

Cross Country (Boys and Girls)

SEASON REGULATIONS

(Rules in this section are specific for sport involved. Refer to Constitution, Bylaws and Rules of Eligibility for regulations related to age, residence, scholarship, amateur status, etc.)

ALERT: State Law (175.22) prohibits use of cell phones (and other image-recording devices) in locker rooms except in emergency situations.

1. 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 August 8.
- c. It is the philosophy of this Association that athletes should not be unreasonably restricted, except during the actual school season of a sport. Subsequently, students may voluntarily assemble at any time without school and/or school coach involvement. With school consent, in the summertime, members of a school's team may voluntarily assemble with their teammates and coaches 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. and no school monies or resources can be applied.
 - (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) Unrestricted School Coaching Contact - 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 school coaching contact between the end of school and August 8, in accordance with the Bylaws and as described in item B of this section. The five days do not need to be consecutive.
 - 1) There must be a minimum of one calendar week (Sun.-Sat.) of no unrestricted school coaching contact prior to (i.e. the week immediately preceding) the first allowed practice in a fall sport. This does not affect unlimited nonschool coaching contact.
 - 2) Football must follow the WIAA Fall Acclimatization policy.
 - (b) Unlimited Nonschool Coaching Contact – Coaches in all sports except football have been afforded unlimited nonschool coaching contact beyond the five unrestricted days that is permitted to continue throughout the summertime (when school is not in session from the last day of school to the start of school) in accordance with the Bylaws and as described in Section 2 – A and C-1) of Rules of Eligibility, Article VI - Nonschool Participation.

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.

2. LENGTH OF SEASON

The earliest day practice may begin is Monday of Week 7 (August 17). The season ends with the State Meet on Saturday of Week 17 (October 31).

3. MINIMUM DAYS OF PRACTICE

- a. There must be practices on a minimum of seven different days before the first competition may be conducted.
- b. The minimum days of practice may not involve a team from outside the school.
- c. The minimum days of practice prior to the first competition is a team requirement. While it is desirable for each participant to satisfy this requirement, schools will determine when students may begin competition.
- d. Teams must rest from all physical activity for at least one calendar day after six consecutive days of practice or competition. In the event extreme weather forces a WIAA tournament contest to be cancelled, school administration may request relief.

4. SCRIMMAGES

- a. One scrimmage, over one day, with another school or schools may be conducted in addition to the maximum allowed meets, provided all athletes participating meet all WIAA and school eligibility requirements (exceptions: students ineligible due to academic deficiency, code of conduct violations, or those required to miss the next competitive event, due to being ejected from their last competitive event, may participate at the discretion of the school), and:
 - (1) Five different days of practice have elapsed.
 - (2) There is no loss of academic class time.
 - (3) Each high school team, i.e., varsity, JV, sophomore, freshman, is allowed one scrimmage.
 - (4) An individual student is allowed to participate in only one day of scrimmage activity. Note: An individual student may participate in multiple levels of scrimmages conducted on the same day.
 - (5) It may be held any time during the regular season or the WIAA tournament series.
 - (6) No score is kept.
 - (7) A win/loss does not count in a team's overall record.
- b. Any interschool scrimmage other than the one described in 4a counts toward the maximum allowed meets.

Note: If either school counts a scrimmage as a game, it must be counted as a game for both programs, schools or teams.

5. DATE OF FIRST MEET

The first meet may not be held before Tuesday, August 25.

6. MAXIMUM ALLOWED MEETS

- The maximum number of meets is 11. Schedules of all teams should be clearly published and separated by level for each team sponsored by a school.
- Conference tournaments must be included in count of regular season maximums.
- 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.
- The WIAA tournament series is not part of the maximum allowed meets.
- 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.
- 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.

7. INDIVIDUAL PARTICIPATION LIMITATIONS

- A student who participates at both the varsity and nonvarsity levels during the season may not participate in more than 11 meets.
- A student may not run more than one race in each meet.
- Only students eligible for the school's official interscholastic teams may participate on an exhibition basis.

8. FLAGRANT OR UNSPORTSMANLIKE CONDUCT

- A student, disqualified from a contest for flagrant or unsportsmanlike conduct, is suspended from interscholastic competition for no less than the next competitive event (but not less than one complete game or meet) at the same level of competition as the disqualification.
- Athletes who are ineligible during the WIAA Tournament (for any reason) may not appear in uniform, participate in warm-ups, and may not participate in the awards ceremony at the WIAA Tournament. Exception: An injured athlete will be allowed to participate in the awards ceremony provided he/she is included in the roster allotment for that game. During the regular season, schools should establish their own policy as to whether athletes are allowed to be in uniform and participate in pregame and postgame activity, if they are ineligible to compete due to flagrant and/or unsportsmanlike conduct, athletic and/or academic code violations, or for any other reason.
- Any player who in the judgment of the official, intentionally spits on, strikes, slaps, kicks, pushes or aggressively physically contacts an official at any time shall be immediately ineligible for competition a minimum of 90 calendar days from the date of the confrontation. In addition, the player is ineligible to compete for the first 25% of the next season in that same sport.

9. 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.

10. CONTEST CONTROL

- All schools are responsible before, during, and after a contest for the proper conduct of their coaches, athletes, students, and other spectators and, when requested, a school must complete a report regarding the contest in which a problem occurred (WIAA Bylaws, Article X).
- Schools are expected to prohibit and/or eliminate pranks, mischief, or any other activity involving destruction, theft, etc., of athletic facilities, equipment, and material.

