

CROSS COUNTRY

NNTOA v.12Nov2020

Rule 8.4.1 The games committee or the meet director shall establish the length of the course, assign the teams by lot to their starting positions, and provide the necessary meet facilities.

Rule 8.4.2 The **referee** shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials, other irregularities and shall disqualify any runner for violation of the rules.

Rule 8.6 A competitor is disqualified who:

- a. False starts (Rule 5.7.4) – *disqualified by the starter*
- b. Interferes with another competitor (Rule 5.9.1)
- c. Is unsporting or uses unacceptable conduct (Rules 4.6.1 & 4.6.2)
- d. Receives any assistance from any other person (Rule 4.6.5) NOTE: Providing liquids during competition is not considered to be an aid or assistance (Rule 3.2.4.u)
- e. Receives assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified. NOTE: Every attempt should be made for the appropriate health-care professional to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing assistance nor his/her team gains an advantage as a result of providing the assistance.
- f. Fails to complete the prescribed course that is defined by a legal marking system.

Rule 5.7.4 Starting violations which constitute a false start include:

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Repeated use of disconcerting acts (*e.g., a competitor repeatedly delays in assuming the final position*).

Rule 4.6.5 Assistance includes:

- a. Interference with another competitor (*e.g., interferes to prevent an opposing team member from passing*)
- b. Pacing by a teammate not in the race or persons not participating in the event**
- c. Competitors joining or grasping hands with each other during a race
- d. Communicating with a competitor through the use of any device, including electronically, during a race.
- e. Coaching a competitor from a restricted area
- f. Competitor using an aid during the race.

Rule 8.4.3 Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains:

- 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 (uniform and equipment) in compliance with the rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

Rule 3.6.1 The **starter** shall have full responsibility for the competitors on the starting line and during the start. The starter and assistant starter(s) shall decide, without protest, whether a start is fair and legal, or which competitor(s) shall be charged with a false start. The starter, charging a competitor with a false start is disqualifying the competitor from the event.

Rule 8.4.4 Once the teams have been called to the starting line by the starter for final instructions, no further run-outs shall be permitted.

- a. The command shall be **“ON YOUR MARKS.”** When all competitors are steady, the starting device shall be fired. For an unfair start, the starter or assistant starter shall recall the runners by firing the starting device. If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled by firing the starting device.
- b. Audio/Visual start: When conditions dictate, the starter may use whistle/flag commands along with the starting device. Because this technique is used with a large number of competitors, it is recommended that the starter take a position well in front of the runners so the competitors can see and to be able to move to the side.
 1. Give a brief and concise review of starting commands and procedures to be used for the start with all competitors immediately before the start.
 2. The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless. [*If a loudspeaker is used or if the starter has a voice that can be heard by the competitors, the starter may also say “ON YOUR MARKS.”*]
 3. The starter slowly raises both arms overhead.
 4. When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race.

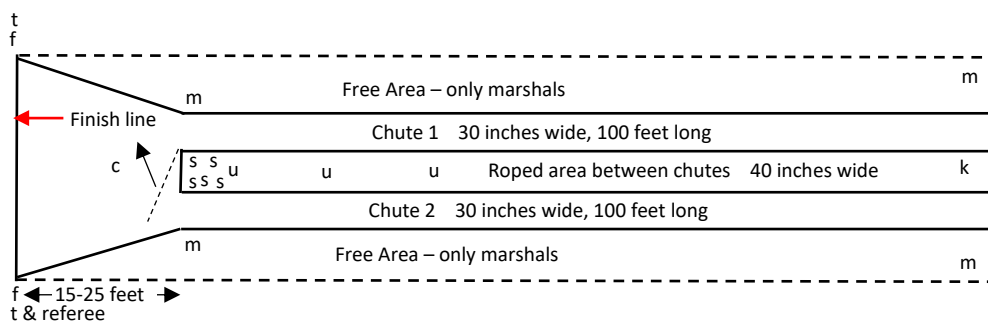
NOTE: The use of audio-visual start/count-down time clock is permitted.

