

2019
GEORGIA HIGH SCHOOL ASSOCIATION
CROSS COUNTRY



CROSS COUNTRY COACHES' HANDBOOK

Dr. Robin Hines, Executive Director

Kevin Giddens, Associate Director

kevin@ghsa.net

151 South Bethel Street

P.O. Box 271

Thomaston, GA 30286

O) 706-647-7473, ext. 25

F) 706-647-2638



2018 GHSA Cross Country Coaches' Handbook

Table of Contents:

P 3..... Dates and Deadlines

P 4..... Protocol and Procedures

P 6..... Use of GHSA MIS site

P 7..... State Meet Coaches Instructions

P 8..... State Meet Confirmation Sheet Example

P 9.....NFHS Press Release

P 11..... GHSA Uniform Rules Clarification

P 12 GHSA Uniform Rules Guidelines

P 13 NFHS Uniform “Design” vs “Style” Guidelines



2019 GHSA Cross Country Dates and Deadlines

2019 GHSA Cross Country Dates and Deadlines

- Monday, July 15, 2019**.....Online Cross Country Rules Clinic Opens (learn.ghsa.net)
- Monday, July 29, 2019**.... Earliest Date for Cross Country Practice
- Friday, August 2, 2019**..... Deadline for completion of Online Cross Country Rules Clinic for ALL coaches
- Monday, August 5, 2019**..... Earliest Date for Cross Country Meet
- Tuesday, October 1, 2019**..... Online Post Season Cross Country Clinic for HEAD coaches opens (learn.ghsa.net)
- Monday, October 14, 2019**..... Deadline for completion of Online Post Season Cross Country Clinic for HEAD coaches
- Friday, October 18, 2019**..... INITIAL Deadline for electronic submission of Region/Area rosters on GHSA MIS site (<https://app.ghsa.net/node>) Changes to rosters may be made until the deadline established by each Region or Area, prior to the beginning of Region / Area Meet competition.
- Saturday, October 26, 2109**..... Deadline to complete Region/Area Meets
- Monday, October 28, 2019**..... 9 am Deadline for electronic submission of Region/Area RESULTS on GHSA MIS site (<https://app.ghsa.net/node>).
- Monday, October 28, 2019**..... 5 pm Deadline for Head Coaches of State Meet qualifying teams to confirm projected seven (7) runners at state meet (<https://app.ghsa.net/node>)

Friday-Saturday, November 1-2, 2019..... State Meet in Carrollton, GA

(<http://www.ghsa.net/ghsa-state-cross-country-championships>)

State Meet Course Map

(https://www.ghsa.net/sites/default/files/documents/track/cross_country_map2017.pdf)

Friday, November 1, 2019

- 9:00 am Boys 4A
- 9:45 am Girls 4A
- 10:30 am Boys 6A
- 11:15 am Girls 6A
- 12 noon Boys 5A
- 12:45 pm Girls 5A

Saturday, November 2, 2019

- 8:00 am Boys A Private
- 8:45 am Girls A Private
- 9:30 am Boys 7A
- 10:15 am Girls 7A
- 11:00 am Boys 2A
- 11:45 am Girls 2A
- 12:30 pm Boys 3A
- 1:15 pm Girls 3A
- 2:00 pm Boys 1A Public
- 2:45 pm Girls 1A Public



2019 GHS A Cross Country Protocol and Procedures CROSS COUNTRY



GENERAL INFORMATION:

