

# CROSS COUNTRY



*Coaches and/or officials alone or in combination have NO authority to set aside any National Federation or WIAA rules/regulations.*

## 2012-13 MAJOR RULES CHANGES

- 3-4-2 The referee's authority begins upon arrival at the meet site and concludes 30 minutes after the last event results have been announced or made official. The referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualification that are responsive to actions occurring while the referee has jurisdiction. State associations may intercede in the event or unusual incidents after the referee's jurisdiction has ended or in the event that contest is terminated prior to the conclusion of regulation play.
- 9-6-1b,  
9-6-1c A visible garment worn under the uniform top and/or bottom displaying contrasting/different color stitching to the single, solid color of the undergarment and which functions as the actual seam for the undergarment's construction is legal.
- 9-6-1,  
9-6-3 PEN Penalty for jewelry and uniform 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 notify the coach of the offending school of the competitor's violation and the warning.
- 9-1-1 The cross country run shall be a course 2500 to 5000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurements shall be along the shortest possible route a runner may take.
- 9-3-3,  
9-6-2 Computerized transponders may be used to record the finish of a runner in cross country. A bib transponder or two transponders per runner, one attached to each shoe, must be used. When transponders are used, the official order of finish for the runners is that recorded by the transponder, torso for bib transponder and foot for chips.

## TOURNAMENT DATES

Earliest Day of Practice - August 13

Complete Viewing of Video - August 20

Earliest Meet - August 21

Sectional Entry Deadline - October 16 11:59 p.m.

Sectionals - October 19-20

ACT Test Date - Saturday, October 27

State Meet - October 27

Coaches Advisory Meeting - December 3

### **Wisconsin Interscholastic Athletic Association**

5516 Vern Holmes Drive - Stevens Point, WI 54482-8833

Phone: (715) 344-8580

Fax: (715) 344-4241

Web site: [www.wiaawi.org](http://www.wiaawi.org)

Email: [mthurwachter@wiaawi.org](mailto:mthurwachter@wiaawi.org)

# 2012 CROSS COUNTRY REGULATIONS - SEASON REMINDERS

## PRESEASON AND OUT-OF-SEASON

- a. Organizational meetings may be conducted outside the season provided no instruction or practice is included and the meeting(s) has been approved by school administration.
- b. So long as participation is voluntary and available to all interested students, there shall be no restrictions upon schools, school teams and school coaches (grades 9-12) relative to assembling in the summertime, for up to 5 days which do not need to be consecutive for all WIAA sports sponsored by the school. Unrestricted contact days must conclude no later than July 31.
- c. It is the philosophy of this Association that while athletes should not be unreasonably restricted, except during the actual school season of a sport. *NEW* Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. The one exception shall be in the summertime. Members of a school's team may voluntarily assemble with their teammates and coaches in the summertime for purposes of instruction and/or competition for up to 5 days in all WIAA sports sponsored by the school, without restriction. Note: Whether an opportunity is school sponsored or not, coach contact may not exceed Board of Control approved contact days.
- d. Other than during the actual school season and those days designated as unrestricted coach contact days in the summertime, the following provisions shall apply to nonschool participation in accordance with the above:
  1. An acceptable nonschool program or activity is one which is not limited to students on the basis of a school affiliation, athletic experience, team status, etc.
  2. The person who will be coaching a student in the following school season shall not be permitted to coach that student other than during the designated school season and Board of Control approved coach contact days in the summertime. Board of Control approved summertime contact is as follows:
    - (a) Coaches in all WIAA recognized sports (baseball, cross country, football, golf, gymnastics, softball, swimming & diving, tennis, track & field, volleyball, soccer, basketball, hockey and wrestling) have been afforded up to 5 days of unrestricted summertime coaching contact between the end of school and July 31, in

accordance with the Bylaws and as described above. The five days do not need to be consecutive.

Note: There must be a minimum of one calendar week (Sun.-Sat.) of no school and/or coach contact (i.e., the week immediately preceding) the first allowed practice in a fall sport (beginning in 2012).

(b) Coaching contact beyond the five unrestricted days is permitted to continue throughout the summertime (when school is not in session) in the sports of baseball, cross country, golf, gymnastics, soccer,\* softball, swimming & diving, tennis, track & field and wrestling, in accordance with the Bylaws and as described above.

\*Unlimited nonschool coach contact for fall soccer must conclude by July 31.

Note: Coaches or others may not mandate participation or provide any incentives to athletes for participating in summertime/out-of-season activities/programs. Participation may not be a requirement for making a school team or earning a letter award, etc.

