

CROSS COUNTRY RULES CLINIC

2016-17

CROSS COUNTRY RULES CLINIC

The WIAA follows NFHS rules for Cross Country. The NFHS is the sole and exclusive source of binding rules interpretations for contests involving its member schools. Any person having questions about the interpretation of NFHS Cross Country rules should contact:

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WIAA Cross Country Rules Interpreter

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RULES CLINIC PROCEDURE

The 2016-17 Cross Country Rules Clinic is comprised of five (5) lessons:

1. Sports Information
2. Rule Changes
3. Points of Emphasis
4. Rule Interpretations
5. Additional Information

At the end of Lesson 2 you will need to successfully complete the QUIZ before you can continue to the next lesson. At the end of the clinic you will need to successfully complete the FINAL EXAM to finish the clinic. After you have passed the FINAL EXAM you will be able to print a certification document for this clinic. Please keep a copy for yourself and give one to your Athletic Director.

CROSS COUNTRY SPORTS INFORMATION

2016-17 Cross Country Rules Clinic

SPORTS INFORMATION

Each member school has a responsibility to educate its student-athletes, coaches, and other appropriate persons on State Association rules, regulations, and policies that could affect them. Further, each member school should monitor its compliance with such State Association information.

Coaches are responsible for knowing the WIAA rules and assisting the AD with all eligibility issues.

SPORTS INFORMATION

First Practice: August 22

Minimum Practice Days: 10

50% Rule Date: September 19

Maximum Number of Contests
(Regular Season): 10 + Jamboree

Season End: November 5

SPORTS INFORMATION

- JAMBOREE – A cross country jamboree is an abbreviated contest during which all individuals are limited to 2 miles.
- MEETS – Any outing where individuals from other schools run/compete with each other. All outings must count towards team and individual participant contest limitations.
- INVITATIONAL MEETS – All invitational meets/contests must count toward team and individual participant contest limitations.

SPORTS INFORMATION

17.12.12

For the purpose of meeting the pre-contest practice requirements, an athlete must be medically cleared to fully participate in practice. An individual may meet pre-contest practice requirements only when practicing during regular team practices. The intensity and duration of each athlete's participation in practice will be determined by the coach of the team.

17.28.2

A student may participate in a jamboree following eight (8) days of practice.

17.28.3

A jamboree may count as the ninth (9th) and/or tenth (10th) practice.

SPORTS INFORMATION

17.12.7

Practice on a game day shall not allow an athlete to become eligible for competition on that day.

17.12.8

Participation in pre-contest warm-up exercises shall not count towards the pre-contest practice requirement.

18.3.1

An athlete must be currently eligible to participate in an activity in order to participate in the pre-event warm-up.

ACCURACY OF COURSES



- Please utilize appropriate measuring devices to verify course distances.
- Fans, Athletes, and Coaches utilize web sources to compare times based on course distance.
- Accuracy provides a great benefit to everyone involved in the sport.

TEAM INSTRUCTION SHEET

An instruction sheet should be sent out to coaches of all participating schools at least five days before the meet and should include the following, but not limited to:

- Time and place, length of course and a description map of course including surface, terrain, etc.
- Uniform and spike requirements
- Course map and instructions explaining the course and markings.
- Instructions regarding location and use of dressing rooms, locker assignments and showers, if available.
- Identify restricted areas.

TEAM INSTRUCTION SHEET (CONTINUED)

- Any special ground rules necessary because of unusual terrain of course.
- Diagram of chute with explanation of finish.
- Information if chips or numbers are being utilized.
- Special instructions for competitors.
- Instructions for coaches and team defining restricted areas.
- Time that course opens for warm-ups.
- Indicate where electronic communication devices are allowed.
- Indicate if water is available.
- Description of medical coverage.

SPORTS INFORMATION

Public parks make great locations for meets, but it is important that proper procedures are followed when putting a meet on in these areas.

