# Cross Country Q&A

## Rule 3

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| **QUESTION 1:** | Can a competitor utilize a running app on their Apple Watches during a Cross Country Meet? This app would convey information to the competitor during the meet. | |
| **ANSWER:** | NFHS Rule 3.2.8a - "Electronic devices shall not be used to transmit information during the race". | Rule 4.6.6a |
| **Comment:** | ~~Rules 3-2-8a and 4-6-5d state that~~ no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified. While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, garmets they have on or the ring they are wearing. | |
| **QUESTION 2:** | Can a competitor wear ear buds during a Cross Country Meet? | |
| **ANSWER:** | No. Ear buds can have bluetooth capabilities and therefore could become a communication device. NFHS Rule 3.2.8a - "Electronic devices shall not be used to transmit information during the race". | Rule 4.6.6a |
| **QUESTION 3:** | A competitor has a brand new sports performance watch which provides audible status to the competitor while he/she is competing in a Cross Country Race. The device calls out pace data, stride, speed, endurance data, and advises the competitor if they should speed up or slow down on the "performance curve" that they have established. The device can be heard by anyone in close proximity to the competitor. Is this legal? | |
| **ANSWER:** | Illegal. NFHS 3.2.8a - "Electronic devices shall not be used to transmit information to the competitor during the race or trial. NFHS 4.6.5f - "It is an unfair act when a competitor receives assistance. Assistance includes "a competitor using an aid during the race or trial. | Rule 4.6.6a |
| **Comment:** | Even though this rule is in reference to a coach transmitting wireless communications, this device is transmitting information to the competitor and is therefore illegal, as it is providing assistance. Preventative officiating should take place in advance of the race, by discussing the matter at the coaches meeting, prior to the meet. | |

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| **QUESTION 4:** | A referee told me it is against the rules for a coach to read the time of the race off of the coach's stopwatch because it is considered "aiding a runner". Can you clarify whether this is correct? ~~I researched the NFHS Track and Field Rules. Ibegan with Rule 8 and could only assume the official was referring to Section 7, Article 4 (Disqualification for a competitor who "receives any assistance from any other person"). That Article cross-references~~ Rule 4.6.5 defines "assistance". The only possible alleged violations that I can think of would be pacing or coaching from a restricted area. I'm not sure where the restricted areas of a cross country course are, other than the path of runners, the start line, and the finish chute. As for "pacing", Rule 4.6.5 Situation B of the Casebook indicates that a coach can call out times and splits. | |
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| **ANSWER:** | Prior to the start of the meet, preferably at the pre-meet coaches meeting, it should be determined where the restricted areas of the course are and where you would be allowed to call splits to your athletes. Ask the meet referee this question directly so that all coaches hear the same answer to avoid issues once the race has begun. | |
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| **QUESTION 5:** | At the coaches meeting at a cross country meet, the meet director informs the coaches that by games committee action, liquids will be provided at various locations on the course. The coach of Team A wants to provide liquids if needed along the course due to extreme humidity. The meet director approves the request for any coach but cautions interference and reminds that there are several hydration areas set up. | |
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| **ANSWER:** | Correct procedure | |
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| **COMMENTS:** | The games committee has the authority to provide liquids and this is not left up to the coaches to have to provide liquid. The NFHS specifically gives the authority to the games committee (meet management) to determine this for each meet (NFHS Rule 3-2-4u). Meet management should have a plan for fluids on the course in situations of extreme heat or humidity and communicate that plan with participants prior to the meet and at the coaches meeting. This can be fluids on the course provided by meet management and/or allowing coaches to provide fluids along the course (see NFHS case book situation below). | |
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| # Rule 4 | | |
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| **QUESTION 1:** | At a recent Cross Country Meet, a varsity team reported to the start line wearing identical uniform tops. However, the bottoms all varied: | |
| | - shorts of different shades of dark or navy blue | |
| | - shorts with two 1.5 - 2 inch white stripes on the side of the shorts | |

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| | - shorts with one .25 inch white piping down the side of the shorts | |
| | - shorts with no stripes or piping | |
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| | Does this team conform to the NFHS legal uniform standard? | |
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| **ANSWER:** | NFHS Rule 4.3.1 - "The competitor's uniform shall be school-issues or school approved". | |
| | NFHS Rule 4.3.2a - "All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members of from the same team". | |
