

2018
GEORGIA HIGH SCHOOL ASSOCIATION
CROSS COUNTRY



CROSS COUNTRY COACHES' HANDBOOK

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2018 GHSA Cross Country Coaches' Handbook

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2018 GHS A Cross Country Dates and Deadlines

- Monday, July 16, 2018.....Online Cross Country Rules Clinic Opens
(learn.ghsa.net)
- Monday, July 30, 2018.....Earliest Date for Cross Country Practice
- Sunday, August 5, 2018.....Deadline for completion of Online Cross Country Rules
Clinic for ALL coaches
- Tuesday, August 7, 2018Earliest Date for Cross Country Meet
- Monday, October 1, 2018Online Post Season Cross Country Clinic for HEAD
coaches opens (learn.ghsa.net)
- Monday, October 15 2018Deadline for completion of Online Post Season Cross
Country Clinic for HEAD coaches
- Friday, October 19, 2018**INITIAL** Deadline for electronic submission of
Region/Area rosters on GHS A 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 27, 2018Deadline to complete Region/Area Meets
- Monday, October 29, 2018**9 am** Deadline for electronic submission of
Region/Area RESULTS on GHS A MIS site
(<https://app.ghsa.net/node>).
- Monday, October 29, 2018**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 2-3, 2018State 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)

Schedule

Friday, November 2, 2018

- 9:00 am Boys 6A
- 9:45 am Girls 6A
- 10:30 am Boys 5A
- 11:15 am Girls 5A
- 12 noon Boys 1A-Private
- 12:45 pm Girls 1A-Private

Saturday, November 3, 2018

- 8:00 am Boys 7A
- 8:45 am Girls 7A
- 9:30 am Boys 2A
- 10:15 am Girls 2A
- 11:00 am Boys 3A
- 11:45 am Girls 3A
- 12:30 pm Boys 4A
- 1:15 pm Girls 4A
- 2:00 pm Boys 1A Public
- 2:45 pm Girls 1A Public



2018 GHS Cross Country Protocol and Procedures



Excerpts from 2018-19 GHS Constitution (Pp. 56-57)
(<http://www.ghsa.net/constitution#cross-country>)

GENERAL INFORMATION

- C. All GHS 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 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. All competitors shall have legal uniforms in compliance with GHS and NFHS uniform rules.
- 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 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 is off limits beginning August 1st of each year until all State Championships are concluded, (unless a GHS 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 are TBD and posted on the GHS web site at a later date.

REGION/AREA COMPETITION

- A. The initial team roster of twelve (12) participants must be submitted **electronically** to the GHS MIS site no later than October 19, 2018. (Posting entries on sites other than the GHS MIS site does not fulfill GHS 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 27, 2018 (All Classes).
 - b. Area/Region qualifiers must be sent by **electronic submission** to the GHS Office within 48 hours of the completion of the Area/Region Meet; but not later than 9:00 a.m., on Monday, October 29, 2018.
 - 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 twelve may run in the Region/Area or State.

STATE MEET:

- A. The State Cross Country Meet presented by Atlanta Track Club for all classifications will be held at Carrollton High School on Friday, November 2 and Saturday, November 3, 2018. The running order may be found on the Cross Country page of the GHS web site (ghsa.net).
 - 1. There will be a \$5.00 admission fee for all spectators. Digital tickets available at GoFan: <https://gofan.co/app/school/GHSA>
 - 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 GHS web site (www.ghsa.net) approximately one month prior to the state meet.



2018 GHSAA Cross Country Use of GHSAA MIS site



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



The GHSAA 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 **initial** team roster of twelve (12) participants must be submitted **electronically** to the GHSAA MIS site no later than **October 19, 2018**. (Posting entries/rosters on sites other than the GHSAA MIS site does NOT fulfill GHSAA 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 29, 2018**.
 - 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 29, 2018**.



2018 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, November 1, 2018: 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 2, 2018: 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 2 will be allowed on the course on Thursday, November 2 other than during the published 3:30-5:30pm time.

NO teams or individual athletes competing on Saturday, November 3 will be allowed on the course on Friday, November 3 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 wires 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



2018 GHS A 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 GHS A 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 GHS A 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 GHS A 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.



GHS A Cross Country Uniform Rules / Guidelines



The following items are not allowed during GHS A 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.



ILLEGAL
ALL Undergarments are NOT of a single (same) color.



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 GHS A & 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.