11. LICENSED OFFICIALS

One WIAA licensed official (referee-starter) is required, but two are recommended for all interscholastic competition.

12. MEDICAL COVERAGE

For all meets and practices emergency procedures should be in place as per DPI and Wisconsin Statute 121.02 (1) (g) Emergency Nursing Service. These should include, but are not limited to, such things as:

- A physician available by phone or on location.
- Phone location and phone numbers available for contacting physician and/or ambulance service.

13. CONCUSSION AND/OR UNCONSCIOUS PARTICIPANT

No athlete shall return to play or practice on the same day of being diagnosed with a concussion. Any athlete suspected of having a concussion must be evaluated by an appropriate health-care professional that day. Any athlete with a concussion must be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition. Return to play must follow a step-wise protocol which includes provisions for delaying return to play based upon the return of any signs or symptoms. Any athlete deemed unconscious must have medical evaluation and clearance before being allowed to return to participation.

14. OXYGEN AND FLUIDS PROVIDED INTRAVENOUSLY

- Oxygen administered by mechanical means for recuperative purposes is not permitted.
- Fluids provided intravenously is an invasive procedure to be used only in emergency situations. An athlete may not return to competition the same day.

Note: See WIAA Medical Policies and Procedures for additional medical information.

15. RULES GOVERNING COMPETITION

The official rules for all interscholastic competition are contained in the (a) current editions of TRACK AND FIELD AND CROSS COUNTRY RULES, CASE BOOK, and OFFICIALS MANUAL and (b) related publications and interpretations of the National Federation with these additional provisions:

NATIONAL FEDERATION ALLOWED ADAPTATIONS

- A double line (painted inside and outside) and/or use of natural or artificial boundary markers as an alternative method to mark a cross country course. Flags would still be required. (Rule 8-1)
- The maximum length of a course is 5000 meters for boys and girls. (Rule 8-1-1)
- 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." (Rule 8-7)
- 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". (Rule 8-7)
- Any runner who has not reported to the clerk of course prior to the three-minute race countdown shall be charged with "Unacceptable Conduct". (Rule 8-7)

NATIONAL FEDERATION 2020 COVID RELATED

- a. Possible Rule Modifications
 - (1) 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.

STATE ASSOCIATION REGULATIONS

- a. Starting Procedure (Rule 8-4-4)

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 and non-competing athletes 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 runners are motionless and set.
 - (3) Other than music used by meet management, noisemakers and audible music will not be allowed at or near the starting line. (Earbuds are allowed.)
- b. Uniforms/Equipment (Rule 8-6-1)
 - (1) Headwear – The only allowed head coverings are knit caps/headbands (ear warmers) which may be solid or multi-colored. School names, nicknames and mascots are allowed, along with a manufacturer's logo. Items covering the entire head such as scarves, bandanas, 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) Athletes must compete using the defined appropriate shoes/spikes. Spikes, if allowed, may NOT be longer than 1/2 inch. [Rule 8-6-1a(3)]
 - (3) The identical uniform rule applies to all varsity and nonvarsity teams.
- c. Coaches must report to their school administration within 48 hours following a contest any player or coach ejection. School administrators must then report the ejection to the WIAA via written communication within three (3) school days following the contest. This written communication must also include a plan of action to prevent future ejections. Officials will continue to provide electronic reports to the WIAA.

STATE ASSOCIATION RECOMMENDATIONS

The following recommendations apply to courses:

- a. Course should be marked no later than 1 1/2 hours before the meet.
- b. Course should only cross pavement, not run along the side of roads, parking lots, and sidewalks.
- c. Natural barriers should be utilized where possible.
- d. Blue flags should be used where the course is not lined or where there might be a question.
- e. Flags should be placed three feet to the side of lines.
- f. The starting line should be established so that lane 1 is on the runners' left.
- g. A visual marker (flag, cone, etc.) must be present 100 meters from the starting line to assist officials with recalls.
- h. 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.
- i. Course should allow 800 meters before the course narrows and restricts runners to pass.
- j. Chute should be constructed long enough and in such a manner to eliminate potential overflow of runners. (Rule 8-3-4, 8-3-5, 8-4-7 Figure 10)
- k. Course distances should be as accurate as possible. Markers should be clearly visible at each mile with splits provided all runners at those points.
- l. Course should allow 1/2" spikes to be worn.
- m. Meet management must identify the restricted and nonrestricted areas.
- n. 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.
- o. The use of music at meets should cease two minutes prior to the start of the race.

16. NON-VARSITY TEAMS WITH ONLY GRADE 9 STUDENTS

The **above** rules apply with these additional provisions:

- a. The season ends on Saturday of Week 16 (October 24).
- b. The maximum number of meets is eight.

17. GRADE 9 STUDENTS PARTICIPATING ON GRADE 8 TEAMS

- a. Rules governing junior high/middle level competition are contained in the Junior High/Middle Level Handbook.
- b. A school may not allow its students in Grades 9, 10, 11 and/or 12 to compete against another member school's students in Grade 8 and/or below.

Note: In emergency situations a waiver may be requested allowing 9th grade student(s) at member middle schools to compete at the 8th grade level at member middle schools.
- c. Rules governing Grade 9 season length apply for teams with students Grade 9 and below.