



2009 CROSS COUNTRY

Announcements

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REGIONAL CROSS COUNTRY MEETS

HOST SITES: If your school is interested in hosting a Cross Country Regional (your Class and/or other Classes) please advise the KSHSAA by August 28.

- Regional Cross Country entries (Form CC-1 Girls, CC-2 Boys) must be sent to the regional manager by noon on Monday, October 19. No additions will be allowed after this time. Substitutions are permitted only with KSHSAA approval for injury or illness and none will be approved after Wednesday October 21. Submit rosters early if possible so regional managers can begin entering participants.
- Regional assignments will be posted on the KSHSAA web site (kshsaa.org) in early October once classifications are completed.
- All Regional Cross Country Meets will be held on Saturday, October 24, 2009.
- In 2009 it is recommended starters used in Regional meets be registered with the KSHSAA. Beginning in 2010 starters must be registered with the KSHSAA to be used in Regional & State competition.
- Coaches must contact regional managers about possibly practicing on the course prior to the meet. Practice may not be possible due to course availability.
- In order to compete in post-season competition a runner must be a member of the squad for a majority of the season. (Rule 30, Section 2, Article 2)
- Class 1A schools will be allowed to have seven runners, only the top four runners will be used for team scoring. A fifth, sixth and seventh runner will be used as potential tie breakers.
- Cooperative teams must separate for post season competition and runner must represent their own school.
- Rosters submitted for the Regional meet may be changed prior to the State meet.

Criteria to qualify for State

ALL CLASSES

1. Three (3) top teams from each regional.
2. Top ten (10) runners medal and qualify for State.
3. Top five (5) individuals from "non-qualifying teams" if not in top ten.
4. Once the top ten (10) individuals have been identified.

THEN use procedure below to determine **if additional runners** from non-qualifying teams should be included as state qualifiers.

- A. Review and count those runners in top 10 who are not members of the qualifying team.

- B. If only 1 of the top ten runners is from a non-qualifying team, identify the next four runners also not a member of the top three (state qualifying) teams.
- C. If two (2) of the top ten runners are from non-qualifying teams, identify the next three runners also not members of the top three (state qualifying) teams.
- D. If three (3) of the top ten runners are from non-qualifying teams, identify the next two runners also not members of the top three (state qualifying) teams.
- E. If four (4) of the top ten runners are from non-qualifying teams, identify the next one runner not a member of the top three (state qualifying) teams.

STATE CROSS COUNTRY MEETS

- State Cross Country entry forms (CC-3 Girls; CC-4 Boys) are due to the state manager by NOON on Monday, October 26, 2009. Entry forms must be faxed to the state manager after the Regional meet. **A copy of the entry form and entry fees should be mailed to the KSHSAA.** Substitutions will only be allowed with approval of the KSHSAA and none after Wednesday, October 28.
- The State Cross Country Meet will be held on Saturday October 31, 2009 at the following locations:
 - 5A&6A – Lawrence - Rim Rock Farm (five miles north-west of Lawrence) - Steve Heffernan, Lawrence Free State Cross Country coach will be the meet manager. Boys will run 5K and girls will run 4K.

Time Schedule:

6A boys 10:00 a.m. 6A girls 11:00 a.m.
5A boys 10:30 a.m. 5A girls 11:30 a.m.

Information concerning the meet can be obtained by going to www.firebirdrunning.com. Fax entries to (785) 832-6099.

- 4A, 3A, 2A, 1A – Wamego – Wamego Country Club – Mark Stephan, Wamego High School Athletic Director will be the meet manager. Boys will run 5K and girls will run 4K.

Time Schedule:

2A girls – 9:00 a.m. 4A boys – 11:00 a.m.
1A girls – 9:30 a.m. 3A boys – 11:30 a.m.
2A boys – 10:00 a.m. 4A girls – 12:00 p.m.
1A boys – 10:30 a.m. 3A girls – 12:30 p.m.

Information concerning the State Cross Country meet can be obtained by going to www.usd320.com/HighSchool/Activities/CrossCountry/State. Information will not be mailed to schools qualifying. Fax entries to (785) 456-7382.

■ Ticket Prices:

KSHSAA ticket prices for the State Cross Country meet are:

\$5.00 - Adults
\$4.00 - K-12

KSHSAA Rule 34—CROSS COUNTRY

1. Section 1: General Regulations (apply to grades 7-12)

Art. 1: No member school shall participate in a meet until it has had (14) days of training. (*In 2009, the earliest possible date of competition would be Wednesday, September 2.*)

2. Section 2: Senior High Regulations

Art. 1: Practice shall not begin prior to Monday of Standardized Calendar Week #7, (August 17, 2009) and shall terminate with the State meet.