1. Communicate with organization in charge of the park
2. Complete proper permits
3. Make efforts to make it community friendly:
 - Signage
 - Lead bike to politely make public walkers and joggers aware that a race is coming through
 - Use water soluble chalk or flour for marking the course
 - Proper clean up after the event

SPORTS INFORMATION

2016 marks the 21st year that there will be a wheelchair division at the WIAA/Dairy Farmers of Washington/Les Schwab Tires Cross Country State Championships.

Please encourage participation throughout the season

Fill out and send in the WIAA Authorization Form by **October 14**

Make sure athletes are compliant with all eligibility rules and qualifying processes

CROSS COUNTRY RULE CHANGES

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RULE CHANGES

The wearing of jewelry is no longer prohibited during warm-ups and competition under NFHS rules.

Elimination of the rule prohibiting the wearing of jewelry allows officials to focus on meet administration directly related to competition.

This change does not effect the rest of the uniform rules.

The wearing of a medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

RULE CHANGES

Medical alerts are permitted.

Alert should be visible for risk minimization.



RULE CHANGES

Wearing of a watch continues to be **permitted**.

Use of GPS function is **not permitted**.



RULE CHANGES

- Jewelry and hair accessories are no longer illegal
- An official may ask a competitor to remove an accessory if it is not properly secured or could damage equipment
- Watches are legal in all track and field and cross country events
- Religious and medical alert medals are legal and no longer required to be taped to the body
- When wearing a medical alert, the alert should be visible for risk minimization

RULE CHANGES

9-1-3b New

Permits the use of double boundary lines marking both the inside and outside boundaries of the cross country course.

Rationale

The use of the double painted line provides additional guidance to the runners, better defines the race course for spectators, and allows for natural barriers (grasses, hedges, etc.) which appear on many of the newer courses.

RULE CHANGES

9-3-3a, b New

Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.

Rationale

Recommends the use of a video/photograph back-up system when order of finish in cross country is determined using a transponder system. Transponders can read early or late, come off the runner etc. The video back-up can confirm close finishes and also assist if other problems arise using the transponder system at the finish line.

RULE CHANGES

9-3-4, 5 New, 9-4-6, 8, 9, 10

A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.

Rationale

The finish line is opened to its full width when using transponders for order of finish allowing competitors to race through the line. The use of a chute may restrict running space therefore, the corral should be used with transponder place finish. The corral enhances competitors' ability to perform administrative tasks as directed by meet management and then progress in an orderly fashion out of the corral culminating all race activity.

POINTS OF EMPHASIS

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POINTS OF EMPHASIS

3-4g, 3-2-8

The use of electronic communication devices is permitted during meets in unrestricted areas and coaches' boxes; however, they may not be used for any review of a referee's decision or to communicate with an athlete during a race or trial.

Rationale

Technology advancements in the area of electronic audio and video devices have made such items easy to use and very accessible. Their use, if not used for communication during the actual competition when a competitor is on the track or completing a trial, no longer creates an advantage or disadvantage among competitors or teams and can serve as a coaching tool.

POINTS OF EMPHASIS

- It is the coach's responsibility to make certain all of their competitors are in legal uniforms.
- Athletes must be educated of rules and application before competing.
- Do not use meets or officials as a learning tool.
- Prepare athletes prior to meets of the requirements to compete.
- Coach confirms with the referee all competitors are in legal uniform.
- Communicate with officials prior to the start of meets of uniform within your own team.
- Be helpful and respectful to officials when issues arise.

POINTS OF EMPHASIS

9-7 Disqualification

Art. 1. A competitor who false starts.

Art. 2. A competitor who interferes with another competitor.

Art. 3. A competitor who is unsporting or uses unacceptable conduct.

Art. 4. A competitor receives any assistance from any other person.

Art. 5. A competitor who fails to complete the prescribed course that is defined by a legal marking system.

POINTS OF EMPHASIS

RULE 10-6-1:

ART. 1...The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

a. Each competitor shall wear shoes.

1. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel.

2. The (shoe) upper must be designed so that it can be fastened securely to the foot.

3. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.

4. The use of slippers or socks does not meet the requirements of the rule.

POINTS OF EMPHASIS

RULE 10-6-1 (continued):

ART. 1...The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.

