

## 2020 MSHSAA CROSS COUNTRY RULES REVIEW ANNOUNCEMENTS

1. **ONLINE RULES REVIEW:** All head and assistant cross country coaches (senior and junior high) are required to take the online rules review ([www.mshsaa.org](http://www.mshsaa.org)) annually prior to the beginning of your first contest.
2. **RECRUITMENT OF OFFICIALS:** We need your help in recruiting new officials and providing them with opportunities to work so they can improve their skills. A brochure to help recruit new officials has been developed by the MSHSAA staff and sent to the athletic administrators of all member senior high schools to be distributed to interested graduating seniors. Student-athletes should be encouraged to become officials.
3. **INTERPRETERS:** Are available to coaches and officials for track and field/cross country rule interpretations. (Harris [SE], Dilday [SW], Whittaker [NE], Symonds [NW], Hays [KC] & Thomson [STL]) Please contact your local rule interpreter before calling the MSHSAA office. If further clarification is needed, the interpreters shall contact the MSHSAA Office.
4. **MSHSAA GAME OFFICIALS MANUAL:** Officials are reminded to study the MSHSAA Game Officials Manual mailed to you as part of the registration process. It contains information you will need to be familiar with such as registration procedures, minimum renewal standards, instructions for game protests, etc. **Please note that the renewal deadline for all officials is July 1 of each year. This renewal deadline applies to all fall, winter and spring sports.** Officials registration is available on line on the MSHSAA Website ([www.mshsaa.org](http://www.mshsaa.org)).
5. **SPECIAL REPORT FORMS:** Are on the MSHSAA Website. They are to be used to report matters such as officiating procedures, game administration, unsportsmanlike conduct, etc., that need immediate attention. The report may be a complimentary report as well as one to call attention to problems. Officials SHALL penalize and file a special report for all unsportsmanlike conduct. Unsportsmanlike special reports must be filed for all levels of play (junior high, freshman, sophomore, junior varsity and varsity). Under Board of Directors policy, action will be taken against officials who fail to file a report of unsportsmanlike conduct. When unsportsmanlike conduct or misconduct occurs, the school shall forthwith take appropriate action to correct or resolve the matter. Both schools and officials are strongly encouraged to take the time to submit positive reports on outstanding officiating, game administration and good sportsmanship. Note: **All** special reports will be filled out by logging onto the MSHSAA Website ([www.mshsaa.org](http://www.mshsaa.org)) and filling out the appropriate special report form.
6. **COACHES' AND OFFICIALS' RESPONSIBILITIES:** Both are expected to be professional and business-like toward each other. This type of behavior is to prevail at all times, especially during and after the match. Regardless of the outcome of the match, there is no justification for coaches to ridicule officials. Host schools are to provide security for officials to ensure their safety and well-being. There is to be no admittance to officials' dressing rooms before, during or after matches unless by designated school authorities that is there on official business to carry out their assigned duties. Mutual respect and courtesy shown by both coaches and officials are the keys to providing the proper example and environment for our athletes, students and fans. If a school is dissatisfied with the work of some official(s) don't hassle them -- simply do not rehire them.
7. **OFFICIALS:** The required uniform for MSHSAA registered track and field officials includes an all-white officiating shirt (with white or clear buttons and the MSHSAA patch attached to the left sleeve) and black/khaki slacks or black/khaki shorts (all officials at a contest must wear the same color of slacks or shorts).
8. **2020 CROSS COUNTRY STATE SERIES:** Boys and Girls Classes 1, 2, 3, 4 and 5 District Meets: Saturday, October 31. State Championship All Classes: Saturday, November 7.
9. **SUGGESTED RACE DISTANCES (Boys and Girls):** Senior high students – 5000 meters (3.1 miles); 9<sup>th</sup> grade students – 3200 meters (2 miles); 7<sup>th</sup> and 8<sup>th</sup> grade students – 3200 meters (2 miles).
10. **SANCTION:** Any time a member school competes in a tournament, or invitational meet, by definition, with an out-of-state school(s) the host school must file sanctioning on the MSHSAA website ([www.mshsaa.org](http://www.mshsaa.org)) at least thirty days in advance. It is the host school's responsibility to see that the form is completed. If your school is an invited school, you shall take the responsibility to see that the host has had the event sanctioned (Reference By-Law 3.18.7).
11. **PROTESTS/APPEALS:** A coach first protests in writing to the referee. After the referee has rendered a decision, if the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury of appeals (NF Rule 3-5). By MSHSAA Board policy, all protests are to be resolved at the contest and the MSHSAA Board/Staff shall not review protests.

