

REGION III TOURNAMENT BYLAWS

CROSS COUNTRY RUNNING

Last Revised: Nov. 2025

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: **Colony, Houston, Homer, Grace, Kenai, Kodiak, MCCA, Nikiski, Palmer, Seward, Soldotna, Redington, and Wasilla.**

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

The top four (3A) schools and top three (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.

If that disqualified runner's team qualifies, He or she may participate with the team at state as long the disqualification was not of a gross violation of sportsmanship as referenced in ASAA Bylaws Article 6: Section 5, in which case the runner would also be suspended from State.

Section 3: Tournament Entries

Coaches meeting may take place on the Friday night before the Region meet or the morning of the Region meet at the host school discretion.

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 6pm on the Thursday prior to the Region meet. Any eligible runner (must be listed in athletic.net) may be substituted for original entries up until 1 hour prior to the first race of the Region meet.

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. The B.O.C. will break all ties.

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 ensuring a fair start and may stop a race if a violation or unfair start.
4. **Clerk of Course:** Places teams in proper position at the starting line and checks for legal uniforms, etc.
5. **Finish Judges:** Stand at the 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. **Marshalls:** 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, second place, and third place teams, and (3A) fourth place team members.

A "Most Valuable Runner" award shall be voted and plaques awarded to each gender at DI and DII.

A "Coach of the Year" award will be awarded for both DI and DII teams and 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 communicating results to ASAA.

During the coaches meeting, a discussion should be facilitated by the host school regarding any concerns or changes needed to the bylaws. These concerns will then be presented at the next region meeting.