

## Warm Up

Welcome to the 2023 Kansas High School cross country season. This is one of the most exciting times of the calendar with school about to start and the beginning of fall activities season.

## The Start

- Key information about NFHS rules, KSHSAA regulations, KSHSAA postseason and more is found in the [2023 KSHSAA Cross Country Announcements](#). We encourage coaches and administrators to reference this document throughout the season.
- All high school and middle school cross country coaches are required to take the NFHS rules exam. The test is active. Coaches can access the exam by logging into the KSHSAA website or directly into [OnCore](#). The deadline to complete the NFHS rules exam is August 30.
- This is the second year each individual and team is required to complete 12 practices prior to competition. In order for a run to be considered a practice, the majority of the team must be present.
- For clarification, the first five days of practice, only one team practice can be held at any point in the day. On practice day six, double practice sessions may be held with both sessions available to an individual who has completed the five days of single practices. However, an individual needs 12 separate days of practice before competition. If a morning and afternoon session was offered on day six, day seven needs to be a single practice day or no practice. Please review the [Fall Preseason Practice Rules](#).
- New this year is *Rule 33-1-2*: Dual sport fall season student-athletes competing prior to Monday of SCW 13, may use up to three (3) football or soccer practices to count towards the cross country minimum practice requirement.
- It is highly recommended coaches and/or administrators review KSHSAA **Rule 22 – Outside Competition** – during parent meetings. Specifically, it is a KSHSAA rules violation for a middle school or high school cross country runner to participate in road races during the season.

## Cool Down

Important Dates:

First Date of Practice	Monday, August 14
First Date of Competition	Wednesday, August 30
Regionals	Saturday, October 21
<a href="#">State Championships</a>	Saturday, October 28