

**2026-27 TSSAA SPORTS CALENDAR**  
**CROSS COUNTRY (BOYS AND GIRLS)**

- First Practice Date is the Monday of NFHS Week 4.
- **Scrimmage Rule** does apply.
- The Date of the First Contest allowed is the Monday of NFHS Week 7. Eligibility and schedules must be filed online.
- Maximum number of regular season contests is 11 dates.
- In the **Off-Season** there are no restrictions in regard to practice.
- In the **Summer** there are no restrictions in regard to practice.
- **Dead Period Rule** does apply.

**IMPORTANT CROSS COUNTRY DATES**

First Practice Date .....	July 27, 2026
First Contest Date.....	Aug. 17, 2026
Deadline to File Eligibility & Schedules.....	Aug. 17, 2026
DII AA Deadline to Submit State Meet Entries.....	Oct. 31, 2026
DI & DII A Regions (MBC By) .....	Oct.31, 2026
DI & DII State Meets .....	Nov. 5-6, 2026
Dead Period.....	June 28 – July 11, 2027

**Dead Period Rule** – No coaching, observing, or contact between coach and players in sport involved. There is no practice, no open facilities, and no weight training/conditioning. The Dead Period, which is to be observed by all schools, is the week of the 4<sup>th</sup> of July and the preceding week – 14 days.

**Multiple Contests** – In cross country, individuals accompanied by a coach may enter varsity competition at a different site on the same date and time, and this will count as two days on the school’s schedule.

**Off-Season** – Begins with the school’s elimination from postseason tournament play in a particular sport and concludes with the end of the school year.

**Open Facilities** – Permitted year round (Monday through Friday) except during the **Dead Period**. Schools may use their facilities for students in their building prior to or after the school day. Coaches may serve in a supervisory capacity only. There is no instruction, no teaching, no coaching, etc. Coaches may not participate or play in any manner. It is a free play type atmosphere. Sport specific skills cannot be taught. ATTENDANCE CANNOT BE MANDATORY.

**Practice** - Any interaction between a coach and student-athlete(s) where instruction, teaching, coaching, etc., is occurring. Happenstance communications between coach and student-athlete(s), in circumstances where attendance by the student-athlete is neither expected nor required, are not considered to be practice. Such communications may not, however, be used to circumvent the requirement in open facilities that a coach act in a supervisory capacity only. In addition, try-outs are considered practice.

**Practice During the School Day** – All athletic practice during the regular hours of any school day shall conform to the same rules, regulations, and season as corresponding athletic practice outside the school day.

**Pre-Season** – Begins the first day of school until the first official day of practice in that particular sport.

**Scrimmage Rule** – After the TSSAA first official day of practice in all sports, a school can practice with or scrimmage another school. Once a school has played their first game, there can be no more scrimmages. (Applies to High School & Middle School Division). In the high school division a school may have a maximum of four scrimmages or two scrimmage dates or one scrimmage date and two scrimmages (A scrimmage date is defined as more than two schools scrimmaging on the same day). **If registered TSSAA officials are used for a scrimmage, the schools are subject to the same sportsmanship requirements and penalties that apply to regular season contests.**

**Summer** – The period of time from the end of the school year until the Monday of NFHS Week 4 (opening day of practice).

**Weight Training/Conditioning** – Permitted at all times except during the **Dead Period**. Must be generic type program that would be beneficial to all students and not sport specific. Exceptions: 1. In baseball and girls softball, players may throw to condition arms. 2. In lacrosse, players may do stickwork (fundamental catching and throwing). Sport specific skills cannot be taught. Only students who are enrolled and in regular attendance at the school may participate during the school year. ATTENDANCE CANNOT BE MANDATORY.