- A. Cross Country is a team championship sport for boys and girls that is held on region basis for classes 2A through 6A. In class 7A, four (4) Areas are formed by pairing two regions: 1 and 8; 2 and 3; 4 and 5; 6 and 7. Class A will be organized into two (2) divisions; one for public schools and one for private schools. Class A schools, public and private, will be assigned to four (4) Areas, a list of which may be found on the Cross Country page of the GHS A web site (www.ghsa.net).
- B. The distance for both boys and girls Cross Country will be approximately three (3) miles or five (5) kilometers.
- C. All GHS A Cross Country meets will be run in accordance with the rules as published in the National Federation Track and Field and Cross Country Rule Book with any exceptions as may be found in this section.
- D. The maximum number of competition dates in Cross Country shall be 10, exclusive of region and state competitions.
 - 1. It is permissible for coaches to use "split squads" during the regular season. However, the use of split squads will count as two (2) of that school's maximum allowed competitions.
 - 2. Any meets involving eight (8) or more schools must be approved by the GHS A Executive Director in accordance with the process found in By-Law 2.64.
 - 3. No individual athlete may compete in more than one (1) race per day.
- E. E. All competitors shall have legal uniforms in compliance with GHS A and NFHS uniform rules.
- F. F. Beginning and ending dates for practice and competition can be found at the front of this publication.
 - 1. There will be no interscholastic practices in Cross Country.
 - 2. Athletes may run in non-GHS A events as long as they do not represent their school, do not wear the school uniform, and are not coached at the event by their high school coach ("unattached runner").
 - 3. Electronic devices are not allowed during competition.
 - 4. The State Championship Course for all classifications is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHS A sanctioned/scheduled meet is run during the regular season on the course and a school participates in the event). Course preview and practice times for all State Championship participants will be TBD and posted at a later date.

REGION/AREA COMPETITION:

- A. The team roster of twelve (12) runners must be submitted **electronically** to the GHS A MIS site no later than **October 18, 2019**. (Posting entries on sites other than the GHS A MIS site does not fulfill GHS A requirements). Changes to the roster may be made until the deadline established by each region or area.
 - 1. Coaches are to list runners in priority order: the top seven (7), then the selected five (5) alternates.
 - 2. Region Secretaries will be able to download their region's schools' rosters after this submission.
- B. 1. Four (4) teams in each Region (classes 2A through 6A) will advance to the State Meet. In Class 7A, the top six (6) teams from each Area will advance to the State Meet. If one region in a 7A Area advances all six teams to fill the state slots, then the highest-finishing team from the other region in that Area will also advance. In Class A public and private, the top four (4) teams from each Area will qualify for the State Meet.
 - a. All qualifiers must be determined by **Saturday, October 26, 2019** (All Classes).
 - b. Area/Region qualifiers must be sent by **electronic submission** to the GHS A Office within 48 hours of the completion of the Area/Region Meet; but not later than 9:00 a.m., on **Monday, October 28, 2019**.
- 2. The first six (6) individual finishers from each region/area (Class A through 6A) will qualify for the State Meet regardless of whether they are a member of a qualifying team. In Class 7A, the top 12 individuals qualify for the State Meet regardless of whether they are a member of a qualifying team.
- C. Cross Country rosters should list twelve (12) contestants. No replacements may be made in the list submitted to the Region Meet Director. Any seven (7) of the twelve (12) may run in the Region/Area or State.

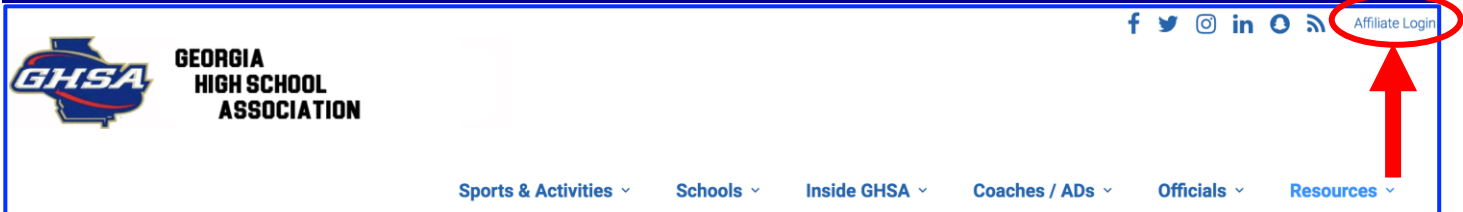
STATE MEET:

- A. The State Cross Country Meet for all classifications will be held at Carrollton High School on **Friday, November 1, and Saturday, November 2, 2019**. The running order may be found on the Cross Country page of the GHSA web site (www.ghsa.net).
1. **There will be a \$5.00 admission fee for all spectators.**
 2. The Meet Director will be **Craig Musselwhite**, Carrollton HS. 770-832-2120, ext. 632; Fax: 770-214-2079.
 3. Awards will be presented at the conclusion of each classification.
- B. A minimum of five (5) and a maximum of seven (7) entrants are allowed for each team that qualified.
1. The first five (5) finishers for each team will count for the total team score.
 2. Each team must begin and end the competition with a minimum of five (5) runners. If, for any reason, a qualifying team does not have five (5) runners, that team will not be allowed to compete in the State Meet.
 3. Each member of a qualifying team, as well as individual qualifiers from each region, are considered to be in contention for individual honors.
 4. Practice times and Team Instructions for the state meet will be announced on the Cross Country page of the GHSA web site (www.ghsa.net) approximately one month prior to the State Meet.



2019 GHS A Cross Country Use of GHS A MIS site

The GHS A Cross Country MIS site is accessed through the
“Affiliate Login” at the top of the GHS A website.



The GHS A MIS site (<http://app.ghsa.net/>) **MUST** be used for:

- **Electronic submission of Area/Region Rosters**
 - Each member school’s AD has been issued login credentials for submission of each school’s Area/Region Roster.
 - The team roster of twelve (12) participants must be submitted **electronically** to the GHS A MIS site no later than **October 18, 2019**. (Posting entries/rosters on sites other than the GHS A MIS site does NOT fulfill GHS A requirements).
 - Changes to the roster may be made until the **DEADLINE** established by each Region or Area.
 - Changes to the roster may NOT be made after the scratch meeting (if held) or after the Region / Area Meet competition begins.
 - Each Area Coordinator / Region Secretary will be issued login credentials for downloading/printing School Rosters.
- **Electronic submission of Area/Region Meet Results**
 - Each Area Coordinator / Region Secretary will be issued login credentials for submission of Area/Region Meet Results. **Deadline is 9am on Monday, October 28, 2019**.
 - Area/Region Coordinators / Region Secretaries (or designees) must not only submit results on the MIS site but **ALSO** edit/correct Area/Region entries (rosters) for each school on the MIS site to reflect any changes (scratches/additions/replacements) made at the Scratch Meeting (if held).
- **Electronic Confirmation of State Meet Qualifying Team Participants**
 - Each member school’s AD has been issued login credentials for Confirmation of State Meet Qualifying Team Rosters.
 - After Area/Region RESULTS have been submitted electronically, coaches of each **Qualifying Team** must “confirm” their team’s expected seven runners in the State Meet. If the original submitted roster is unchanged, coaches simply confirm the original list. If coaches anticipate a CHANGE in their top seven (7) runners for the State Meet, they should “reorder” and “confirm” their updated roster so that the Top Seven roster members are those who **ARE EXPECTED** to compete at the State Meet. **Deadline is 5pm on Monday, October 28, 2019**.



2019 GHSA CROSS COUNTRY STATE MEET COACHES' INSTRUCTIONS

The State Championship Course for all classifications is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHSA sanctioned/scheduled meet is run during the regular season on the course and a school enters the event).

1. Course Preview, Practice and Early Packet Pickup Times: State Meet Course Map (<https://www.ghsa.net>)
 - a. **Thursday, October 31, 2019: 3:30-5:30pm** – Course open for preview and practice **ONLY** for participants in Friday’s races.
 - i. Early packet pickup available and replacements on roster Declaration Forms accepted
 - b. **Friday, November 1, 2019: 3:30-5:30pm** – Course open for preview and practice for participants in Saturday’s races. The Course is **CLOSED** on Friday after the conclusion of Friday’s races until 3:30pm in order for Meet Management to re-mark and re-condition the Course.
 - i. Early packet pickup available and replacements on roster Declaration Forms accepted

NOTE: Coaches and teams MUST adhere to the published times for which the course is open for preview and practice. The Carrollton Greenbelt is adjacent to the Carrollton Elementary School campus for practice.

NO teams or individual athletes competing on Friday, November 1 will be allowed on the course on Thursday, October 31 other than during the published 3:30-5:30pm time.