Rule 8.4.5 The **clerk of the course** shall place the teams in proper position on the starting line and give all needed instructions. Also, the clerk should check and enforce uniform, visible apparel and shoe regulations (Rule 4.3.1).

Rule 8.4.6 The **chute director** shall:

- a. Supervise the finish chute during the race finish.
- b. Assign stand-ins (fillers) to replace any runner who falls and cannot continue through the chute after crossing the finish line.
- c. Assign gate controllers when more than one chute is used.

- d. Assign marshals to keep the chute area free of any unauthorized individuals.
- e. Be certain that chute umpires, callers, checkers and timers are in place when the runners finish the race.



Example layout for double chute

c = chute director & gate controller
 f = finish judges
 k = caller & checkers
 m = marshals
 s = stand-ins
 t = timers
 u = chute umpires

Rule 8.4.7 The **finish corral director** has the responsibility to supervise the finish corral during the race finish with the same basic responsibilities as the chute director (*NOTE: The finish corral is used when video and fully automatic timing and/or transponders are used.*)

Rule 8.4.8 The **finish judges** stand outside the chute and on the finish line, and determine the order in which the competitors enter the chute (by when the torso crosses the finish line for each athlete). Their decision is final and without appeal except for possible action taken by the referee or jury of appeals. (*NOTE: The referee will generally also be at the finish line.*)

Rule 8.4.9 The **chute umpires** supervise the competitors after they enter the chute and see that they are properly checked to prevent any irregularities in the order of finish. They see that all competitors who cross the finish line are given their proper order as the competitors go through the chute.

Rule 8.4.10 The **caller** calls the number of each competitor in the order of his/her proper place in the chute.

Rule 8.4.11 The **checkers** keep a record of the competitors and their order of finish as announced by the caller. In case of conflicts, if two checkers are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision.

Rule 8.4.12 The **course umpires** observe the activity of the competitors. If any competitor fails to run the proper course or otherwise violates the rules, the umpires report the infraction to the referee.

Rule 8.4.13 The **timers** record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.

Rule 8.4.14 The **marshals** shall keep the competitive area free from all persons except officials, contestants, and other individuals authorized by the games committee.

Rule 4.3.1 The **competitor's uniform** shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions:

NOTE: The wearing of medical alert with the alert visible is encouraged for risk minimization. The ultimate responsibility to have each competitor compliant with uniform rules and other reasonable and legal items is with the coach.

- a. Each competitor shall wear shoes on both feet.
 1. The shoes shall have an upper and recognizable sole and heel.
 2. The (shoe) upper must be designed so that it can be fastened securely to the foot.
 3. In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch.
 4. The use of slippers or socks does not meet the requirements of the rule.
- b. Each competitor shall wear a **school-issued or school-approved full-length track top and track bottom or one-piece uniform**. Any outer garment (e.g., t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform, when worn.
 1. When numbers are used, each competitor shall wear his/her assigned, unaltered contestant number.
 2. The top and/or bottom or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.
 3. The top shall not be knotted or have a knot-like protrusion. Bare midriff tops are not permitted. **The top must hang below or be tucked into the waistband of the uniform bottom when the competitor is standing upright.**
 4. Loose-fitting boxer-type bottoms or compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of a competitor's bottom shall be worn above the hips.
 5. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4 inches, is permitted on the top and bottom or one-piece uniform.
 6. One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on each item of uniform apparel. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without comprising its integrity.
 7. Any visible garment(s) 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.

Rule 4.3.2 Additional restrictions for **cross country teams**.

- a. 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 are from the same team. **NOTE: The official should be able to observe that all members are from the same team.**

PENALTY: For wearing an illegal uniform, when a violation is observed and noted by an official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall 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 the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.