

2021

**GEORGIA HIGH SCHOOL ASSOCIATION
CROSS COUNTRY COACHES' HANDBOOK**



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2021 GHSA Cross Country Coaches' Handbook

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2021 GHS A Cross Country Dates and Deadlines

Monday, July 12, 2021..... Online Cross Country Rules Clinic Opens (<https://learn.ghsa.net>)

Sunday, August 1, 2021..... **Deadline** for completion of Online Cross Country Rules Clinic for ALL coaches

Monday, August 2, 2021 Earliest Date for Cross Country Practice

Monday, August 10, 2021 Earliest Date for Cross Country Meet

Friday, October 1, 2021 Online Post Season Cross Country Clinic for HEAD coaches opens (<https://learn.ghsa.net>)

Friday, October 29, 2021 **Deadline** for completion of Online Post Season Cross Country Clinic for HEAD coaches

Friday, October 22, 2021 Deadline for electronic submission of Region rosters on GHS A MIS site (<https://app.ghsa.net/node>) Changes to rosters may be made until the deadline established by each Region, prior to the beginning of Region Meet competition.

Saturday, October 30, 2021 . **Deadline** to complete Region Meets

Monday, November 1, 2021 . **9:00 am Deadline** for electronic submission of Region RESULTS on GHS A MIS site (<https://app.ghsa.net/node>)

Monday, November 1, 2021 . **5:00 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 5-6, 2021 - 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 5, 2021

9:00 am	Boys 2A
9:45 am	Girls 2A
10:30 am	Boys 3A
11:15 am	Girls 3A
12 noon	Boys 4A
12:45 pm	Girls 4A

Saturday, November 6, 2021

8:00 am	Boys 6A
8:45 am	Girls 6A
9:30 am	Boys 5A
10:15 am	Girls 5A
11:00 am	Boys A Private
11:45 am	Girls A Private
12:30 pm	Boys 7A
1:15 pm	Girls 7A
2:00 pm	Boys A Public
2:45 pm	Girls A Public



2021 GHSA 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 a Region basis for all classes A through 7A.
- B. The distance for both boys and girls Cross Country will be approximately three (3) miles or five (5) kilometers.
- C. All GHSA 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 GHSA 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 GHSA 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-GHSA 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 1 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 participates in the event). Course preview and practice times for all state championship participants are TBD and will be posted on the GHSA web site at a later date.

REGION COMPETITION:

- A. The initial team roster of twelve (12) runners must be submitted electronically to the GHSA MIS site no later than October 22, 2021. (Posting entries on sites other than the GHSA MIS site does not fulfill GHSA requirements). Changes to the roster may be made until the deadline established by each region.
 - 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 A through 7A) will advance to the State Meet.
 - a. All qualifiers must be determined by Saturday, October 30, 2021 (All Classes).
 - b. Region qualifiers must be sent by electronic submission to the GHSA Office within 48 hours of the completion of the Region Meet; but not later than 9:00 a.m., on Monday, November 1, 2021.
 - 2. The first six (6) individual finishers from each region (Class A through 7A) will 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 or State.

STATE MEET:

- A. The State Cross Country Meet for all classifications will be held at Carrollton High School on the dates indicated on the Beginning and Ending Dates table at the front of this publication. 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, 678-910-3022 or cmusselwhite7@charter.net.
 - 3. Awards will be presented at the conclusion of each classification.
- B. A minimum of five (5) and a maximum of seven (7) runners will be allowed free admission for each team that qualified. Coaches will be admitted on their GHSA coaching passes.
 - 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, is 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.



2021 GHS A Cross Country Practice Policy for Heat and Humidity



2.67 Practice Policy for Heat and Humidity

(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to:

- (1) The scheduling of practices at various heat/humidity levels.
- (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels.
- (3) The heat/humidity levels that will result in practice being terminated.

(b) A scientifically-approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

Under 82.0 Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 - 86.9 Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

87.0 - 89.9 Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level **during** practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.0 No outdoor workouts. Delay practice until a cooler WBGT level is reached.

(c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school approved sport or conditioning-related activity. Practices are timed from the time the players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the "clock" on that practice will stop and will begin again when the practice resumes.

(d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in "voluntary workouts."

(e) A walk-through is not a part of the practice time regulation, and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held.

(f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a "cool zone" where players are out of direct sunlight.

(g) When the WBGT reading is over 86, ice towels and spray bottles filled with ice water should be available at the "cool zone" to aid the cooling process AND cold immersion tubs must be available for the benefit of any player showing early signs of heat illness. In the event of a serious EHI, the principal of "Cool First, Transport Second" should be utilized and implemented by the first medical provider onsite until cooling is completed (core temperature of 103 or less).



2021 GHSA Cross Country Use of GHSA MIS Site



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



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

- **Electronic submission of Region Rosters**
 - Each member school’s AD has been issued login credentials for submission of each school’s Region Roster.
 - The team roster of twelve (12) participants must be submitted **electronically** to the GHSA MIS site no later than **Friday, October 22, 2021**. (Posting entries/rosters on sites other than the GHSA MIS site does NOT fulfill GHSA requirements).
 - Changes to the roster may be made until the **DEADLINE established by each Region**
 - Changes to the roster may NOT be made after the scratch meeting (if held) or after the Region Meet competition begins.
 - Each Region Secretary will be issued login credentials for downloading/printing School Rosters.
- **Electronic submission of Region Meet Results**
 - Each Region Secretary will be issued login credentials for submission of Region Meet Results. **Deadline is 9am on Monday, November 1, 2021**.
 - Region Secretaries (or designees) must not only submit results on the MIS site but **ALSO** edit/correct 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 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, November 1, 2021**.



2021 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 4, 2021: 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 5, 2021: 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 5 will be allowed on the course on Thursday, November 4 other than during the published 3:30-5:30pm time.

NO teams or individual athletes competing on Saturday, November 6 will be allowed on the course on Friday, November 5 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 shoe laces	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.

GHSASate 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
2. RUNNER #2	2584	Confirmed
3. RUNNER #3	2585	Confirmed
4. RUNNER #4	2586	Confirmed
5. RUNNER #5	2587	Confirmed
6. RUNNER #6	2588	Confirmed
7. RUNNER #7	2589	Confirmed
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



NATIONAL FEDERATION OF HIGH SCHOOL ASSOCIATIONS

2020 Track and Field and Cross Country Rules Changes

4-6-5g, 8-6-1e: Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

Rationale: The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

Excerpt: NFHS COMMENTS ON THE 2020 RULES CHANGES

4-6-5g: Providing assistance to an injured or ill competitor is generally portrayed as good sportsmanship; therefore, may not be penalized. The competitor receiving assistance is disqualified, but when no advantage is gained by the competitor assisting or their team then the assisting competitor may not be penalized.

8-1-1: Clarifies cross country course markings.

Rationale: The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

8-1-3: Clarifies cross country course layouts.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

NFHS / USATF Resource – Pre Meet Notes:

https://www.nfhs.org/media/4295114/nfhs-track-and-field-pre-meet-notes_1-2021.pdf



2021 GHS A Cross Country Uniform Rules Clarification

- Each team member shall wear the same predominant color and design of school uniform.
- Undergarments having a crotch outline are NOT legal as uniform bottoms.
- Undergarment tops and/or bottoms are not required 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.
- 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 smaller 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.



GHSAA Cross Country Uniform Rules / Guidelines



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.



LEGAL
Uniform Bottoms with
multiple manufacturer
logos / on waistbands
are NOW legal.



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 Previous NFHS Track and Field Pre-Meet Notes

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.