NO teams or individual athletes competing on Saturday, November 2 will be allowed on the course on Friday, November 1 other than during the published 3:30-5:30pm time.

2. Bib #'s / timing tags will be assigned ONLY to the seven (7) runners, who have been “confirmed” by each Qualifying Team coach. Athletes must wear assigned numbers, unaltered and clearly visible.
3. On Race Day, Qualifying Team coaches may make necessary changes for the seven athletes who actually compete by using a Declaration Form (example on next page) to “finalize” any REPLACEMENTS for the original seven “confirmed” runners. The Declaration Form is submitted to Meet Management at the packet pick-up table (**Deadline is 30 minutes before each race start time**). If there are NO CHANGES, the form does NOT need to be completed. Follow instructions on the declaration form for making changes and complete the form before you leave the check-in area. Please make every effort to submit the correct names of the seven who WILL race so that race results are accurate.
4. Before leaving the check-in table, carefully review your entry list and be sure you have the correct bib numbers and the two timing chips attached to the bib that correspond to each athlete’s name. Take only enough shoe ties for your runners. You will need four ties for each runner; two on each shoe.
5. When you get back to your team area, please distribute the bib number and the two chips that are attached to the assigned runners. The bib number must be attached, unaltered, to the front of the uniform top. Make sure your runners attach the timing chips by following the instructions below. Improper attachment may result in the chip(s) falling off and your runner not being counted. Be sure to place one timing chip on each shoe. If you place two timing chips on one shoe, the mat may fail to read the chip(s).

Step 1	Step 2	Step 3
Thread the wire ties under your shoelaces	Thread the IPICO Sport Tag onto the wire ties	Secure the IPICO Sport Tag by twisting the wire ties firmly together
		

NFHS RULE 8-6-2: ...A competitor shall wear the assigned contestant number and/or computerized transponders/chips during competition. The number and/or transponder/chips shall be worn, unaltered, for purposes of official timing and place finish.

PENALTY: A competitor not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race.

6. The timing chips will be removed by meet officials in the finish area. If your runner fails to have his/her timing chips removed and returned, your school will be charged for any missing chips.
7. Please check the order of finish and team scores on the posted results board or on line at ptgrouponline.com.



GHS A State XC Meet - 11/3/2018
Hosted by Carrollton High School
State Meet Course in Carrollton, Ga.
Declaration Form - Boys AAA

INSTRUCTIONS FOR ATTACHING BIB #'S AND CHIPS ARE ON THE INFORMATION SHEET

Each Qualifying Team has been issued seven (7) BIB #'s and two chips per athlete per BIB #.

IF any of the top seven athletes are NOT RUNNING, and will be REPLACED by an alternate, please circle "Replaced" for that/those athlete(s) NOT RUNNING.

For the REPLACEMENT athlete(s), circle "Replacement" and ALSO write the BIB# of the athlete(s) being REPLACED on the line provided before "Replacement".

Athlete Name	BIB #	Status
EXAMPLE		
Qualifying Team		
1. RUNNER #1	2583	Confirmed Replaced
2. RUNNER #2	2584	Confirmed Replaced
3. RUNNER #3	2585	Confirmed Replaced
4. RUNNER #4	2586	Confirmed Replaced
5. RUNNER #5	2587	Confirmed Replaced
6. RUNNER #6	2588	Confirmed Replaced
7. RUNNER #7	2589	Confirmed Replaced
8. ALTERNATE #1	<u>2584</u>	Replacement
9. ALTERNATE #2	<u>2587</u>	Replacement
10. ALTERNATE #3	_____	Replacement
11. ALTERNATE #4	_____	Replacement
12. ALTERNATE #5	_____	Replacement

HIGH SCHOOL ASSOCIATIONS



NEWS RELEASE

Simplification of Uniform Rule Continues in High School Track and Field/Cross Country

FOR IMMEDIATE RELEASE

Contact: Julie Cochran

INDIANAPOLIS, IN (July 15, 2019) — Further simplification of the uniform rule in track and field, and clarification on the method of determining the order of finish in cross country highlight 2019 rules changes in those two high school sports.