Art. 2: No student representing a member school shall participate in more than seven meets during a season, exclusive of Regional and State meets.

a. Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these meets start after school hours.

b. On those days when schooltime is used, only two competitions may start prior to 3 p.m. C.T.

3. Section 3: Middle/Junior High School Regulations

Article 1: No student shall participate in more than seven (7) meets during a season. EXCEPTION: Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

Article 2: The maximum distance by grade level shall be:

7th grade — 1 mile (1600M)

8th grade — 2 miles (3200M)

9th grade — same as senior high school

4. KSHSAA Executive Board policy relative to ***tobacco products and other chemical use*** states: “Coaches, directors/sponsors/coaching aides, and contest officials are ***prohibited*** from using tobacco products, alcoholic beverages or illegal drugs while directly involved in interscholastic activities.”

5. KSHSAA RULE 10: Only certified coaches (certified in compliance with standards established by the State Board of Education), or coaches aides (through application and approval from the KSHSAA), are allowed to work with teams. No outsiders or volunteers may coach or assist with any coaching duties, with an exception provided for individuals who are certified staff employed by the member school at the same school site.

TRACK & FIELD AND CROSS COUNTRY RULES

All rules for Cross Country may be found in the NFHS 2009 *Track & Field and Cross Country Rules Book*. The rules apply to all meets; Rule 9 specifically addresses Cross Country.

- Coaches should be aware, and insist on enforcement of all National Federation Rules throughout the season.
- The National Federation also has available on its website (www.nfhs.org) information concerning the following:
 - ✓ Heat Stress and Athletic Participation
 - ✓ Reducing Brain and Spinal Injuries
 - ✓ Recommendations for Hydration to Prevent Heat Illness

Refer to these for additional sports medicine information

provided by Fredrick Mueller, Ph.D., University of North Carolina.

Legal Uniform: Rule 9-6-1 & 4-3-1

- The legal cross country uniform consists of “shoes, school issued shorts and full-length jersey or body suit (one or two piece).”
- Each team member shall wear the same color and design school uniform (jersey & shorts).
- When other visible apparel is worn under the school uniform it shall be unadorned and of a single (same solid) color. Example: Navy blue and royal blue are not the same color. If worn by more than one team member (two or more) that apparel must be of the same color, but not necessarily the same length.
- A competitor must wear the assigned competitor number, when numbers are used.
- Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event.

Uniform Tops (4-3-1b)

- Must be school issued and may have school identification.
- Bare midriff tops are not allowed. If the uniform top is not tucked in, the top must at the minimum extend below the top of the shorts when the athlete is in a normal standing position. Games committee may determine that tops (which extend below the top of the shorts) must be tucked into shorts. (3-2-4j)
- The jersey may contain no ornamentation which will be objectionable in taste and shall not be knotted or have a knot-like protrusion.

Uniform Bottoms (4-3-1c)

- Must be school issued and may have school identification.
- Shorts may vary in length and style, but must be of the same color for all team members.
- Shorts may contain no ornamentation which will be objectionable in taste.
- The waistband of a competitor’s shorts shall be worn above the hips.
- French or high-cut apparel shall not be worn in lieu of shorts.
- The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed-leg briefs are also acceptable for girls competition. By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued spandex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.
- A single manufacturer’s logo/trademark/reference, no more than 2 1/4 square inches is permitted on the uniform bottom.

Shoes

- Must be worn at all times!!

Undergarments

- Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. Visible items worn under both the jersey and the shorts do not have to be the same color.
- If worn by more than one team member (two or more), apparel must be the same color, but not necessarily the same length.
- Boxer underwear showing below the shorts is unacceptable.
- A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches is permitted on each item of apparel. Undergarments may also only have one visible logo, some have two, one on the neck and one on the back, this is not permitted if both are visible.
- The "sports bra" is NOT considered visible apparel underneath the jersey!

Hair Adornment

- Competitors may not have metal pins or hard plastic barrettes in their hair.
- Any ribbon, rubber band or scrunchie worn in the hair must have a functional purpose, i.e., to hold the hair in place while in competition.
- It is permissible for a student to use in their hair for a functional purpose the following:
 - ✓ Ribbon of any single color (ribbon length such that it is not "flowing", 3 inches or less in length),
 - ✓ If multiple functional rubber bands or ribbons are used, they must be the same color,
 - ✓ A "scrunchie" (device intended to hold hair in place while in competition which is composed of an elastic material covered with cloth or a cloth like material) of a single color.