1. The top or one-piece uniform may have school identification and the top may have the competitor's name.

2. The top shall not be knotted or have a knot-like protrusion.

3. A single manufacturer's logo/trademark/reference, no more than 1 ¼ square inches with no dimension more than 2 ¼ inches with state association approval, is permitted on the top or one-piece uniform.

4. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

POINTS OF EMPHASIS

RULE 10-6-1 (continued):

ART. 1...The competitor's uniform shall be issued by the school, worn as intended by the manufacturer, and have the following restrictions:

b. Each competitor shall wear a full length track top or one-piece uniform issued by the school.

5. Bare midriff tops are not allowed.

6. The top must hang below or be tucked into the waistband of the bottom when the competitor is standing upright.

7. Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees, shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment.

POINTS OF EMPHASIS

RULE 10-6-1 (Notes):

Only one American flag and/or commemorative patch may be displayed on the uniform (one or two piece).

Visible items worn under both the top and the bottom do not have to be the same color.

If more than one visible garment is worn under the uniform top, all must be the same color.

A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

POINTS OF EMPHASIS

RULE 10-6-1 (Notes):

Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.

The bottom or one-piece uniform may have the school identification.

Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls.

French or high-cut apparel shall not be worn in lieu of the uniform bottom.

The waistband of a competitor's bottom shall be worn above the hips.

A single manufacturer's logo-trademark/reference, not more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on the bottom or one-piece uniform.

One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.

POINTS OF EMPHASIS

RULE 10-6-1 (Notes):

Each competitor shall wear a uniform bottom or one-piece uniform issued by the school.

Any visible garment(s) worn by two or more team members underneath the uniform top and/or underneath the uniform bottom, extending below the knees shall be unadorned and of the same single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment.

PENALTY: For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

RULE INTERPRETATION

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RULE INTERPRETATIONS

One member of Team A's cross country team is wearing a visible, solid green, ankle-length running tight and a second, solid gold, visible garment that terminates above the knees under his/her official uniform bottom. Using preventative officiating, before the runners are called to the start, the referee informs the competitor that he/she must have both garments of the same single, solid color in order to compete.

RULING: Correct procedure.

COMMENT: When the competitor wore a visible garment that extended below the knees underneath the official uniform bottom, it became a visible undergarment and NOT a foundation garment. Any other layer(s) of visible garments worn over the visible undergarment, regardless of their length, are now considered an undergarment and subject to meeting the requirements as listed in the rules regarding visible undergarments being worn under the uniform bottom; if more than one is worn, all must be the same color. (9-6-1c (7) NOTE 2, 4-3-1c (7) NOTE 1)

RULE INTERPRETATIONS

9.6 Each team member's uniform shall be issued by the school, worn as intended by the manufacturer, be of the same color and design. The shorts below show the same color and design.



The shorts shown above are an example of shorts with the same color but not the same design due to the difference in white markings. Uniforms can be of different materials but must show the same design so the both officials and athletes can designate team members.

RULE INTERPRETATIONS

LEGAL IF WORN UNDER UNIFORM BOTTOM

LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM

This compression short is unadorned and of a solid single color.

The shorts contain only one manufacturer logo located on lower left leg.

This style of compression short could be worn under the uniform bottom or as the uniform bottom and would be legal.



RULE INTERPRETATIONS

LEGAL IF WORN UNDER UNIFORM BOTTOM

ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM



This compression short is unadorned of a single color with decorative waistband.

The shorts contain multiple manufacturer logos or references on the waistband and one on the right lower leg

Do not comply with the requirements outlined in NFHS rule 4-3- 1 (c) 5

If worn in lieu of uniform bottom. This style of compression short (not extending below the knees) and any similar variation of this short would be legal if worn under any uniform bottom because they would not extend below the knees therefore qualifying as a foundation garment.

RULE INTERPRETATIONS

ILLEGAL IF WORN UNDER UNIFORM BOTTOM

ILLEGAL IF WORN IN LIEU OF UNIFORM BOTTOM

This compression pant is adorned with a decorative pattern. The pants contain multiple manufacturer logos or references on the waistband and one on the right lower leg

The pants would not comply with the requirements outlined in 4-3- 1 (c) 5 if worn in lieu of uniform bottom.