| | Team members may wear a variety of shorts (styles - traditional shorts, briefs, compression shorts, etc.), provided the design is the same (all black, etc., or having the same stripe). | |
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| **COMMENT:** | Due to budget constraints many schools are providing uniform tops only and requiring the team members to purchase a uniform bottom. Coaches must ensure and support uniformity in the individual purchases of uniform bottoms, to adhere to the rules. | |
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| **QUESTION 2:** | Our school is scheduled for a Cross Country Meet where Varsity and JV competitors will be competing in a singular race. They will be timed separately and team scores will be kept for Varsity and JV. We do not have enough uniforms to provide all competitors with the Varsity uniform. Is it permissible for the Varsity competitors to wear the Varsity uniform and the JV competitors to wear the JV uniform? | |
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| **ANSWER:** | NFHS Rule 4-3-2a - "All relay and cross country teams members wear uniforms clearly indicating, through predominant color, school logo and color combination of all out garments worn as a uniform, that members are from the same team". However in this meet, the host is combining two races, Varsity and JV, into one competition. Each school is represented by two distinct teams, Varsity and JV. Each distinct team, from the school, must adhere to the rule. Since they are being timed and scored separately, they do not collectively have to adhere to the rule. | |
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| **QUESTION 3:** | In a Cross Country Race, a runner approaches the finish line. They (a) do a flip and then cross the Finish Line; (b) do a flip over the Finish Line; (c) cross the Finish Line and then do a flip. | |
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| **ANSWER:** | Disqualification in case (a), (b), and (c). Rule 4.6.1 - Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to: disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. Rule 4.6.2 Unacceptable conduct by a competitor includes, but is not limited to: willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school. | |
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| **COMMENT:** | This action could be viewed as both unsporting (dishonorable or taunting) or unacceptable (discredit to individual or school). In the NFHS Rule Book, the penalty for each is disqualification from the event. | |
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| **QUESTION 4:** | Are socks considered part of the uniform? Subject to color or logo restrictions? I've seen a few athletes wearing "Superman" socks. Are these legal? | |
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| **ANSWER:** | Socks are not governed by NFHS rules. However, NFHS has advised that for risk minimization purposes, athletes wearing Superman socks will be instructed to tuck the "capes" into the sock so that other runners do not catch their spikes on the extended fabric. | |
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| **QUESTION 5:** | Please explain the logo rule in regards to the foundation garments. | |
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| **ANSWER:** | Rule 4-3-16-7 Any visible garments worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions. | |
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| **QUESTION 6:** | My team has long tights that they wear under their uniform shorts. The tights have a 1inch wide silver reflective tape that extends up the shin. If the tights are black does the reflective tape make them illegal? | |
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| **ANSWER:** | Rule 4-3-1b-7 No, any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are no longer subject to logo/foundation/reference or color restrictions. | |
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| **QUESTION 7:** | Recently, we've had officials tell us that the very small headbands my girls wear for hair control are illegal because of the manufacturer's logos. Please clarify the rule. | |
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| **ANSWER:** | The ruling would be that logos on hair control headbands are legal. Headbands (knitted, wide ear warmers worn during cold weather) are governed by the State Association Regulations which also applies to knitted caps. These items are subject to the single manufacturer's logo restriction. | |
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| **QUESTION 8:** | Is it a rules violation if a runner begins a race wearing shoes, purposely removes them during the race and finishes in socks? | |
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| **ANSWER:** | Illegal. Please refer to rule 4-3-12, "Each competitor shall wear shoes on both feet."; and 4-3-12-4 “The use of slippers or socks does not meet the requirements of the rule” | 4.3.1a |
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| **QUESTION 9:** | With the new jewelry rule, is it correct that medical alert items no longer have to be taped to the body if they are on chains, etc.? Are medical alerts considered jewelry? | |
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| **ANSWER:** | That is correct. Medical alerts had not been considered jewelry in the past. It is no longer necessary to tape the medal to the body, but make sure the information on the medal is clearly visible. | |
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| **QUESTION 10:** | I cannot find any reference to arm sleeves in the rules book, case book, or WIAA website. The only thing similar I can find is from a bulletin referencing using the sleeves in basketball, but only for medical purposes. Should I be looking outside of the cross country section and go into the track section? | |