Seven changes were recommended by the National Federation of State High School Associations (NFHS) Track and Field and Cross Country Rules Committee at its June 11-13 meeting in Indianapolis, and all changes were subsequently approved by the NFHS Board of Directors.

In Rule 4-3-1, the interpretation of a foundation garment was expanded to include any item worn under the uniform top and/or bottom. The rule now states that “any visible garment worn underneath the uniform top and/or bottom is considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”

In addition, Rule 4-3-2 was rewritten to allow schools more options in meeting the uniform rule. The rule now states that “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.”

“It has become increasingly more difficult to officiate the uniform rule given the increase in the number of programs nationwide that are allowing individual team members the option of independently purchasing either all or part of their team uniform,” said Julie Cochran, NFHS director of sports and liaison to the Track and Field/Cross Country Rules Committee. “Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that all relay and cross country team members can be clearly identified as representing the same school.”

The revised 4-3-2 NOTE states that “the official shall have no uncertainty in determining that all members are

from the same team.”

In cross country, regardless of the system used to determine the places of runners, the order of finish should be based on when the torso of the runner crosses the finish line. Changes in Rule 8-3 state that whether hand timing, transponder/chip or image-based timing systems are used, the torso is the determining factor in order of finish.

The committee also revised Rule 8-1-1 regarding the cross country course which better describes a legal course layout.

The remaining changes concern field events in Rule 6. In the discus and javelin, measurement shall be recorded to the nearest lesser inch or centimeter. The addition of centimeter allows states using the metric system to give a fairer depiction of the actual performance.

In Rule 6-9 regarding the long jump and triple jump, the committee established ranges of distances in the events. Rule 6-9-5 NOTE states that the “distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification and confirmation of the event judge.”

According to the 2016-17 NFHS High School Athletics Participation Survey, track and field is the most popular sport for girls with 494,477 participants and is No. 2 for boys with 600,136. Cross country ranks sixth for girls with 226,039 and sixth for boys with 266,271 participants.

A complete listing of the track and field/cross country rules changes will be available on the NFHS website at www.nfhs.org. Click on “Activities & Sports” at the top of the home page and select “Track and Field/Cross Country.”



NEWS RELEASE

Assisting Injured Athletes, Expansion of Exchange Zones Among Rules Changes in Cross Country

The first change amends notes in Rule 4 (Competitors and Competition) and Rule 8 (Cross Country) which reads, “A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.”

“Previous changes to the NFHS rules created the exception that allows a competitor to assist an injured or ill competitor without being disqualified when medical staff is not present,” said Julie Cochran, NFHS director of sports and liaison to the Track and Field/Cross Country Rules Committee. “In a clear majority of these types of situations, the action is intended to be an act of good sportsmanship and not an attempt to circumvent the rules or gain an advantage.”

While the injured or ill competitor is disqualified for receiving help, the competitor helping will not be disqualified, unless that competitor – or his/her team – gains an advantage. In all cases, the final decision rests with the meet referee, who has the sole authority to rule on infractions, irregularities and disqualifications in a meet.



2019 GHSA Cross Country

Uniform Rules Clarification

- Each team member shall wear the same color and design of school uniform. If undergarments are worn by two (2) or more team members, all undergarments must be of the same color and design, but not necessarily of the same length.
- The GHSA has opted to continue the requirement that ALL VISIBLE UNDERGARMENTS must be UNADORNED and of a SINGLE, SOLID color – if the athlete wears more than one (1) layer of undergarments, all must be of the same color.
- Undergarments having a waistband with multiple logos/references of the manufacturer are NOT legal as uniform bottoms.
- Undergarment tops and/or bottoms do not have to be the same color.
- Any OTHER clothing items (socks, head wear, sleeves, gloves etc.) are NOT considered part of the school issued uniform. Although the wearing of these items is not prohibited, the wearing of any item (in excess of the school issued uniform) that is demeaning to the competition / sport will NOT be allowed.
- Gloves are permitted in severely cold weather.
- Use of wristwatches with GPS capability during competition is ILLEGAL. The penalty for this violations is DISQUALIFICATION.
- The ultimate responsibility for uniform compliance lies with the coach. Coaches should inspect any/all garments competitors wear to make sure they are in compliance with GHSA and NFHS uniforms rules. On the next page is a Uniform Guidelines document.

