



## **MIDDLE SCHOOL 6-8**

### **Cross Country – Boys & Girls**

### **Fall 2025 Sport Handbook**

#### **Section 1: RULES**

##### **A. GENERAL**

All activities under the jurisdiction of the RIIL Middle School 6-8 in this article shall be conducted under the National Federation of State High School Association Cross Country Rules, except for any special rules adopted by the Committee.

1. All Eligibility Lists must be received by the RIIL Office, and all Assumption of Risk forms must be on file with the school, prior to any competition.
2. Heat Acclimatization: Article 7, Section 3
3. Definition of a Game/Scrimmage: Article 7, Section 2
4. Sportsmanship Expectations for Coaches, Student-Athletes, & Spectators: Article 12, Section 3
5. Loyalty to Home School: 5
6. Penalties for Ejections: Article 6, Section 7
7. Protest Procedure: Article 5

##### **B. SPORT SPECIFIC**

1. The Cross Country course shall be no longer than 2.0 miles with the minimum length being 1.5 miles. Cross Country races may not be held on hard surfaces or on heavy vehicular traveled roads. This shall not include courses where the hard surface constitutes only a crossing on a designated course.
2. Each team member shall wear a uniform as it complies with current Federation rules. Also, no runner shall compete barefoot.
3. Disqualification from a meet will be an ejection.

#### **Section 2: MANDATORY COACHES CERTIFICATION & CONTINUING EDUCATION**

- A. ALL Coaches must be appointed by their School Administration. A coach is any adult with access to student-athletes through an education-based athletic program.

- a. Including, but not limited to: Volunteer Coaches, Assistant Coaches, and Head Coaches.

**B. Coaching Requirements: Article 13**

**Section 3. SCHEDULES/MEETS**

The Middle School Director of Cross Country shall make up the schedules and order of the meets. The Middle School Director of Cross Country shall work with the Athletic Directors and officials in executing the program.

- A. Triangular meets are to be scored as double dual meets with each team being scored separately against the other two teams
- B. Team scores will be based on the corrected placement of the first five (5) finishers from each school. Finishers six (6) and seven (7) will only hold place in scoring. A team with fewer than five (5) finishers will not be eligible for team points. In dual meets, each school will be allowed unlimited entries.
- C. In accordance with Article 6, Section 14, all contest scores are to be reported on-line on the RIIL Website. Coaches obtain access to the system through their Athletic Director.
- D. A complete copy of meet results must be submitted to the Middle School Director of Cross Country or his/her designee within three (3) days of the completion of all meets.

**Section 4. POSTPONEMENTS**

- A. Scheduled contests may be postponed because of weather or course conditions, however, said meets must be rescheduled by the home school with consideration of officials and visiting schools' availability. Postponement for any other reason requires the prior consent of all schools involved and the permission of the Middle School Director of Cross Country.
- B. In the event a school cancels or forfeits a meet, that school may be subject to penalties as outlined in the RIIL Middle School 6-8 Handbook, Article 6, Section 10.

**Section 5: REGULAR SEASON:**

- A. Important Dates:
  - a. Preseason:
    - i. First Day of Practice: Monday, August 25, 2025
    - ii. Cross Country Preseason is 10 days
  - b. Regular Season:
    - i. First Day to schedule a Meet: Wednesday, September 10, 2025
    - ii. Week #1: begins on Thursday, September 11<sup>th</sup>
    - iii. Week #2: begins on Monday, September 15<sup>th</sup>
    - iv. Week #3: begins on Monday, September 22<sup>nd</sup>
    - v. Week #4: begins on Monday, September 29<sup>th</sup>
    - vi. Last Day of the Regular Season: Tuesday, October 3, 2025
    - vii. Division Meets begin on Monday, October 6<sup>th</sup>

**PLEASE NOTE THAT ALL DIVISION MEETS ON WEEKDAYS SHOULD BE SCHEDULED FOR 4:00 PM AND INCLUDE VARSITY AND JV RACES.**

viii. Championships: Sunday, October 19<sup>th</sup>

## **Section 6. CHAMPIONSHIP MEETS**

The championship meets will be conducted under the direction of the Middle School Director of Cross Country in a format approved by the RIIL Middle School 6-8, and published with the RIIL Middle School 6-8 Cross Country schedule.

The Middle School Director of Cross Country shall make adequate provisions for supervising the State Championship races. There will be a Boys and Girls Varsity State Championship race.

