

# 2019-2020 Cross Country Rules and Information

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# NFHS CROSS COUNTRY RULES CHANGES & POINTS OF EMPHASIS

National Federation of State  
High School Associations



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**EFFECTIVE: FALL 2020 for North Carolina**  
Rules Changes  
Points of Emphasis

## CROSS COUNTRY COURSE

### 8-1-1

- Reorganized the rule to clarify that a cross country course shall be clearly marked using one or more of the methods listed in the rule.
  - *A single wide line or boundary lines, both inside and outside, marked with a material which is no injurious to the eyes or skin.*
  - *The use of natural or artificial boundary markers.*
  - *Signposts with large directional arrows wherever the course turns, or flags about 1 foot square and mounted on stakes which hold them 6 feet or more above the ground*

**Note: No specific change here from 2019 Rules Book; the rule will be reorganized in the 2020 Rules Book.**



## CROSS COUNTRY COURSE

### 8-1-3

- ADDED to 8-1-3a: No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.
- ADDED 8-1-3d: At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.

**NOTE:** To clarify, “significant turn” means any turn or curve.





Points of Emphasis

# 2019-20 CROSS COUNTRY



[www.nfhs.org](http://www.nfhs.org)

## COACHES “GETTING IT RIGHT” WITH UNIFORMS

- Having the athletes show up for competition in a legal uniform starts with the coach
- **Any time there is a violation due to uniforms, it is a violation that could have been avoided**
- The officials do not have the responsibility for putting athletes in legal uniforms, but do have the responsibility to enforce the rules
- It is the coach who must know the rules and then take the time each season to educate his/her athletes on the rules and to come ask questions of the referee if the athlete wants to wear a different garment due to weather or an injury



## UNIFORMS: RELAY AND CROSS COUNTRY TEAMS: RULE 4-3-2

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- All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team
- Revised NOTE: Official shall have no uncertainty in determining that all members are from the same team



## UNIFORM – FOUNDATION GARMENT



### RELAY UNIFORMS

- The foundation garment does not have to be a single, solid color



# THANK YOU

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**Sport Specific Changes  
&  
NCHSAA Points of Emphasis  
2019-20**



# Calendar - Cross Country

<b>1<sup>st</sup> Practice:</b>	Thursday, August 1
<b>1<sup>st</sup> Contest:</b>	Monday, August 19
<b>NC MileSplit Entry Deadline:</b>	Friday, October 25 <i>3:00 p.m.</i>
<b>Regionals:</b>	Saturday, November 2
<b>State Championships:</b>	Saturday, November 9
<i>Morning Session:</i>	<i>3A/1A (8:15am Coaches Meeting)</i>
<i>Afternoon Session:</i>	<i>4A/2A (1:15pm Coaches Meeting)</i>



# Required Coaches Education

- ▶ NFHS Fundamentals of Coaching
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first play date
  - ▶ One-time requirement
- ▶ NFHS Concussion in Sports
  - ▶ All coaches (paid and volunteer)
  - ▶ Prior to first practice
  - ▶ Annual requirement
- ▶ CPR/AED Certified
  - ▶ All head and paid coaches
  - ▶ Must maintain certification
- ▶ NFHS Sudden Cardiac Arrest
  - ▶ All non-paid coaches
  - ▶ Prior to first practice
  - ▶ Annual requirement



# General Reminders

- All NFHS and NCHSAA rules should be practiced throughout the season
- Athletes MUST be entered into the regional meet for participation. We **do not** use the NC MileSplit ranking system.



# Regional Information

- ▶ Regional hosts and directors are posted on the Cross Country page: <https://www.nchsaa.org/sports/cross-country>
- ▶ Use NC MileSplit (<http://nc.milesplit.com>) to enter teams into the regionals
- ▶ Each school is allowed to enter up to seven (7) individuals for regional competition.
- ▶ **Entries are due no later than 3:00pm on Friday, October 25, 2019.**
  - ▶ Late entries may be submitted to the NCHSAA, using the form posted on the website, no later than **3:00pm on Monday, October 28<sup>th</sup>**. A \$50 fee will be assessed for each individual entry.



# Qualifiers to State

- ▶ Top 25% of teams, or top 4 teams, whichever is greater, in each classification from each regional will qualify to the state meet.
  - ▶ Team scores will be based on a school's 5 best performers.
  - ▶ Number of qualifying teams from each regional will be determined by the number of teams that participate in the regional.



## Qualifiers to State continued

- ▶ In addition, the top 7 individuals **NOT** on a qualifying team will advance from each regional to the state.
- ▶ A school that qualifies a team may bring any 7 eligible competitors to the state meet; however; there may be no substitutes among those who qualify as individuals.
- ▶ If a school does not finish in the top 25%, but qualifies at least 5 individuals, that school will also be scored as a team for the state championship meet. *(Board approved, May 2019)*





# General Board Changes

## 2019-2020



# Post-Season Participation

- ▶ Clarification:
  - ▶ Independent NCHSAA member schools are eligible for post-season ONLY in individual sports, based on the sport



# Pre-Game EAP Review Card

- ▶ Effective communication of Emergency Action Plan
- ▶ Conducted by the Game Day Administrator or Designee

## ALL EVENTS

- ▶ Who is the gameday administrator and what is their contact information?
- ▶ Is there a Licensed Athletic Trainer (LAT) and/or First Responder (FR) on site and what is their contact information? If a LAT or FR is not on site who is the most qualified person to provide CPR and first aid care?
- ▶ Has the Emergency Action Plan (EAP) been reviewed and where is the posted venue specific EAP located?
- ▶ What first aid and emergency equipment is available at the venue and where is it located? (e.g., first aid kit, AED/CPR equipment, spinal injury stabilization equipment, exertional heat illness management equipment, etc.)



# Pre-Game EAP Review Card

## OUTDOOR EVENTS

- ▶ Who will be monitoring environmental and field/facility conditions during the event? (e.g., thunder and lightning, Wet Bulb Globe Temperature)
- ▶ Who will notify officials of unsafe environmental or field/facility conditions?
- ▶ Has the lightning or thunder disturbances safe shelter and evacuation route been identified?
- ▶ What is the Wet Bulb Globe Temperature, if available, at the beginning of the contest?



**Thank You!**  
**Good luck this season!**