This style of compression pants (extending below the knees) and any similar variation of this pant would be illegal if worn under any uniform bottom because they do not qualifying as a foundation garment.



RULE INTERPRETATIONS

LEGAL IF WORN UNDER UNIFORM BOTTOM

LEGAL IF WORN IN LIEU OF UNIFORM BOTTOM

This compression pant is unadorned and of a solid single color.

The pants contain only one manufacturer logo located mid right leg

The pants meet the requirements outlined in NFHS rule 4-3- 1 (c) 5. This style of compression pant could be worn under the uniform bottom as per 4-3- 1 (c) 7 or as the uniform bottom and would be legal.



RULE INTERPRETATIONS

LEGAL IF WORN UNDER UNIFORM TOP

This shirt is unadorned and of a single solid color.

It contains only one manufacturer logo located on the upper chest

The shirt meets the requirements outlined in NFHS rule 4-3- 1 b (8).

This style of shirt could be worn under any uniform top and would be legal.



RULE INTERPRETATIONS

ILLEGAL IF WORN UNDER UNIFORM TOP

This shirt is adorned, multi-colored with contrasting design.

It contains multiple logo or manufacturer references on the chest and arms

It would not meet the requirements outlined in NFHS rule 4-3- 1 b (8).

This style of shirt and any similar variation of this shirt would be illegal if worn under any uniform top.



RULE INTERPRETATIONS

A competitor is observed by the clerk of the course wearing an illegal uniform. The clerk advises the competitor of the problem and the athlete cannot correct the uniform. The athlete is not permitted to compete in an illegal uniform.

RULING: Correct procedure.

COMMENT: Officials are encouraged to use preventive officiating. However, had the athlete started the race and been observed, he/she would receive a warning and not be eligible for further competition until he/she is in a legal uniform. A subsequent violation results in the athlete being disqualified from the event. (4-6-4, PENALTY and 4-3-1 and 2, PENALTY)

RULE INTERPRETATIONS

9.4.4 After being called to the starting line at a cross country meet for the starter's final instructions, all members of Team A run away from the starting line for a team cheer. The Starter warns the team that if any further run outs occur before the start, those involved will be disqualified for unacceptable conduct.

Ruling: Illegal Procedure.

Comment: Once teams have been called to the starting line by the starter for final instruction, no further run-outs shall be permitted. Any second violation shall result in a disqualification.

ADDITIONAL INFORMATION

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Review the CROSS COUNTRY section in the 2015-16 WIAA Handbook:

Go to wiaa.com/handbook

Click on “**Sport/Activity Specific Rules & Regulations**”

Review the 2015-16 Cross Country Bound for State Regulations:

Go to wiaa.com/crosscountry

Click on “**Bound for State Regulations**” on the left menu

PASSES AT THE STATE MEET

Each school with one (1) or more entries to the State Meet is entitled to the following passes:

