



Oregon School Activities Association

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2025 CROSS COUNTRY PLAN BOOK

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SEASON DATES

First Practice Date August 18
First Contest Date August 28
Cutoff Date November 1
All State Championships November 8

NFHS 2025 CROSS COUNTRY RULES

Order an NFHS 2025 Track & Field and Cross Country Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Cross Country Rules, visit <http://www.nfhs.org/activities-sports/track-fieldcross-country/>.

2025 RULES CHANGES

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2025 NFHS EDITORIAL CHANGES

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

2025 POINTS OF EMPHASIS

EXCUSED ATHLETES

Current NFHS rules allow an athlete to be excused to compete in another event. Time limits for competitors excused to compete in another event shall be determined by the games committee for each meet. Due to the various locations of field event venues across the country, those time limits will vary from site to site. While excused to compete in another event, a competitor will not be called for a trial during that time, and in the vertical jumps, the games committee needs to decide whether or not they will raise the crossbar to a succeeding height until the time limit expires. The games committee also needs to determine the protocol to use if an athlete does not report back to the event prior to the expiration of the excused time limit.

The head event judge may change the order of competition in the preliminary or final rounds to accommodate an athlete competing in another event. Successive trials are also an option to consider for those athletes. If a competitor must be excused during the final round of competition, the competitor with the best mark in the preliminaries has earned the right to make the last attempt of the competition and may choose to wait until after any excused competitors have taken all their trials.

Ultimately, coaches need to know the event schedule and what possible conflicts could arise within the meet prior to submitting meet entries. The athlete is responsible for going to the head event judge to inform the official of the event conflict and to receive permission to be excused from the event. If the athlete fails to notify the head event judge, the athlete is not afforded the same excused protocol and is subject to being called up to compete in the event and being timed out of one or multiple trials. See the NFHS Case Book for NFHS Guidelines for Competitors Being Excused to Compete in Another Event. [6.2.3 SITUATION D]

FALSE STARTS

Fair starts are crucial to the success of any track event. It is the ultimate responsibility of the starter to provide fair starts and enforce the rules governing the start. Inevitably, false starts will happen, and the penalty for false starts is immediate disqualification. Because of this severe penalty, in 2024 the NFHS revised the definition of a false start to eliminate many false start disqualifications that were made because of incidental/extraneous motions that did not result in anyone leaving their marks.

Nothing else changed with this revision of the rule. Any forward motion noted before the start signal that is not attempted to be halted that inevitably results in the competitor leaving their mark as the signal happens (frequently referred to as a “rolling start”) has always been a false start and is still a false start.

Ensuring fair starts involves an active and positive approach to the task accompanied by an attitude of preventive officiating. Starters and assistant starters should never be reluctant to utilize the command of “Stand up” to halt the starting process to ensure fair starts. They should also not be reluctant to warn those competitors responsible for delays in the start process.

2025 RULES INTERPRETATIONS

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2025 COMMENTS ON THE RULES

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Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED CROSS COUNTRY RULES AND INTERPRETATIONS

The 2025 NFHS Track & Field and Cross Country Rules Book will be used.

OSAA CROSS COUNTRY POLICIES

Effective outside Association Year.

1. [SUMMER POLICY](#)

See OSAA Executive Board Policy “SUMMER POLICY” in the OSAA Handbook, revised Fall 2017.

Effective during Association Year, outside the designated OSAA sport season.

1. [PRACTICE LIMITATION RULE \(6A, 5A, 4A\)](#)

See OSAA Executive Board Policy “PRACTICE LIMITATION RULE (6A, 5A, 4A)” in the OSAA Handbook, revised July 2022.

2. [PRACTICE LIMITATION RULE \(3A, 2A, 1A\)](#)

See OSAA Executive Board Policy “PRACTICE LIMITATION RULE (3A, 2A, 1A)” in the OSAA Handbook, revised July 2022.

Effective First Practice Date through End of HS Season.

1. [PRACTICE MODEL](#)

See OSAA Executive Board Policy “PRACTICE MODEL” in the OSAA Handbook, revised July 2021.

