned by the Conference Director. If you cannot fulfill your job, please contact the Conference Director immediately.