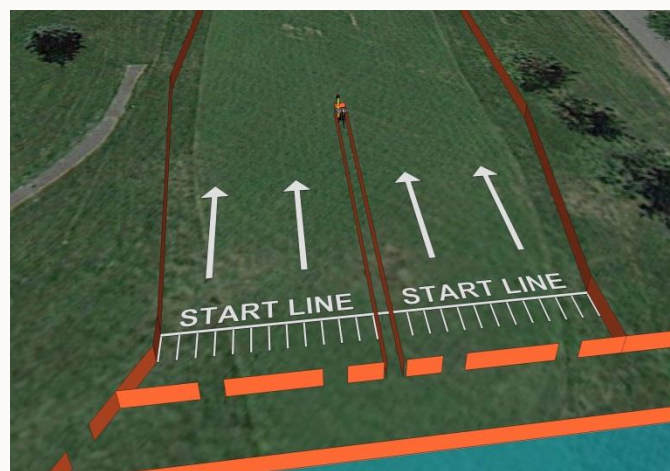
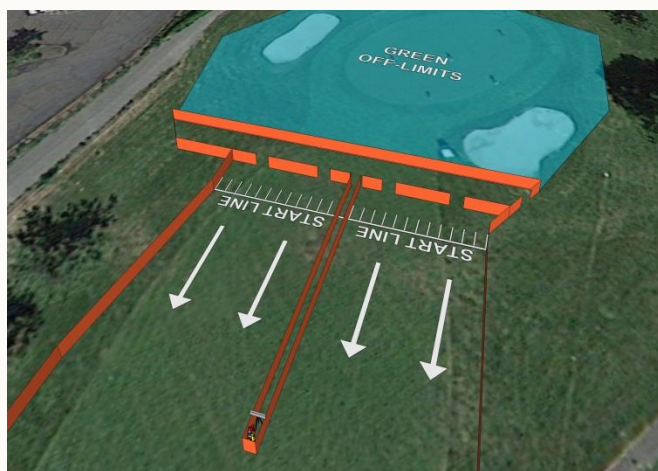
- Two (2) coaches' passes
- If a school has three (3) to nine (9) participants, three (3) coaches' passes will be issued
- A school with ten (10) or more participants will be issued four (4) coaches' passes
- One (1) manager pass
- Maximum of two (2) supervisory passes

ALLEYS AT THE START LINE AT STATE

For the first 150 yards beyond the start line, the course will be divided into two alleys with lanes 1-13 in one alley and 14-26 in the other alley.

Please encourage runners to run in a straight line from the starting line to the top of the hill staying in their assigned alleys and NOT to crowd to the left.

The alleys will merge at the top of the first hill.



COACHES BOX AREAS AT STATE

- A coach's box will be placed **behind the start line**.
 - Only coaches of participating teams in that race can remain in the box during the start of the race.
- **There will a coaches box available on the course.**
- **The box will only be available to one per school during the race in which the school has athletes participating.**
- **A wristband must be worn in order to gain access to the coaching box.**
- The race course is closed to both the coaches and spectators except for the areas designated for spectator use and the specific coaching box.

FINISHLYNX PHOTO FINISH TIMING SYSTEM AT STATE

- A FinishLynx photo finish timing system will be used for the event.
- The FinishLynx system will capture the place and time of each athlete.
- This data will be provided to Meet Management for team scoring with results being conveyed to the WIAA for posting.
- An independent photo finish timing system will be used to capture the order of the top 16 finishers.
- Instruct runners to go to the Press Tent five (5) minutes after the race for interviews, and then proceed to the awards area if they are in the Top 16 individual places for the 16-entry meet or the Top 8 individual places for the 8-entry meet.
- The individual awards will be handed out immediately after the race is completed.
- The team trophies will be handed out on the scheduled time slots.

ADDITIONAL INFORMATION

PLAN TO QUALIFY FOR THE 2016 STATE CHAMPIONSHIPS

Work with your AD to make sure your team's photo and roster are submitted through MyWIAA at wiaa.com/mywiaa

Photos and rosters can be entered any time, but
NO LATER THAN MONDAY, OCTOBER 24, 2016.

ADDITIONAL INFORMATION

2016 STATE CROSS COUNTRY CHAMPIONSHIPS

November 5, 2016

Sun Willows Golf Course

Pasco, WA

Tournament Manager:

Jake Davis

AD, Pasco H.S.

jdavis@psd1.org

509-546-2859

THANK YOU

THANK YOU FOR COMPLETING THE RULES CLINIC.
YOU WILL BE PROMPTED TO TAKE THE FINAL EXAM AFTER VIEWING THIS SLIDE.
IN ORDER TO RECEIVE YOUR CERTIFICATE FOR THIS CLINIC, YOU MUST PASS THE
FINAL EXAM WITH 100% ACCURACY.

IF THE FINAL EXAM DOES NOT APPEAR AFTER THIS SLIDE PLEASE USE THE COURSE
MAP IN THE LEFT HAND MENU TO DETERMINE WHICH SLIDES ARE **NOT**
COMPLETED. ALL TOPIC SLIDES, IN ALL SECTIONS, MUST BE VIEWED BEFORE THE
FINAL EXAM WILL APPEAR.