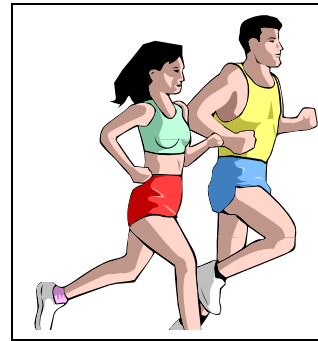


# **REGION III TOURNAMENT BYLAWS CROSS COUNTRY RUNNING**

**Last Revised: September 2007**



## **ARTICLE X: BYLAWS**

### **Section 1: Governing Rules**

Cross Country Running competition in Region III will follow the guidelines established by the National Federation of State High Schools Association Track and Field/Cross Country Rule Book and all applicable rules and regulations established by ASAA and Region III.

### **Section 2: Classification**

There is one Region III tournament conducted with the following schools being invited: **ACS, Colony, Cordova, Glennallen, Houston, Homer, Grace, Kenai, Kodiak, Nikiski, Palmer, Seward, Skyview, Soldotna, Valdez, Wasilla.**

The order of races shall be: **Even years: 1,2,3A girls, 4A girls, 1,2,3A boys, 4A boys**  
**Odd years: 1,2,3A boys, 4A boys, 1,2,3A girls, 4A girls**

The top three (3A) schools and top four (4A) schools will qualify for the state meet. In each Division (3A and 4A) anyone who places in the top fifteen individually who is not on a team that qualifies to the State Tournament, will also qualify. If an individual varsity runner is disqualified, that runner may not proceed to the State meet. If that runner's team qualifies by being one of the top three teams after the disqualification, that runner will be replaced by another eligible runner from that team. If a runner in the top fifteen is disqualified, the top fifteen finishers will be recalculated from the remaining top fifteen runners.

### **Section 3: Tournament Entries**

All teams may enter seven individuals in the varsity races with the top five scoring. Open races for both boys and girls will be held for all other competitors not entered in the varsity races. Entries should be received by the tournament director no later than 3 days prior to the tournament. Two (2) alternates may be listed in case of injury or illness. Alternates may be substituted for original entries up until 5:00pm on Friday before the Tournament.

### **Section 4: Scoring**

All competitors in the Varsity races who finish the race shall be ranked and tallied according to their place. The team score shall then be determined by totaling the points scored by the first five finishers. All competitors in the Open races will be scored and team scores shall be kept and be recognized at the awards ceremony.

### **Section 5: Board of Control**

A tournament Board of Control shall be chosen for each Region III sponsored event that shall consist of three individuals who have sufficient knowledge of the sport to make educated and fair decisions when necessary. It is recommended that one Board of Control member represent the school that will host the tournament during the following year. In the event of a dispute, the tournament Board of Control's decision will be final.

### **Section 6: Event Personnel**

The tournament director shall arrange to have the following personnel available to run the tournament:

1. *Referee*.....makes final decisions concerning questionable points and has the power to disqualify a runner for any violation of rules.
2. *Starter*...makes first, second, and last calls at 5 min. intervals beginning 15 min. before each race.
3. *Starters assistant*....assists the starter in insuring a fair start and may stop a race if a violation or unfair start.
4. *Clerk of Course*....places teams in proper position at starting line and checks for legal uniform, etc.
5. *Finish Judges*.....stand at finish line and determine the order in which runners enter the chute.
6. *Chute umpires*....supervise runners after they enter chute and see that they are properly numbered in sequence.
7. *Finish Line Recorder*.....records the official order of finish.
8. *Timers*.....record the times of runners as they finish.
9. *Marshals*....keep the grounds free from all persons except officials and contestants. Also monitor the runners path and note irregularities.

### **Section 7: Trophies/Awards**

Trophies and awards will be purchased by Region III and the costs shared by the teams involved. There will be team plaques for first place teams only. Individual medals are given to the first fifteen finishers as well as seven for first place team members.

A "Most Valuable Runner" award shall be voted and awarded to each gender at both levels.

"Coaches of the Year" award for both 3A & 4A teams will be voted on by the coaches **at the end of the races**.

Nominations may be submitted in writing by anyone to the Tournament Director at least one week prior to the tournament until the **end of the races**. Nominations should include the rationale for nominating that coach. Other nominations may be accepted at that meeting before voting **after the races**. Each School's head coach or his/her designee shall have one vote.

### **Section 8: State Tournament Qualifiers**

The Tournament Director is responsible for faxing results to ASAA.