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| **ANSWER:** | Legal. Generally, if you do not see something listed in the NFHS rule book or WI Adaptations as being prohibited, it means it’s legal. | |
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| **QUESTION 11:** | In previous years there has been a prohibition against a folded bandana worn as a hair control device or sweatband. Is this still true with the removal of the jewelry ban and restrictions on hair control devices? | |
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| **ANSWER:** | Yes, it is still true. Wisconsin adaptations to the NFHS XC Rules state, "Headwear – Only headbands, knit caps and durags without flaps which are unadorned except for school name, school nickname or school mascots are legal. Waivers for other head coverings may be issued for medical situations by the WIAA staff. | |
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| **QUESTION 12:** | Are GPS watches or other wearable technology permitted during competition? | |
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| **ANSWER:** | NFHS Track and Field and Cross Country Rules do not prohibit the use of wearable technologies, but Rules ~~3-2-8a and 4-6-5d~~ state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified. | 4.6.6a |
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| **QUESTION 13:** | Can competitors wear glow stick necklaces and bracelets at night time events? | |
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| **ANSWER:** | Yes, these are permissible/legal as they are considered jewelry. If battery powered they could be electronic devices, however since they have no communicative ability, would be legal. | |

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| **QUESTION 14:** | In the final stretch of a cross country meet, A1 appears to be shaky, displaying lack of balance, and extremely fatigued. A1 then falls to the ground and attempts to crawl to the finish line. A medical official, approved by the games committee, comes to evaluate the downed runner (A1) on the course and walks alongside the crawling athlete talking with them as they crawl, | |
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| **ANSWER:** | Legal, A1 did not receive aid from the designated medical professional. | |
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| **COMMENT:** | The games committee will establish appropriate health care professionals for a meet. These individuals may evaluate a downed competitor on the course during a race without resulting in disqualification provided no assistance is given in progressing along the course. | |
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| **QUESTION 15:** | In the final stretch of a cross country meet, A1 appears to be shaky,displaying lack of balance, and extremely fatigued. A1 then falls to the ground and attempts to crawl to the finish line. A medical official, approved by the games committee, comes to evaluate the downed runner(A1) and helps A1 to feet and determines A1 can complete the race on their own. | |
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| **ANSWER:** | Legal, even though A1 was helped to their feet for the medical evaluation, A1 did not receive aid from the designated medical professional. | |
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| **QUESTION 16:** | In the final stretch of a cross country meet, A1 appears to be shaky, displaying lack of balance, and extremely fatigued. A1 then falls to the ground and attempts to crawl to the finish line. A medical official, approved by the games committee, comes to evaluate the downed runner(A1) and helps A1 to their feet and assists A1 toward the finish line down the prescribed course. | |
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| **ANSWER:** | Illegal, A1 was walked down the prescribed course towards the finish line and completion of race. | |
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| **QUESTION 17:** | During a triangular cross country meet, the coach of Team B brings cups and water to distribute to the team members to keep them from dehydrating during the races as it is a day with high heat and humidity. The games committee has indicated it will not provide water on the course for all competitors but has identified the unrestricted areas. Team B's coach hands out water from an unrestricted area to the team members during the run. An opposing coach complains, stating that this is giving assistance to those competitors. | |
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| **ANSWER:** | Legal. | |
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| **COMMENT:** | The coach may give liquids to the team members provided it is done in an unrestricted area. It would be much more appropriate for the games committee to provide liquids for all competitors at specific points along the course when temperature and/or humidity could cause a concern for competitors' welfare. | |
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| **Rule 8** | | |
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| **QUESTION 1:** | At our Cross Country Meet we are setting up the Starting Line Area. Is there a recommended distance back that coaches and no-competitors must go to at the two minute countdown mark? | |