Jewelry

- Jewelry is prohibited except for religious or medical medals taped to the body. Religious medals must be taped and worn under the uniform (no chain). A medical alert bracelet is permitted if taped to the body (including the wrist) with the faceplate showing.
- This bans all forms of jewelry, including rope and leather bracelets.
- Excessive safety pins are considered jewelry.
- Earring studs must be removed; they may not be covered with tape.
- A competitor who competes with jewelry hidden by tape will be disqualified from the meet. (Rule 4-5-1)
- Watches are not considered jewelry and may be worn during competition.
- Unless prohibited by the games committee, sunglasses may be worn during competition. Sunglasses may not be adorned and the frames must be of a single solid color.

Hats, Caps, Gloves

- In the event of inclement weather, hats, caps and/or gloves shall be permissible.
- Meet management will advise coaches of the decision to permit wearing of hats, caps, and/or gloves.
- If hats, caps are approved for wear by the games committee, they should be the same color for all members of the team choosing to wear them.

MISCELLANEOUS

- 1. Rule 4-5-8d (note) - Atomizer**– If a Cross Country competitor's condition is verified by a physician and the doctor has prescribed this medication, it would not be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the meet director/referee prior to the beginning of the meet. (Note: Without a doctor's statement, the athlete may only use the inhaler prior to and after competition.)
- 2. Rule 4-5-8 - Water on Course**– Meet management may have water available for all contestants. Rule 9-7-4 (note) indicates that providing liquids during competition is not considered to be an aid or assistance provided it does not interfere with other competitors.
- 3. Rule 4-3-1-b-5** permits an American Flag, not to exceed 2"x3" to be worn. A commemorative or memorial patch not to exceed 4 square inches, may be worn on the uniform top or bottom. The KSHSAA requires that schools must request in writing permission from the KSHSAA to wear a commemorative or memorial patch.
- 4. Rule 3-4-8** – Prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform, equipment and no jewelry) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet. For KSHSAA events, a properly completed "Sportsmanship & Uniform Card" is to be turned in. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Blank forms may be printed by going to the Cross Country page on the KSHSAA website and looking under announcements. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures and information pertaining to the meet, particularly how the individual qualifiers are determined.
- 5. Lightning Information** – Information concerning Lightning Safety may be located on the KSHSAA website by clicking on sports medicine and safety.
- 6. State Team Medals** – If your team needs to order additional medals a school administrator may place an order by emailing the KSHSAA at bunruh@kshsaa.org. Please indicate the number of medals needed and the KSHSAA will send an authorization letter so you may purchase additional medals.

CHECKLIST 2009 REGIONAL & STATE CROSS COUNTRY

for Administrators and Coaches

- Necessary forms may be found by the school administrator online at www.kshsaa.org
- Please advise the KSHSAA if interested in hosting Regional Cross Country meets.
- Mail entry fee with *Fall Sports Entry Fee Form (ADM-1)* to KSHSAA by August 19, 2009.
- Send Regional Entry Form to regional manager by noon on October 19.
—Form CC-1 Girls; Form CC-2 Boys—
- Receive regional assignments from KSHSAA.
- Receive information letter from your regional manager.
- FAX State entries to State meet manager Saturday night after your Regional meet! Follow up with mailing of form for verification.
—Form CC-3 Girls; Form CC-4 Boys—
- Regional managers who collect state entries at their sites must also FAX, then MAIL, ALL entries to State meet manager.
- Mail a check for State entry fee to the KSHSAA with a copy of the State entry form.
- Receive State meet manager information letter.
 - ✓ Review procedures regarding pre-meet use of course.
 - ✓ Advise students, parents, interested patrons of state admission prices.
 - ✓ NOTE: Footballs, frisbees and other games are not to be at Regional and State Cross Country sites.
 - ✓ Please leave dogs at home. Not only are they potentially dangerous, they are a hazard to runners!

Kansas State High School Activities Association

Cross Country SPORTSMANSHIP & LEGAL UNIFORM MESSAGE

The NFHS and the KSHSAA requires sports officials to enforce sportsmanship rules for coaches and contestants. Acts meant to demean or embarrass opposing contestants, teams, spectators and officials are not consistent with expected ideals of interscholastic education and competition and will be not tolerated.

Printed Coach Name: _____

School: _____

Verify by signing below that your contestants are **legally equipped** and **uniformed (with no jewelry)** according to NFHS and KSHSAA rules and will compete in a sportsmanlike manner.

Coach Signature: _____

Event: _____ Date: _____

This card must be turned in per outlined procedure.