

Memorandum

To: All Delaware Cross Country Coaches

From: George Pepper – D.I.A.A. Rules Interpreter – X-C Committee Chair
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13 August 2025

Points of Interest:

1. The sport of Cross Country does not have a NFHS rulebook. Cross Country rules are covered under Rule #8 of the NFHS Track and Field rulebook. If you need a copy please see your athletic director, order a copy from NFHS, or contact D.I.A.A.
2. Maximum number of competitions as per D.I.A.A. regulations is 16 per season. Each school must have competed in 5 meets in order to be eligible to compete in the D.I.A.A State Championship Meet.
3. Course Markings: If your school has a home course that you use for dual/ tri/ or quad meets, please make sure that it is marked well and in accord with NFHS regulations. If you do not want runners to run the shortest route from flag to flag, please mark the inside and outside of your turns with paint, survey flags, or some other appropriate materials. It will save some arguments and possible disqualifications.
4. Scoring of dual meets: Make sure that meets are scored properly before scores are reported on your school's websites4sports page. Last year we saw dual meet scores of 49-44 and another score of 17-11. The lowest team score possible is 15 (1st, 2nd, 3rd, 4th, 5th). If you have fewer than five (5) finishers, then the meet is scored as a forfeit and reported as 15-50. No dual meet score should total more than 65 points. If neither school has 5 finishers, then the meet is a double forfeit and no team score is reported. When competing in a tri or quad meet and reporting scores against each other as dual meet results, first eliminate all team C runners and score team A vs. team B. Then go back and eliminate team B runners and score team A vs. team C, etc.
5. Timing: Most all times should be reported to the next highest tenth (1/10th) of a second. Even when using chip timing, if the clock was started by the push of a button, then the times are not FAT and should not be recorded to the hundredth (1/100th) of a second.
6. Uniforms: Uniform rules have been greatly relaxed in recent years by national federation rules and most school issued or school approved uniforms are now permitted for high school / middle school competition. However, shoes must be worn on both feet. Uniform tops must be full length and able to hang below or be tucked into the waistband of the uniform bottom (no bare midriffs). French cut / high cut uniform shorts are still not permitted at the high school or middle school level. (Rule 4.3.1)

Cross Country Meet Results

Opponent-_____ Date-_____ Conditions-_____ Boys_____ Girls_____

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Boys Scores:

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_____	_____

Girls Scores

[illegible]

	NAME	SCHOOL	TIME
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COACH'S COMMENTS