2. [PARTICIPATION LIMITATIONS](#)

See OSAA Executive Board Policy “PARTICIPATION LIMITATIONS” in the OSAA Handbook, revised December 2020.

3. [INTERRUPTED CONTESTS](#)

See OSAA Executive Board Policy “INTERRUPTED CONTESTS” in the OSAA Handbook, revised Fall 2015.

4. [ENDOWMENT GAMES](#)

See OSAA Executive Board Policy “ENDOWMENT GAMES” in the OSAA Handbook, revised September 2022.

[\(Endowment Game Application\)](#)

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES <https://www.osaa.org/activities/bxc>

- A. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website on **Thursday, October 9**. Each District Meet Director must submit all state championship entries electronically.
- B. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Cross Country State Championships will be posted on the OSAA website on **Thursday, October 16**. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.

2. STATE CHAMPIONSHIP LOCATIONS AND TIMES

- A. **Finals.** All finals will be held on Saturday, November 8, Lane Community College, 4000 E 30th Avenue, Eugene, OR 97405.
- B. **Race and Awards Schedule:** **BOYS will compete first this year.**

10am..... 2A/1A Boys	12:50pm – 1:40pm BREAK
10:35am.... 3A/2A/1A Girls	
11:10am..... 3A Boys	1:45pm..... 5A Boys
Presentation of 3A/2A/1A Awards	2:20pm..... 5A Girls
	Presentation of 5A Awards
11:45am..... 4A Boys	2:55pm..... 6A Boys
12:20pm..... 4A Girls	3:30pm..... 6A Girls
Presentation of 4A Awards	Presentation of 6A Awards

Note: Individual medals will be presented to the top ten finishers at the conclusion of each race.

3. CHAMPIONSHIP QUALIFICATIONS

A. 6A Boys and Girls

- 1) **Team Automatic Qualifiers** – 14 teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top 14 across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top 14 individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

B. 5A Boys and Girls

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Five additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

C. 4A Boys and Girls

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifier** – One additional team will qualify for the state championships. This team will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

D. **3A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

E. **3A/2A/1A Girls**

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their three allotted championship spots.
- 2) **At-Large Qualifiers** – **Four** additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

F. **2A/1A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 1**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded.
<https://www.osaa.org/docs/planbooks/XCSeedingCriteria.pdf>
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS**

See OSAA Executive Board Policy “STATE CHAMPIONSHIPS-INDIVIDUAL SPORT SUBSTITUTIONS” in the OSAA Handbook, revised Winter 2015.

OSAA GENERAL RULES AND POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control *(OSAA Handbook, Rules)*

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities *(OSAA Handbook, Rules)*

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. AIR QUALITY GUIDELINES

See OSAA Executive Board Policy “AIR QUALITY GUIDELINES” in the OSAA Handbook, revised February 2024.

3. ATTACHED AND UNATTACHED COMPETITION / EXHIBITION

See OSAA Executive Board Policy “ATTACHED AND UNATTACHED COMPETITION/EXHIBITION” in the OSAA Handbook, revised August 2012.

4. CERTIFICATION – ATHLETIC DIRECTORS AND COACHES

See OSAA Executive Board Policy “CERTIFICATION-ATHLETIC DIRECTORS AND COACHES” in the OSAA Handbook, revised May 2024.

5. CHARITABLE CAUSES

See OSAA Executive Board Policy “CHARITABLE CAUSES” in the OSAA Handbook, revised Fall 2012.

6. CONCUSSION MANAGEMENT

See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised Summer 2020.

[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)

7. HAIR DEVICE / ADORNMENT

See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.

8. HEAT INDEX

See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.

[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)

9. LIGHTNING SAFETY GUIDELINES

See OSAA Executive Board Policy “LIGHTNING SAFETY GUIDELINES” in the OSAA Handbook, revised Fall 2018.

[NFHS Position Statements & Guidelines](#)

10. MORATORIUM WEEK

See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.

11. NON-DISCRIMINATION POLICY

See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.

[\(Complaint Form\)](#)

12. SHARED FACILITIES

See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.

[\(Shared Facility Request\)](#)

13. WITHDRAWAL DURING A COMPETITION *(OSAA Handbook, Executive Board Policies)*

See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.