

Cross Country

Coaches' Check List

In TAPPS, Cross Country is considered an Individual Sport. Therefore, students enrolled in the 8th grade are not eligible to participate with or against high school students.

- _____ 1. Secure a copy of the TAPPS calendar as it relates to my sport, starting dates, deadlines, etc. (www.tapps.net)
- _____ 2. Review the Cross Country page on the TAPPS Website and review material often as this page will include announcements and information updates.
- _____ 3. Secure a copy of the Sections 153-156 of the TAPPS manual.
- _____ 4. Secure Section 87 of the TAPPS Manual. (www.tapps.net)
- _____ 5. Secure Section 138 of the TAPPS Manual. (www.tapps.net)
- _____ 6. Secure Section 136(**School Year Practice**) of the TAPPS Manual. *Cross Country is an Individual Sport in TAPPS. As such, there is no beginning or ending date for practice and participation in Cross Country.*
- _____ 7. Secure Section 139 (**Non School and Summer Participation**) of the TAPPS Manual. *Cross Country is an Individual Sport in TAPPS. As such, there is no beginning or ending date for practice and participation in Cross Country.*
- _____ 8. Complete TAPPS SCOPE as required.
- _____ 9. Sign a **Professional Acknowledgement of Rules Form** for file in the head administrator's office. (**See Athletic Director**)
- _____ 10. Secure a copy of the **National Federation of High Schools** rules to be brought to each contest.
- _____ 11. Insure that the **Eligibility Form** is sent to the TAPPS state office **before participation in the first meet.** A Supplemental **Eligibility Form** may be sent at any time during the season to add additional runners.
- _____ 12. Each athlete has **Pre-Participation Physical Evaluation Form** (if required by school) and **Student Acknowledgement of Rules Form** (www.tapps.net) on file.
- _____ 13. Complete the School /Team Registration on the Direct Athletics website by the Deadline shown on the TAPPS Calendar. (www.directathletics.com)
- _____ 14. Bring payment for **Entry Fees** and a copy of **Direct Athletics Confirmation** to the state meet.
- _____ 15. For any eligible student, complete and submit the Academic All State Form located on the TAPPS website. (www.tapps.net)