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| **ANSWER:** | The NFHS Rule Book makes no reference to the dimensions of the Starting Line Area, only the size of the boxes, at the Start Line. In practice, it is a proactive approach to utilize cones and set up an area 5 - 10 meters behind the Start Line. In this way you have defined the area that the coaches and non-competing athletes must go to. The distance is determined by facility and nature constraints. If possible, utilize 10 meters to clearly differentiate between competitors, non-competitors, and coaches. | |
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| **QUESTION 2:** | Are bibs required for competitors at a cross country meet? | |
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| **ANSWER:** | Rule 8-3-3 requires the competitor to wear one of the following: | |
| | 1. Contestant number | |
| | 2. Contestant number and computerized transponder/chip | |
| | 3. Computerized transponder/chip | |
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| | Rule 8-3-4 states….Computerized transponders/chips may be used to record the finish order of a runner in cross country. A bib transponder or two transponders/chips per runner, one attached to each shoe is preferred. | |
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| **QUESTION 3:** | Is it okay for the directional flags to have our school logo in the center of the flag? It would still be obvious that it is Red, Blue or Yellow flag. | |
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| **ANSWER:** | There is no specific language that prohibits you from putting a loop on the directional flags, however the color of the flag (Red, Blue or Yellow) must remain VERY CLEAR. This means that logos should be applied as to not take away from the function of the flag. | |
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| **QUESTION 4:** | The NFHS Rule Book (8-6-1a3) allows competitors to wear 1 inch spikes but the WIAA Adaptations have a limit of ½ inch. Which is correct? | |
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| **ANSWER:** | Please refer to the Cross Country section of the WIAA Fall Season Regulations. NATIONAL FEDERATION ALLOWED ADAPTATIONS b. “Spikes, if allowed may NOT be longer than ½ inch.” Reports have been received that clerks/officials are not checking spike lengths, but that is not a reason to exceed the allowed length. The penalty for spikes beyond ½ inch is disqualification. | |
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| **QUESTION 5:** | Are the shoes with the individual toes legal? | |
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| **ANSWER:** | Legal, provided the criteria of Rule ~~8-6-1a~~ is met. | 4.3.1a |
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| **QUESTION 6:** | I am concerned about the number of flag whipping incidents that I have been made aware of already this fall. On Saturday, at the Rocket Invitational in South Milwaukee, our number four runner was hit just above the left eye by a flag that was whipped by one of the competitors. Although no stitches were required, he did have a large cut in his eyebrow. If the flag had hit him in the eye, the injury would have been significant. | |
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| **ANSWER:** | Whipping a flag is grounds for disqualification. Rules ~~8-6-16;~~ “A competitor who interferes with another competitor” and ~~8-6-16~~; “A competitor who is unsporting or uses unacceptable conduct.” There is no valid reason for an athlete to grab a flag and bend it other than to cause harm to the runner behind him/her. This is a serious offense and coaches should be certain that their athletes understand not only the penalty but also the potential harm this practice may cause to others. Officials should include a reminder regarding this offense during their coaches meeting. | 8.6.1 |
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| **QUESTION 7:** | At the start of the JV boy's cross-country race, all teams are on the starting line. The time until the start is announced at 15 seconds and all is quiet. At that point one of the teams on the line shouts out a team cheer. Is this considered unsporting conduct? The issue was reported to the meet referee who informed the head coach that team cheers should be done prior to the two minute call and not on the starting line. | |
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| **ANSWER:** | Rule ~~8-7-1~~ regarding a false start refers you to the track rule 5-7-4. Under 5-7-4e (starting violations) is "repeated use of disconcerting acts." I believe that a warning to the head coach regarding this practice would be appropriate. You are also correct that rule 8-7-3 could apply; "..unsporting or uses unacceptable conduct." | 8.6.1 |
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| **QUESTION 8:** | In a recent invitational meet, I noticed athletes in a part of the course that was heavily wooded, cutting the course flags. If this happens during the regular season what will happen during the sectional meets? | |
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| **ANSWER:** | It is the responsibility of the coach to relay the rules of the sport of cross country and also the ethical implications when an athlete decides to cheat by cutting a course. When hosting a cross country meet, hosts should make every attempt to station umpires at flags indicating a turn on the course. This will continue to be a point of emphasis throughout the season. | |
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| **QUESTION 9:** | Are we allowed to run JV boys and girls together? | |
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| **ANSWER:** | Yes, this would be permitted provided the genders are scored separately. | |
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# WIAA Season Regulations

