

DATES TO REMEMBER

_____	First allowable practice	August 7
_____	Deadline for completion of Online Rules Review and Coaches Rules Test	August 18
_____	TENTATIVE: Release of District Sites	August 25
_____	First allowable contest (By-Law 3.9.1 Conditioning requirements must be met prior)	August 25
_____	Deadline to withdraw from season/post-season for classification purposes.	August 31
_____	Class/District Assignments Released	September 8
_____	District Entry Window Opens	September 25
_____	District Entry Deadline – 6:00 PM Roster → On MoMileSplit Pass List → On MSHSAA	October 23
_____	District Meet – Locations TBD All Classes Make-up Date	October 28 October 30
_____	State Entry Verification Deadline – 6:00 PM	October 30
_____	Notice of Pre-existing Medical Conditions Deadline – 12:00 PM	November 1
_____	State Championships – <u>Gans Creek Recreation Area, Columbia, Missouri</u> See Section 5.B.2 for annual rotation	Nov 3 & 4

Future postseason schedules may also be found at the back of the Official Handbook which may be located at www.mshsaa.org

Dates, times and locations are subject to change under the authority of the Board of Directors.

2023 CROSS COUNTRY RULES REMINDERS

1. **APPROVAL OF OFFICIALS** - MSHSAA By-Law 6.1.1 – All officials used in regular and postseason meets shall be MSHSAA registered officials. Officials shall be engaged by a written contract.
2. **COACHES** - 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. Coaches can help by encouraging students to become officials.
3. **INTERPRETERS** – Are available to coaches and officials for game rule interpretations. Interpreters are:

C. Don	Harris	SE	Fb5575@charter.net
Emry	Dilday	SW	emrydilday@sbcglobal.net
		NE/SC	
Matt	Symonds	NW	msymond@nwmissouri.edu
Dean	Hays	C/KC	deanghays@yahoo.com
Craig	Kammien	StL	ckammien@charter.net

Please contact your local rule interpreter before calling the MSHSAA Office. If further clarification is needed, interpreters shall contact the MSHSAA Office.
4. **ONLINE RULES REVIEW & TEST - ALL Coaches** must complete the rules review and test requirement. If the review and/or test must be reopened after the deadline a \$50 fee will be assessed. The rules review and test window shall be open online through the MSHSAA website. The window opens one (1) week prior to the first allowable practice and closes three weeks later. Please see the Dates to remember page for the annual deadline.
5. **OFFICIAL REPORTS** - Are on the MSHSAA website on your Schools page under the Officials section. They are to be used to report issues regarding the conduct of officials beyond what the rating system allows. The report may be a complimentary report as well as one to call attention to concerns. Schools are strongly encouraged to take the time to submit positive reports on outstanding officiating. Officials are required to respond to these reports and responses shall be reviewed by MSHSAA staff.
6. **PROFESSIONALISM RESPONSIBILITIES** - Coaches are expected to be professional and business-like toward officials and 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. There is to be no admittance to officials' dressing rooms before, during or after matches unless by designated school authorities there on official business. 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) do not hassle them -- simply do not rehire them.
7. **SANCTIONING** (By-Law 3.18.8): Any time a MSHSAA member school competes in a tournament, by definition, with an out-of-state school(s) or in any event co-sponsored by any party other than a MSHSAA member school (e.g. a university, theme park, shoe company, etc.), a sanctioning request must be made through the MSHSAA website at least 30 calendar days prior to the event. If the event involves National Federation Sanctioning, an application must be completed at least 90 days prior to the event through the NFHS website (www.nfhs.org). It is the event host's responsibility to obtain sanctioning, however, each participating MSHSAA member school shall take responsibility to verify that the sponsor has sanctioned the event prior to participation.
8. **HEAT ACCLIMATIZATION**: As Cross Country is a Fall Sport, you are obligated to following the Heat Acclimatization process defined in By-Law 1.7 and outlined in Diagram 1.7 of the MSHSAA Handbook. Make sure you have reviewed this with all of your coaches, athletes and parents.
9. **CONDITIONING REQUIREMENTS**: Athletes must have completed 14 days of conditioning practice prior to being eligible to compete. Please review By-Law 3.9 for definitions and details
10. **ELIGIBILITY ROSTERS**: You must work with your AD to make sure all runners are accurately placed on your eligibility roster. This is required by By-Law 3.4. Additionally, these are what are used to build the upload to MoMileSplit for the each season.
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.
12. **SUGGESTED RACE DISTANCES (Boys and Girls)**:
 - a. High School – 5000 meters (3.1 miles)
 - b. Freshman(Only) – 3200 meters (2 miles)
 - c. 7th and 8th – 3200 meters (2 miles)
13. **POINTS OF EMPHASIS**:
 - a. Using your Cross Country Manual
 - b. Postseason Entries – Section 4.A & B
 - c. Disqualification for excessive competitors

