



## 2020-2021 Cross Country Rules Modifications



The following rules modifications by the NFHS have been approved by MSHSAA for implementation for the 2020-2021 school year. The modifications outlined in this document are meant to decrease potential exposure to respiratory droplets by encouraging social distancing, limiting participation in administrative tasks to essential personnel and allowing for appropriate protective equipment.

### Return to Competition

#### General Considerations:

- Maintain current recommended social distancing guidelines at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
  - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
  - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
  - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
  - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- **Pre and Post Game Ceremony:** Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.

#### Considerations for Coaches:

- Communicate your guidelines in a clear manner to students and parents.
- Consider conducting workouts in “pods” of same students always training and rotating together in practice to ensure more limited exposure if someone develops an infection.
- Keep accurate records of those athletes and staff who attend each practice in case contact tracing is needed.

#### Considerations for Officials:

- Bring personal hand sanitizer. Wash hands frequently
- Don't share equipment.
- Follow social distancing guidelines:
  - Pre and Post Meet conferences,
  - Clerking at the start line,
  - Tabulations and posting of results.
- Consider using electronic whistle.
- Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
- Officials personnel may wear cloth face coverings at all times.