

2026 Cross Country Exam

Please answer all 25 questions below. For True/False questions, select TRUE or FALSE. For multiple-choice questions, select the best answer choice.

1. The course should be marked no later than 1 1/2 hours before the meet.
☐ TRUE ☐ FALSE
2. If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.
☐ TRUE ☐ FALSE
3. Only one licensed WIAA official is required for a regular season meet; however, two are recommended.
☐ TRUE ☐ FALSE
4. Electronic devices shall not be used to transmit information to the competitor during the race or trial, however biometric data from watches is allowed.
☐ TRUE ☐ FALSE
5. A competitor finishes a cross country race when:
 - A. The arm and/or hand of the runner breaks the plane of the finish line when using hand- or image-based timing system.
 - B. A runner slides feet-first through the finish line.
 - C. The head of the runner breaks the plane of the finish line when using hand- or image-based timing system.
 - D. The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.
6. Eighth graders are allowed to compete on Wisconsin senior high school teams with a waiver from the WIAA office.
☐ TRUE ☐ FALSE
7. Which of the following may be placed on a track and field or cross country uniform top?
 - A. Competitors name.
 - B. A single manufacturer's logo meeting dimension requirements.
 - C. School identification.
 - D. All of the answers are correct.
8. At a coaches' meeting prior to the meet, the referee shall address the following with the coaches:
 - A. All team members are expected to exhibit good sporting conduct.
 - B. The head coach shall verify, verbally or in writing, that all of his/her competitors are properly equipped.
 - C. Any special circumstances, procedures and information pertaining to the meet.
 - D. All of the above
9. A competitor shall wear the assigned contestant number and/or computerized transponder/chips during competition.
☐ TRUE ☐ FALSE

10. Clerical or team scoring errors may be corrected up to:
- A. 24 hours after the conclusion of the meet.
 - B. 36 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.
 - C. 48 hours after the conclusion of the meet.
 - D. 48 hours after the conclusion of the meet, unless, in advance, the games committee or the meet director specifies other time period.
11. The use of a measuring wheel or GPS on visiting courses can be used to question or challenge the length of the course.
[] TRUE [] FALSE
12. In a Regional meet, there was a two-way tie for third place, with only five competitors on each team. How would the tie be broken?
- A. Both teams' scores are disregarded as they had fewer than seven runners.
 - B. A modified scoring system may be used if state adopted.
 - C. The tie shall be resolved by totaling the score of the first four finishers.
 - D. Compare the second-place finisher for each team.
13. In case of a discrepancy in the course markings, directional flag markings do not take precedence over any other course markings.
[] TRUE [] FALSE
14. There must be practices on a minimum of _____ different days before the first competition may be conducted.
- A. 5
 - B. 6
 - C. 7
 - D. 8
15. Schools are prohibited from practicing at a sectional/state tournament site.
[] TRUE [] FALSE
16. It is considered Unsportsmanlike Conduct or Unacceptable Conduct if:
- A. A runner or coach tamper with a flag on the course.
 - B. A runner has not reported to the clerk of course prior to the three-minute race countdown.
 - C. A runner uses profanity toward another person
 - D. All of the above
17. Competitors may wear the following headwear, unadorned except for school name, nickname, or mascot and following the single 2 ¼" manufacturers logo, during competition:
- A. Billed caps or visors
 - B. Knit caps
 - C. Durags
 - D. All of the above

18. Spikes, if worn, may not be longer than:
- A. $\frac{1}{4}$ inch
 - B. $\frac{1}{2}$ inch
 - C. $\frac{3}{4}$ inch
 - D. 1 inch
19. Per WIAA Rules of Eligibility, with school approval a cross country student-athlete may compete in up to 2 non-school contests, such as a Fun Run, during the regular season, but not during the WIAA Tournament Series.
- ☐ TRUE ☐ FALSE
20. Legal bottoms of a cross country uniform must meet the following standards:
- A. All members bottoms are the same color.
 - B. All members bottoms are the same style, but "French cut" or high cut bottoms are not allowed.
 - C. Both A and B
 - D. None of the above
21. In a cross country race, the course should be marked using the following:
- A. Painted boundary line, may be both inside and outside.
 - B. Natural or artificial boundary markers.
 - C. Directional flags or sign posts at least 6 feet above the ground and visible for 100 feet.
 - D. All of the answers are correct
22. All athletes on a team must wear a matching uniform either approved by the school or issued by the school.
- ☐ TRUE ☐ FALSE
23. A health-care professional, designated by meet management (games committee), can assess a downed competitor on the course, for the purpose of determining the competitor's ability to continue the race.
- ☐ TRUE ☐ FALSE
24. Which of the following is legal for a competitor to wear during competition?
- A. Solid block face paint, covering the entire face, in the competitor's school colors
 - B. A small temporary tattoo of the competitor's school logo on his/her cheek
 - C. A costume hat shaped like the competitor's school mascot
 - D. None of the above
25. Even if the clerk, meet referee, or starters do not see something prior to competition, if a competitor competes wearing an illegal uniform or uses legal equipment, the competitor will be disqualified during or after the race.
- ☐ TRUE ☐ FALSE