### **Middle School Divisional Meet Qualifications**

- The RIIL Middle School 6-8 will provide officials for the Division meets. A member of the officials' association will serve as the meet director.
- There will be a Varsity and JV race.
- It is the Cross Country Coach's decision regarding the placement of student athletes for the JV and Varsity races.
- Any middle school member may participate in the Division meet if they have competed in a minimum of two (2) RIIL Middle School 6-8 meets.
- Student Athletes must participate in the Division meet to qualify for the state meet for the individual spots.
- The Varsity race will have a maximum of seven athletes (7 boys & 7 girls). The JV race will be unlimited. **Schedule of races should flip annually. Girls races will begin first in 2025.**

### **Middle School State Championship Qualifications**

- Top 3 Full Teams from each division of the Division Championship meet.
- Top 10 finishers (10 boys & 10 girls) (not on a fully qualified team) from the division meet. **Schedule of races should flip annually. Girls races will begin first in 2025.**

A. A game committee composed of the Middle School Director of Cross Country and the Meet Directors shall rule on any petition to participate in the State Meet because of a failure of an individual/team to advance due to injury, illness or other extenuating circumstance (i.e. Death in family) at the Division Meet. Such an appeal must be made in writing no later than 30 minutes after the completion of the last varsity Division Race.

B. Division/State Meet Scoring

1. Teams of fewer than five (5) finishing runners as well as individuals will not be figured into the team scoring results. Any such individual who may win or tie for a medal shall receive the award. Such individuals shall be included in the overall meet results.
  2. Ties at the Division/State Meets will be broken only if the tie involves the team championship. In breaking a tie, current Federation Rules shall be employed. Teams tied at the Division Meet for a spot to advance to the State Meets shall result in both teams advancing.
- C. Schools entering teams in the Division Meets must field full teams (seven (7) runners) in the varsity Race before entering a team/individuals in the junior varsity Race.
- D. Team and individual awards for Cross Country will be determined by the RIIL Middle School 6-8.

## **Section 7. OFFICIALS**

- A. The Middle School Director of Cross Country shall make adequate provisions for supervision of the major meets.
- B. A Meet Director shall be appointed annually by the RIIL Middle School 6-8.
- C. The Meet Director shall act as director of all major meets. S/he will work under the authority of the Middle School Director of Cross Country and will have authority to make any changes in the prescribed order of events or in other details in connection with the meets. S/he will notify a coach of any changes at least forty-eight (48) hours in advance of a given meet unless in his/her judgment the changes must be made at the scene of the meet and immediately prior to its start.
- D. In championship meets, the referee shall be assigned by the RIIL Middle School 6-8. A jury of appeals will be appointed to review appeals of the referee's decision(s). The jury of appeals will be appointed by the Middle School Director of Cross Country and the Meet Director(s). The jury of appeals will have the final decision on all technical decisions.

## 2025-2026 MIDDLE SCHOOL CROSS COUNTRY DIVISIONS

<u><b>Middle School Name:</b></u>	<u><b>BXC</b></u>	<u><b>GXC</b></u>	<u><b>DIV</b></u>
DelSesto Middle School	X	X	CENTRAL
Esek Hopkins Middle School	X	X	CENTRAL
Goff Middle School	X	X	CENTRAL
Jenks Middle School	X	X	CENTRAL
Nathan Bishop Middle School	X	X	CENTRAL
Nathaniel Greene MS	X	X	CENTRAL
Roger Williams MS	X	X	CENTRAL
Slater Middle School	X	X	CENTRAL
West Broadway MS	X	X	CENTRAL
Barrington Middle School	X	X	EAST
Gaudet Middle School	X	X	EAST
Gordon School	X	X	EAST
Kickemuit Middle School	X	X	EAST
Martin Middle School	X	X	EAST
Moses Brown School	X	X	EAST
Portsmouth Middle School	X	X	EAST
Providence Country Day	X	X	EAST
Riverside Middle School	X	X	EAST
St. Mary Academy Bay View		X	EAST
Thompson Middle School	X	X	EAST
Tiverton Middle School	X	X	EAST
Burrillville Middle School	X	X	NORTH
De La Salle Middle School	X	X	NORTH
Gallagher Middle School	X	X	NORTH
Joseph L. McCourt MS	X	X	NORTH
Lincoln Middle School	X	X	NORTH
North Cumberland MS	X	X	NORTH
North Smithfield MS	X	X	NORTH
Ponaganset Middle School	X	X	NORTH
Woonsocket MS Co-op	X	X	NORTH