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| **QUESTION 1:** | I have a runner who would like to run in a local 5k race to support a family member with breast cancer. We are in the middle of our cross country season. Is this legal? | |
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| **ANSWER:** | During the season, an athlete may participate in not more than 2 nonschool competitions. Prior approval must be given by the school. (A student becomes ineligible in a sport for the remainder of the season for not receiving school approval beforehand and/or competing in more than 2 nonschool events in the same sport during the season). The contest will not count against the individual maximum for the athlete in that sport. Nonschool competition is not allowed during the WIAA tournament series in that sport. | |
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| **QUESTION 2:** | There are coaches that are under the impression that if a sectional meet is held at a public park, athletes may legally go individually or in small groups to run the course. This would be without coach or school involvement. Is this correct? | |
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| **ANSWER:** | No. Please refer to the Cross Country Season Regulations, “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.” Even though the language specifically states “schools”, this has always applied to individuals as well. Simply directing team members to run the site on a weekend by themselves or individuals running without knowledge of the coach does not make this legal. | |
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| **QUESTION 3:** | I see that the school hosting our sectional has an invite this weekend. I'm planning on going to watch and some of the kids want to go as well. If they go, is it legal for them to walk the course, or walk/jog on the course to get to different vantage points to watch the meet? Is it legal for me to transport the kids to this meet? We have two training groups doing a long run on that same day, with some running before, and some after that Invite, at a park in our town. We understand that we can't "practice" at the sectional site, but I just want to be sure what we do while watching a meet isn't construed as "practicing" by WIAA interpretation. | |
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| **ANSWER:** | Coaches and athletes may attend a cross country meet, as spectators. Athletes may move about the course as would any spectator. Jogging the entire route would not be interpreted as “spectating” but rather as practicing on the sectional site. Coaches, with school approval, may transport athletes during the season. Coaches may also videotape the course for review with their athletes. | |
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| **QUESTION 4:** | We have been competing in a junior varsity meet the week of sectionals for many years and have had our Varsity athletes competing in sectionals come with the junior varsity team and do their work out on the course prior to the JV race. This year that course is the site of our sectional race. Can we still have our Varsity athletes come and get their run in for that day on the course? | |
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| **ANSWER:** | Thanks for checking on this. Your varsity would not be allowed to practice at the sectional course. Please refer to the information posted on the WIAA Cross Country webpage: | |
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| | 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. | |
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| | Points of clarification: | |
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| | *“Schools” include teams and their individual athletes. Even if an individual acts independently. | |
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| | *There is no distinction between a meet held on school property, a golf course, or public park. All would be considered tournament sites. | |
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| | *The host school may continue to practice on the meet site if they have an established history of practicing there. | |
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| | *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. | |
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| | *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. | |
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| | *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. | |
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| | *Coaches may videotape the course and show the tape to their athletes. | |
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| | What you need to do: Be certain that your athletes AND parents know and understand the rule. | |
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| | 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. | |
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| | 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. | |
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| | I've bolded the segment discussion what your varsity runners could do if they chose to attend the JV meet. | |
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| **QUESTION 5:** | If one of our runners is unable to run in the sectional meet and the team qualified for state, can he replace someone who originally ran at sectionals for state? | |
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| **ANSWER:** | Allowed. Please refer to the WIAA Fall Season Regulations, "A school may change its squad make-up from one level of tournament competition to the next." | |