## **2020 MSHSAA CROSS COUNTRY RULES MISSOURI POINTS OF SPECIAL EMPHASIS**

1. The district meet entry deadline is **6:00 p.m. on Monday** prior to the meet. The official entry process is an online process that the head coach will have access to. A late-entry penalty fee of \$100 per entry shall be charged for entries after 6:00 p.m.
  2. State entries must be **visually confirmed by 6:00 p.m. on Monday** preceding the meet at [mo.milesplit.com](http://mo.milesplit.com). Changes that occur after the 6:00 p.m. Monday deadline must follow the substitution procedure outlined in the Cross Country Manual. Such changes will not appear in the State Program.
  3. A race shall be recalled by firing the starting device when a competitor falls during the first 100 meters due to contact with another competitor.
  4. **Eligibility Rosters:** Your school administrator must submit a cross country eligibility roster through the MSHSAA website ([www.mshsaa.org](http://www.mshsaa.org)) no later than one day prior to the school's first regular season contest. Any student whose name is included on the school's cross country eligibility roster may be used as a substitute for a team member at the district or state meet.
  5. If, on the rare occasion, a school qualifies five or more individuals to the next level of competition without qualifying as a team, the school shall compete as a team at the next level with those qualifying runners only.
  6. Running alongside a competitor for five or more strides is considered pacing.
  7. In the absence of a directional flag at a turn on a cross country course marked by a single line, the runners must consider the ground marking the same as a lane line on a track.
- 8. Regular Season Terms and Conditions:**
- a. A senior high school shall schedule and participate in no more than 10 regular season meets per season at each level of competition (varsity, junior varsity, sophomore, or freshman).
  - b. A school must schedule/participate in at least five regular season meets to be eligible to participate in the district meet.
  - c. Each student must participate in at least one regular season meet to be eligible to participate in the district meet.
  - d. Per season, a school may participate in one out-of-state, multi-school (more than two schools) contest beyond 250 miles of the border of Missouri.
  - e. Refer to the MSHSAA Cross Country Manual for restrictions on open/extra races/events held during the season.
  - f. Ties in team scoring shall be resolved by comparing the sixth-place finisher from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.
  - g. The items permitted in a legal competitor's uniform are defined in NFHS rules 4-3. **All uniforms worn in high school track and field/cross country must be either issued or approved by the school.**
  - h. Providing liquids during competition to a competitor by a non-competitor is permitted, as long as other competitors are not interfered with (NFHS Rule 8-6-d Note).
  - i. A physician's statement must be presented to the meet director/referee prior to the beginning of the meet for a competitor to use an atomizer during competition containing a prescription asthmatic drug (NFHS Rule 4-6-5 Note).
  - j. A competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.
- 9. State Meet Terms and Conditions:**
- a. **Admission to the State Cross Country Championships is \$8.00 per person. Children age 5 and under will be admitted free of charge.**
  - b. The state meet course has been reserved from 2:00 p.m. on Friday (the day before the state meet) and for all day the day of the meet.
  - c. Dogs and bicycles are not permitted on the Gans Creek Cross Country Course. Service dogs will be allowed ONLY if owner provides APPROVED credentials at the gate.
  - d. Coaches may pick up school packets on Friday from 2:00 p.m. - 5:00 p.m. or on Saturday morning after 7:00 a.m.
  - e. Inspectors/umpires will be stationed around the course to report any potential rule infraction.
  - f. The finish places and times shall be determined via a computer chip method (embedded in the front and back bibs).
  - g. At the state meet, coaches shall disclose in writing all pre-existing medical conditions (i.e., an athlete susceptible to exercise-induced asthma) to the coordinator of the medical staff or emailed/faxed beforehand to the MSHSAA office by 12:00 p.m. on the Thursday before the state meet.
  - h. **MANAGER/TEAMMATE WRISTBANDS:** Schools may purchase (on Friday and/or Saturday of the state meet) manager and teammate wristbands at the team packet pick up trailer. These wristbands will allow the manager/teammates entrance into the meet, along with entrance into Runner's Village. These are for students only; **ADULTS WEARING THESE WRISTBANDS WILL HAVE THEM REMOVED AND REPLACED WITH GENERAL ADMISSION CREDENTIALS. Note: On race day access to tent city is limited to athletes, coaches and non-qualifiers as designated by the coach.**