<u><b>Middle School Name:</b></u>	<u><b>BXC</b></u>	<u><b>GXC</b></u>	<u><b>DIV</b></u>
Archie R. Cole Middle School	X	X	SOUTH
Block Island Middle School		X	SOUTH
Broad Rock Middle School	X	X	SOUTH
Chariho Middle School	X	X	SOUTH
Compass School	X	X	SOUTH
Davisville Middle School	X	X	SOUTH
Exeter West Greenwich JHS	X	X	SOUTH
Jamestown Lawn School	X	X	SOUTH
Narragansett Pier Middle School	X	X	SOUTH
Quest Montesorri School	X	X	SOUTH
West Bay Christian Academy	X	X	SOUTH
Westerly Middle School	X	X	SOUTH
Wickford Middle School	X	X	SOUTH
Bain Middle School	X	X	WEST
Birchwood Middle School	X	X	WEST
Deering Middle School	X	X	WEST
Feinstein Middle School	X	X	WEST
Ferri Middle School	X	X	WEST
Hope Highlands Middle School	X	X	WEST
Park View Middle School	X	X	WEST
Ricci Middle School	X	X	WEST
Scituate Middle School	X	X	WEST
Warwick Veterans Memorial MS	X	X	WEST
Western Hills Middle School	X	X	WEST
Winman Middle School	X	X	WEST

## **Section 8: EMERGENCY ACTION PLANS/MEDICAL COVERAGE/**

- A. Home team medical coverage shall be responsible for both teams unless a visiting school provides its own medical coverage.
- B. The judgment of the medical person will be final regarding the medical condition of a runner. No runner may continue to run against the medical person's advice under any circumstance.
- C. An Emergency Action Plan with clearly defined written and practice protocols should be developed and in place at every school. When possible, an athletic trainer should be present at all practices and races.
  - a. *Rationale:* An effective emergency action plan (EAP) should be in place as a prompt and appropriate response to any emergency situation that can save a life. The EAP should be designed and practiced to address all teams and all practice and game sites. An athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.

D. Levels of Medical Coverage:

<p><b><u>Medical Professional:</u></b></p>	<p><i>A. Education/Schooling/Training &amp; Licensure</i></p> <p><i>B. Scope of Practice</i></p> <p><i>C. Able to Return to Play</i></p>
<p><b>Medical Doctors-MD/DO</b> <b>Advanced Practice Provider-NP/PA</b></p>	<p>A. Advanced degree (Medical School/Successfully passed the licensing board, and RI Licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Diagnosis</p> <p>C. Can they Return to Play – Yes</p>
<p><b>Athletic Trainer</b> <b>RI Licensed</b></p>	<p>A. Minimum Bachelor's Degree (Successfully pass the BOC exam, and RI licensed)</p> <p>B. Preventative Care, On field Evaluation, Immediate Care, Assessment of injury, referral for further diagnosis</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
<p><b>Physical Therapist</b> <b>RI Licensed</b></p>	<p>A. Degree varies from BS, MS to DPT (Successfully pass the board exam, and RI licensed.)</p> <p>B. Preventative Care, Rehabilitation, Orthopedic exam evaluation</p> <p>C. Can they Return to Play during a game/contest? – NO</p>
<p><b>Physical Therapist</b> <b>w/ Orthopedic Clinical Specialist (OCS) credential &amp; RI Licensed</b></p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the OCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On the field coverage - not qualified, no emergency training incorporated into initial certification or required to be annually updated.</p> <p>C. Can they Return to Play – NO (During a Game/Contest), Yes (In Clinical Setting)</p>
<p><b>Physical Therapists</b> <b>w/ Sports Certified Specialist (SCS) credential &amp; RI Licensed</b></p>	<p>A. Advanced Certification (Successfully pass the board exam, successfully complete requirements for and pass the SCS exam, and RI licensed)</p> <p>B. Rehabilitation, Orthopedic exam evaluation. On-the-field coverage – Qualified</p> <p>C. Can they Return to Play during a game/contest? – YES</p>
<p><b>EMT - Basic, Intermediate &amp; Paramedic</b></p>	<p>A. Successfully complete the EMT program, pass the board exam, and RI licensed)</p> <p>B. Emergency care</p> <p>C. Can they Return to Play during a game/contest? – NO, per RI EMS laws/regulations/protocols</p>
<p><b>School Nurse (RN)</b></p>	<p>A. Successful completion of a nursing program (Successfully pass the board exam, and RI licensed)</p> <p>B. Emergency care, referral for further treatment/diagnosis</p> <p>C. Can they Return to Play during a game/contest? – NO</p>