## MAXIMUM ALLOWED MEETS

- a. The maximum number of meets is 11.
- b. Conference tournaments must be included in count of regular season maximums.
- c. No meet may be scheduled (but a meet may be rescheduled if postponed) after any of the schools involved has begun WIAA tournament series competition.
- d. The WIAA tournament series is not part of the maximum allowed meets.
- e. Competition involving students not eligible for the school's official interscholastic teams (e.g., Grade 7-8 students) must be conducted at a time other than during the period (start to finish) of a meet.
- f. Except for events held in bordering states (MN, IL, MI, and IA), no approval shall be provided for more than one out-of-state competition, event and/or scrimmage per team each school season.

## PROHIBITION OF PRACTICE AT TOURNAMENT SITE

Schools are prohibited during the regular season and the WIAA tournament series from practicing for sectional and State Tournament preparation at sites and facilities hosting WIAA tournaments.

### Points of clarification:

\*"Schools" include teams and their individual athletes. Even if an individual acts independently. \*There is no distinction between a meet held on school property, a golf course, or public park. All would be considered tournament sites.

\*The host school may continue to practice on the meet site if they have an established history of practicing there. \*If another school has a history of practicing at a public park that is now a site for a sectional meet, they may continue to practice there. For example, Team A runs a hill workout at XYZ Park on Wednesdays or Team B runs repeat halves at XYZ Park on Mondays. This does not mean that Team A or B may now run the race course just because they have a history of using the park for particular workouts.

\*Coaches, teams, and/or individuals are allowed to attend meets held at sectional courses as spectators. Spectating does not include running or walking the entire course. What do spectators usually do? They watch the start, go to the mile and two mile marks, watch the finish or go to an interesting feature of the course; a steep hill.

\*Teams are allowed to compete in meets held prior to the sectional meet at the sectional meet course. A conference meet held at the sectional meet course would not be considered a violation of the rule. \*Coaches may videotape the course and show the tape to their athletes.

### What you need to do:

Be certain that your athletes AND parents know and understand the rule. Keep the "spirit" of the rule in mind. If it looks like practice it probably is!

This is the current interpretation of the language and it applies to almost all of the sports (except golf) sponsored by the WIAA. The current language has been discussed by the Cross Country Coaches Advisory Committee and has been presented at the WCCCA Clinic by WIAA staff. Previous committees have not chosen to change the current language as it applies to cross country. Coaches with specific language changes should contact a member of the Advisory Committee or Marcy Thurwachter (WIAA).

## NATIONAL FEDERATION ALLOWED ADAPTATIONS

1. The maximum length of a course is 5000 meters for boys and 4000 meters for girls. (Rule 9-1-1).  
Note: Schools hosting meets may experiment with the girls race at 5000 meters.
2. Spikes, if allowed, may **NOT** be longer than 1/2 inch (Rule 9-5-3).
3. Measuring wheels on visiting courses must be used for coaching purposes only. If used to question or challenge the length of the course the coach shall be charged with "Unsportsmanlike Conduct."
4. Any runner, coach, or team personnel who is observed tampering with a flag on the course anytime during premeet warm-ups, competition, or post-meet activities shall be charged with "Unsportsmanlike Conduct."
5. Any runner who has not reported to the clerk of course prior to the three-minute race countdown shall be charged with "Unacceptable Conduct."

## STATE ASSOCIATION REGULATIONS

### UNIFORMS/EQUIPMENT

1. Headwear - The only allowed head coverings are knit caps which may be solid or multi-colored. School names, nicknames and mascots are allowed, along with a manufacturer's logo. Items covering the entries head such as scarves, bandannas, do-rags, baseball caps, etc. may not be worn during competition. Waivers for other head coverings may be issued for religious or medical situations by the WIAA staff.
2. A single manufacturer's logo/trademark no more than 2 1/4 square inches with no dimension more than 2 1/4 inches is permissible on all apparel, including clothing worn under the uniform.
3. Visible Apparel - School name, school nickname, or school mascot are legal on the collar of a turtleneck shirt.
4. Athletes must compete using the defined appropriate shoes/spikes.
5. The identical uniform rule applies to all varsity and nonvarsity teams.
6. Individual(s) teams competing while wearing an illegal uniform/other apparel or uses illegal equipment as defined by the National Federation Track & Field and Cross Country Rules Books will be disqualified. The disqualification may occur during or after the race. Jewelry follows NFHS Rule 9-6-3, Penalty.