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| **QUESTION 6:** | I have a coach of a club cross country team asking to be part of an invite that we are hosting. They consist of 9 high school boys and girls and are called Holy Family. Can we allow them in? I also have another group of homeschooled students called the Homeschool Eagles. They don't call themselves a club team. Can we allow them in? | |
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| **ANSWER:** | WIAA rules would not prohibit you from including these clubs or homeschool groups in your meet. It is up to the host school to decide whether they want to allow them or not. Some schools are very open to the idea and some absolutely do not want to include non-WIAA member groups. Be certain though, that if they have middle level students they do not enter them or have them compete against senior high students. WIAA rules would prohibit this. However, schools are not allowed to compete against other SCHOOL teams that qualify for WIAA membership but are not members. | |
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| **QUESTION 7:** | Recently at a Cross Country Meet, I observed various types, of markings, glitter, and face paint on competitors. Is there a WIAA Policy on these types of items? | |
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| **ANSWER:** | The WIAA is providing the following guidance: | |
| | 1. Temporary tattoos (school name, nickname, mascot or school approved symbol) can be worn. These cannot be used in a way that is offensive and should not distract from the integrity of the competition. | |
| | 2. Make-up, including eye glitter, and "eye black" can be used and when worn as the manufacturer intends. This cannot be used in a way that is offensive and should not distract from the integrity of the competition. | |
| | 3. Small face paint markings/symbols, similar to the temporary tattoos, can be displayed. However, solid block color, full or partial face paint should not be used. Face paint cannot be offensive and should not distract from the integrity of the competition. | |
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| **COMMENT:** | Coaches and officials should ask the following two questions: | |
| | 1. Does the tattoo make-up, or face paint negatively affect any competitor's ability to run, an unfair advantage for any participant, or create a safety hazard? | |
| | 2. Could (or is) the tattoo, make up, or face paint be offensive and/or distracting to anyone on the course? | |
| | If the answer is yes to either question, the tattoo, make up or face paint should be removed. If the answer to both questions is no, allow the competitor to compete. | |
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# WIAA Adaptations

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| **QUESTION 1:** | At a meet I officiated one of the teams was wearing very nice knit caps with “US Air Force” woven into the caps. I don’t think these are legal to wear. Please clarify. | |

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| **ANSWER:** | Please refer to the WIAA Tournament Procedures: Headwear | |
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| | 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 entire 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. | |
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| **QUESTION 2:** | At a recent meet during the countdown the official announced "Take your marks." I don't recall that being part of the starting commands for cross country. | |
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| **ANSWER:** | Correct. This is not part of the Wisconsin adaptations for the start commands in cross country. | |
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| **QUESTION 3:** | If we are running and scoring 8 athletes in our meet do we need a waiver? | |
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| **ANSWER:** | Yes, the host school administrator should contact the WIAA and request a waiver which would allow 8 athletes to run and score in the meet. | |
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| # Medical | | |
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| **QUESTION 1:** | Is an athlete allowed to use a Velcro pouch to carry their inhaler during the race? | |
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| **ANSWER:** | Legal provided the athlete presented their prescription for the inhaler to the meet referee prior to the start of competition. | |
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| **QUESTION 2:** | What medical items do not require WIAA approval? | |
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| **ANSWER:** | Cast, splint (meet referee inspects to determine if padding is necessary), knee brace (does not need padding), insulin pump, prescription hearing aid. A non-medical device that is allowed: electronic monitoring ankle device. | |
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| **QUESTION 3:** | I was told by a referee that I need to present a form signed by a doctor stating that my runner needs an inhaler for his asthma. Can you tell me where I can get this form? | |
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| **ANSWER:** | There is no form necessary. Rule ~~4-6-7~~ NOTE: "...is not considered an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is present to the meet director/referee...." Your athlete should contact their doctor and request a written statement of the need for the inhaler. You'll need a copy to show to the officials. In most cases the medical usage label found on the inhaler itself is sufficient documentation. | 4.6.5 Notes |