While Uniform rules are quite specific, there is always some gray area open to interpretation by meet officials. Coaches should anticipate the strictest interpretation of the rules that their team may encounter. As the season begins, make sure your athletes thoroughly understand the rules governing electronics and uniforms. Even though many of the early small meets may not strictly enforce these rules, impress upon your athletes the importance of being in compliance anyway. Prevent a pattern of competing while violating these rules even if there are no apparent consequences for doing so. As important meets approach, reaffirm that all athletes are fully aware of, and in compliance with the rules. Again, try to anticipate the strictest interpretation and prepare accordingly.

NFHS and GHSA penalty for illegal uniform:

For the wearing of an illegal uniform, when a violation is observed and noted by a meet 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 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.



GHSAA Cross Country Uniform Rules / Guidelines



The following items are not allowed during GHSAA Cross Country competition:

(a) Electronic devices (including GPS devices).

Typical Examples of Illegal / Legal Uniforms

UNDERGARMENTS ARE NOT UNIFORMS!!



ILLEGAL
One-piece Uniforms with multiple manufacturer logos / references.



ILLEGAL
Uniform Top
"bare midriff."



ILLEGAL
Uniform Bottoms
"French or High Cut."



LEGAL
"Closed-Leg" Women's Brief **Uniform Bottoms**.



ILLEGAL
Uniform Bottoms with decorative waistbands and multiple manufacturer logos / references.



ILLEGAL
Uniform Bottoms with decorative waistbands and/or crotch outline / opening.



LEGAL
Uniform Bottoms single manufacturer logo, no crotch outline or opening, no decorative waistband.



LEGAL
Undergarments are NO LONGER required to be of a single (same) color as of 2019.



ILLEGAL
Uniform Bottoms with decorative waistbands, multiple manufacturer logos, crotch outline.



LEGAL
Uniform Bottoms with single manufacturer logo, NO decorative waistband or crotch outline.

NOTE: The ultimate responsibility to have each competitor compliant with uniform rules is with the coach. Coaches should inspect any/all garments that competitors wear to ENSURE that they are in compliance with the GHSAA & NFHS Uniform Rules!!



NFHS Uniform “Design” vs “Style” Guidelines

Excerpt from 2010 NFHS Track and Field Pre-Meet Notes
 (<http://www.usatf.org/usatf/files/bb/bbb4135e-b83d-4bde-a388-cb1a1be02942.pdf>):

The sports of track and field and cross country have some of the most lenient rules for uniforms. However, with this leniency comes confusion from time to time when applying the basic rules of a legal uniform in the midst of all the permitted uniform creativity. One frequent rule question is the accurate application of “design” of the uniform for the members of a track relay team or a cross country team.

Both relay teams and cross country teams are competing as a team, similar to a volleyball or basketball team. The purpose of the uniform rule, in this instance, is so the uniforms worn by the school’s teammates are clearly identifying the competitors at a glance of being a member of a certain team. This identification is essential to allow the meet officials to fairly and consistently identify each runner and the team to which he/she belongs.

Rules 8-6-1 and 4-3-2 require the team members (relay team and cross country team) to be wearing uniforms of the same “design.” The term “design” refers to a pattern of colors used in the uniform. For example, if three team members are wearing singlets with a white body and a red diagonal stripe four inches in width and the remaining team member(s) are wearing a white singlet with two red vertical stripes, the “design” would be different. The vertical striped uniformed runner(s) would be in an illegal uniform and the competitor(s) would be disqualified from the event (Penalties 8-6, 4-3).

Design and style should not be confused. The term “design” refers to a pattern of colors used in the uniform. The use of the same colors, but arranged in a different pattern is not considered the same “design” as required by rule. Style might be all team members are in black one piece uniforms but one team member wears black shorts over the one-piece uniform. These uniforms would be legal. For the runner adding the shorts, the legs of the one piece then become a visible undergarment and subject to those rules.