### STARTING PROCEDURE

The following starting mechanics and techniques (season and WIAA tournament series) must be used at all meets:

1. **STARTERS should not give instructions** nor answer questions after the three-minute countdown. The information given over the public address system must be:  
15 minutes to the start of the race  
10 minutes to the start of the race  
5 minutes to the start of the race  
3 minutes to the start of the race - **all runners must have reported to the clerk of course**  
2 minutes to the start of the race - **all runners, remove sweats, coaches must vacate area**  
1 minute to the start of the race - **all runners must be positioned, and remain, behind the starting line**  
30 seconds to the start of the race  
15 seconds to the start of the race  
10 seconds countdown to 5 seconds  
The **starter** fires the gun when all runners are "**motionless and set.**"
2. If a public address system is available the entire countdown to 5 seconds is done by the announcer. The starter is responsible only for firing the gun when all runner are motionless and set.

## STATE ASSOCIATION RECOMMENDATIONS

The following recommendations apply to courses:

1. Course should be marked no later than 1 1/2 hours before the meet.
2. Course should only cross pavement, not run along the side of roads, parking lots, and sidewalks.
3. Natural barriers should be utilized where possible.
4. Blue flags should be used where the course is not lined or where there might be a question.
5. Flags should be placed three feet to the side of lines.
6. The starting line should be established so that lane 1 is on the runner's left.
7. A visual marker (flag, cone, etc.) must be present 100 meters from the starting line to assist officials with recalls.

## **continued STATE ASSOCIATION RECOMMENDATIONS**

8. Distance from start to first significant turn should be 300 to 400 yards. Double turns should be used instead of 90 degree turns where possible, particularly early in the course.
9. Course should allow 800 meters before the course narrows and restricts runners to pass.
10. Chute should be constructed long enough and in such a manner to eliminate potential overflow of runners.
11. Course distances should be as accurate as possible. Markers should be clearly visible at each mile with splits provided all runners at those points.
12. Course should allow 1/2" spikes to be worn.
13. Meet management should have both a primary and a backup scoring system.
14. Meet management must identify the restricted and nonrestricted areas.
15. The use of lead and trail vehicles/carts is recommended. If only one vehicle/cart is available it should be used in a trail capacity.
16. The use of music at meets should cease two minutes prior to the start of the race.

## **SECTIONAL ENTRIES - PTTIMING**

Sectional Entries will be made on-line at: [www.pttiming.com](http://www.pttiming.com) - Deadline for entries is 11:59 p.m., Tuesday, October 16.

## **NEW PRE-MEET MUSIC**

Pre-meet music must end two minutes prior to race time.

## **NIKE TEAM NATIONALS AND OTHER POST-SEASON TEAM COMPETITIONS**

NXN is a post-season competition that involves a regional qualifying round. The WIAA does not allow high school teams to participate in these meets but, does allow "club teams" to participate.

### **CLARIFICATION:**

\*No contact with the high school cross country coach is allowed after the date of the State Cross Country Meet. \*The team must be a club team. No high school uniforms, warm-ups, transportation, or funding is allowed. The team should not be identified as the high school team. For example; "Central High School" is not acceptable but "Cheetahs Running Team" would be.

\*Teams may not be chosen or invited based upon their performance at the WIAA State Cross Country Meet. They must run a qualifying meet which is open to all.

\*Amateur status rules must be followed. From the Rules At A Glance: C. AMATEUR STATUS A student may not accept, receive and/or direct to another, any cash or merchandise awards for achievement in athletics. This means athletes may not accept items such as shoes, jackets, gift certificates, etc., for athletic accomplishments, such as being on a winning team, being selected for the school varsity team, or being a place winner in an individual tournament, etc. They may receive an award which is symbolic in nature, such as trophies, medals, ribbons, event T-shirts, event hats, game balls or other items of no intrinsic value. Rules further prevent athletes from receiving compensation or benefit, directly or indirectly, for the use of name, picture and/or personal appearance as an athlete. This includes receiving free and/or reduced rates on equipment, apparel, camps/clinics/instruction and competitive opportunities that are not identical for all other participants. A student may not be identified as an athlete, provide endorsement as an athlete, or appear as an athlete in the promotion of a commercial/advertisement and/or profit-making event, item, plan or service. Also, an athlete violates this rule if he/she plays in any contest (school or nonschool) under a name other than his/her own. (RE - Art. IV).

Individual competitions such as the Foot Locker, Border Battle, USATF qualifier, etc. would be allowed with the same stipulations as those indicated above. Individual athletes may not be identified with their high school team but may use their hometown.