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| **QUESTION 4:** | What items require WIAA approval? | |
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| **ANSWER:** | The coach should provide the meet referee with written approval for the following: EPI pen, prescribed heart monitor, head covering other than what is allowed per WIAA State Adaptation. Athletes running with a "guide" must present written WIAA approval prior to the competition. Athletes needing to carry/use an inhaler should present their physician's written orders to the meet referee prior to the competition. | |
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| **QUESTION 5:** | Do you need a waiver for a runner to wear their insulin pump? | |
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| **ANSWER:** | No, student-athletes can wear their insulin pump when running and do not need a waiver to do so. The pump should be covered in some way when competing. For more information on non-required equipment that can be worn without waiver for cross country see the Medical Policies and Procedures document page 12. | |
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| **QUESTION 6:** | Do you need a waiver to carry or use an inhaler on the course? | |
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| **ANSWER:** | If the competitor can supply a copy of the prescription for the inhaler when requested, the inhaler can be carried and used on the cross country course. This prescription can be in hard copy form, shown electronically on a phone, or legibly displayed on the inhaler itself. | |
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# Miscellaneous

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| **QUESTION 1:** | At a recent Cross Country Meet, after the start of the race, a coach takes off riding a bike to watch and follow the race. Is this legal? | |
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| **ANSWER:** | The NFHS Rule Book & Case Book do not address the matter directly. However, as long as the coach is not utilizing the bike to pace competitors, provide assistance to competitors, and the riding of the bike is not interfering with the race, no harm is caused and no rule is violated. | |
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| **QUESTION 2:** | In our area there is a bladed competitor on a high school team. Does this competitor need any type of special permission or be given any special consideration when competing? Are they allowed to compete with able bodied competitors? | |
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| **ANSWER:** | The NFHS has no specific written policy on a bladed competitor. Consider a bladed athlete as an able bodied athlete and therefore, they would be permitted to compete as such. | |
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| **QUESTION 3:** | I recently read the notice about the prohibition of face and body paint. There is a team in our area that always has candy striped legs for sectionals, is this considered body paint? | |
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| **ANSWER:** | I'm familiar with this practice. They use self-tanning lotion. At this time this would not be considered a violation. | |
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| **QUESTION 4:** | We recently had an athlete compete with a guide. Is this allowed? | |
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| **ANSWER:** | Yes, but officials must ask the coach to show the WIAA issued waiver which gives the athlete permission to run with a guide. Coaches are encouraged to show the waiver to the meet referee during the pre-meet coaches meeting. | |
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| **QUESTION 5:** | During a CC race, lightning is seen or thunder is heard. What is the correct procedure to follow? What if the race has just begun? What if the race is approximately 3/4 finished? How do we actually get runners stopped if they are 1/2 mile or further away? If we somehow stop the race and the runners are on the course, won't it take them as long (or longer) to get back to the finish line even though the race has been stopped? Exposed to bad weather longer than if they had finished the race? | |
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| **ANSWER:** | Host schools are expected to have a clear plan in place to move athletes/spectators from the course. Air horn, etc. As you indicated, with the use of technology, if there is an imminent threat of severe weather, the race should not be started. Officials must use their best judgment in allowing runners to actually finish, but only if that route is shorter then abandoning the race course in a move to shelter. | |
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| **QUESTION 6:** | Further discussion on thunder/lightning. The NFHS rule is "see or hear." With today's technology available through smart phones, tablets, etc., is there a "safe" distance that lightning strikes can be from the site even though nothing is seen or heard? i.e. The computer picks up a lightning strike 3 miles away, but nothing is seen or heard at the site of competition. Conversely, sheet lightning is seen, but it is documented that it is 15 miles away. The rule deals only with "see or hear"—no provision for technology assistance. | |

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| **ANSWER:** | That is correct at this time. Best practice is if host or officials have access to radar which indicates lightning in the vicinity, even if it hasn't been seen or heard, act to move runners/spectators to shelter. | |