



2013 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 notify Francine Martin (fmartin@kshsaa.org) by August 23.
- **Regional assignments** will be posted on the KSHSAA website (kshsaa.org) within a week after classifications are released. Schools indicating they wish to be assigned to a regional on ADM-1 and paying the \$50 entry fee will receive a regional assignment.
- **Entry Forms:** Form CC-1 (Girls) and CC-2 (Boys) must be sent to the regional manager by noon on Monday, October 21. No additions will be allowed after this time. You may list up to 10 runners best time listed first. Substitutions are permitted only with KSHSAA approval for injury or illness and none will be approved after Wednesday, October 23. Submit rosters as early as possible so regional managers can begin entering participants.
- **Regional Cross Country Meets:** Meets will be held on Saturday October 26, 2013. **This is an ACT testing day, therefore, a 2:00 p.m. or later start is recommended.**
- **Regional Starters:** All starters used in regional meets must have been registered with the KSHSAA for the 2013 track season.
- **Practice on Course:** Coaches must contact regional managers about possibly practicing on the course prior to the meet. Some courses may not be available for practice.
- **Eligibility of Runners:** In order to compete in post-season competition a runner must be a member of the squad for a majority of the season. (Rule 30-2-2)
- **Cooperative Teams:** Teams that run as a cooperative team during the regular season must separate for post-season competition and each runner will represent their own school.
- **Class 1A Scoring:** Class 1A schools will be allowed to have seven runners, only the top four runners will be used for team scoring. Fifth, sixth and seventh runners will be used as potential tie breakers.
- **Meet Results:** All regional meets will use Hy-tek to score the meet and to submit state qualifiers to the state managers.
- **Rosters for State Meet:** Rosters submitted for the Regional meet may be changed prior to the state meet.
- **Criteria to qualify for the State meet:**
 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 one (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

- **Date:** November 2, 2013
- **State Entry Forms:** Entry forms are due to the STATE MANAGER listed at the bottom of the form (CC-3-Girls; CC-4-Boys) by NOON on Monday, October 28, 2013. Entry forms must be faxed to the state manager. **A copy of the entry form and the entry fees must be mailed to the KSHSAA.** Substitutions will only be allowed with approval of the KSHSAA and none after Wednesday, October 30.
- **Race Distances:** Boys will run a 5K and girls will run a 4K.
- **3A, 5A, 6A State Site and Schedule:** Lawrence – Rim Rock Farm (five miles northwest of Lawrence). The meet manager is Steve Heffernan from Lawrence Free State High School. Information concerning the meet can be obtained by going to www.firebirdrunning.com
 - **Time Schedule:**

10:00 a.m. – 3A girls	11:30 a.m. – 3A boys
10:30 a.m. – 6A boys	12:00 p.m. – 6A girls
11:00 a.m. – 5A girls	12:30 p.m. – 5A boys
- **4A, 2A and 1A State Site and Schedule:** Wamego-Wamego Country Club. The meet manager is Mark Stephan, Wamego High School Athletic Director. Information concerning the meet can be obtained by going to www.usd320.com/HighSchool/Activities/CrossCountry/State.aspx
 - **Time Schedule:**

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

- **Ticket Prices:** KSHSAA ticket prices for the State Cross Country meet are:
 - \$6.00 - Students grades K-12
 - \$7.00 – Adults
- **Pass Gate:** School superintendents, principals and athletic directors will be listed at the pass gate near the entrance and will be admitted free.

KSHSAA Rules

Rule 22 - Outside Competition

Members of a school Cross Country team may not compete, enter or run along in road races, fun runs or fund-raising runs while a member of the school team during the school year. Team members should be reminded they cannot participate in fall festival runs, breast cancer awareness runs or other events while a member of the school team.

The Executive Board has established policy relative to these situations. The following defines the events:

Triathlon: A single competitor participates in all three phases (running, swimming and bicycling) of the event.

Team Triathlon: Three competitors each participated in a single phase of the event. It is a three athlete (relay style) event.

Given the above, Executive Board policy permits a student (grades 7-12) to participate in a triathlon and not be in violation of KSHSAA Outside Competition Rule 22. The rationale for this policy is based on the triathlon event differing significantly than the school sport in which the athlete is currently in season.

School athletes may also participate in team triathlons during a school season of sport. In order to avoid violation of Rule 22, school athletes must be careful to not participate in the triathlon phase identical to their school sport. They may only compete in a different phase of the event and not violate the Outside Competition Rule. For example, a swimmer may run or bike, but not compete in the swim phase of the team triathlon. A track & field athlete could bike or swim, but not compete in the running phase.

All athletes should be reminded that KSHSAA Amateur Rule 21 and Awards Rule 21 are in effect as it relates to their desire to protect their interscholastic eligibility.

Rule 34 - Cross Country

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 2013, the earliest possible date of competition would be Wednesday, September 4.*)

Section 2: Senior High Regulations

Art. 1: Practice shall not begin prior to Monday of Standardized Calendar Week #7, (August 19, 2013) 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.

- Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these meets start after school hours.
- On those days when schooltime is used, only two competitions may start prior to 3 p.m. C.T.

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

1. 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.”

2. 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.

3. Middle School Cross Country: Middle school students who are not members of a middle school cross country team may not participate in school sponsored cross country meets as “unattached” runners because their school does not have a middle school program. KSHSAA Bylaw Article I indicates that member schools may only participate against other member schools. Schools which do not have a middle school cross country team may not allow 7th and 8th graders to practice with the high school team. Schools hosting meets may not allow students who are not members of a school team to participate in their meet. A school may choose to have a “fun run or all comers run” prior to or after the school sponsored interscholastic races. If a “fun run” is offered, anyone who is not a member of the school team could be given the opportunity to participate. This may include parents, community members and students who are not part of a school cross country team. KSHSAA catastrophic insurance would not cover participants in a race of this type.

Sports Medicine Information

The sports medicine section of the KSHSAA web-site has very good information concerning the following topics: Hot Weather tips; Concussion information, Lightening safety information; Heat and Hydration information and a link to the NFHS Sports medicine website which contains much more health related information.

Uniform & Equipment Information

Legal Uniform: NFHS 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.
- The 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.

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

- Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. Slippers or socks do not meet this requirement.

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. If a visible item is worn under both the jersey and the shorts it does 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

- Unadorned devices such as bobby pins and flat clips no longer than two inches are permitted to control 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 4-6-1)
- 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.
- GPS watches are not legal and are considered an aid. The GPS is a receiver and provides information which the runner is responsible for as part of the competition and thus it aids in performance.
- **The penalty for competing with jewelry is:** For the first violation, the competitor shall be required to remove the jewelry before further competition, and 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 he/she shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and the warning.

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 4-6-7d (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.

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.