

# Cross Country Table of Contents

	Page
IMPORTANT DATES AND DEADLINES .....	1
STATE MEET SITES AND DATES .....	1
CLASSIFICATION .....	1
GENERAL INFORMATION	
Athletic Contest Contracts .....	1
Rules of Competition .....	1
Information on Road Races During Cross Country Season .....	1, 2
REGION AND STATE MEET INFORMATION	
Region Committees.....	2
Region Entries.....	2
Region Meet Format (Class A & B) .....	2, 3
Appeal and Grievance Procedure for Region Committees .....	3
School Official Must Attend Meet.....	3
Qualifications for State Meet .....	3
State Meet Time Schedule .....	3
Instructions and Check-in for Coaches and Participants .....	3
State Meet Course .....	4
Course Length.....	4
Substitutions.....	4
Scoring .....	4
Cross Country Uniform Rule .....	4, 5
Contestant Numbers & Computer Chips.....	6
Starting Rule .....	6
Use of Golf Carts by Coaches.....	6
Awards .....	6
State Meet Expenses .....	6
State Meet: Computer Chip Fee.....	6
Meet Referee and Jury of Appeals at State Meet .....	6
Academic Achievement Team Award .....	7



# CROSS COUNTRY

## IMPORTANT DATES & DEADLINES

	<b>Week/Day(s)</b>	<b>2009-10</b>	<b>2010-11</b>	<b>2011-12</b>
Conditioning-Practice	7 / Monday	August 17	August 16	August 15
First Allowable Meet	8 / Friday	August 28	August 27	August 26
Region Meets	*15 / Saturday	October 17	October 16	October 15
State Meet	16 / Saturday	October 24	October 23	October 22
Season Ends**	16 / Saturday	October 24	October 23	October 22

\*Class "B" and "A" regional meets must be completed by Saturday of week #15. All Class "AA" schools automatically qualify to the state meet with no region competition.

\*\* Out-of season is defined as that period of time after a team or individual has been eliminated from further competition during the championship series of district-region-state tournaments/meets and continues until the first allowable date that the next regular season may begin.

Participation in school activities teaches that it is a privilege and an honor to represent one's school. Interscholastic activities constitute a part of the right kind of "growing up" experiences for students. Participants learn to accept success and failures, gain poise and confidence, achieve tolerance and understanding of others and gain the self-satisfaction of accomplishing goals. Under a well-administered school program, students and spectators become better citizens through participation and observation of activities conducted under established rules. Please refer to the **Sportsmanship Section of the SDHSAA Athletic Handbook** for policies and statements concerning the following items:

General Sports Objectives and Coaching Responsibility	Athletic Code of Ethics
Fundamentals of Sportsmanship	Code of Sport Ethics for Coaches
Racial Harassment, Violence and Taunting (See General Section)	

## STATE MEET DATES & SITES

2009	Rapid City	October 24
2010	Huron	October 23
2011	Sioux Falls	October 22

## CLASSIFICATION

- A. Class "B" Schools – ADM (9-11) 89.999 and below.
- B. Class "A" Schools – ADM (9-11) 90.000 to 449.999
- C. Class "AA" Schools – ADM (9-11) 450.000 and above

**Note:** Classification for the 2009-10 school year is according to the Average Daily Membership as of January 15 from the 2008-09 school year.

## GENERAL INFORMATION

### A. Athletic Contest Contracts

According to Article VIII, Section 2 of SDHSAA Constitution, all contests must be sanctioned by the Athletic Director, Principal or Superintendent of the schools involved. It is recommended that athletic contest contracts, as furnished by the SDHSAA (located in the General Sport Information Section, forms GENERAL # 3 and GENERAL # 4) be used for all levels of competition.

### B. Rules of Competition

The rules and regulations governing this event are found in the TRACK AND FIELD RULES BOOK, Rule 9, with all applicable portions of Rule 2 through 5 also applying to Cross Country.

### C. Information on Road Races During Cross Country Season

1. Athletes who joined their high school cross country team may not participate in road races, running unattached as individuals, once the high school cross country season started. This would be considered to be a violation of the "In-season Participation Rule". However, it is permissible for a cross country team or members of said team to run in road races during the cross country season provided all athletes represent their school, the sponsors have set up a division for high school cross country teams, and the teams have had two full weeks of practice.
2. The sponsors of road races held during the high school cross country season should apply for sanction from the SDHSAA if they wish to include a division for high school cross country teams or individuals from said teams. It is the responsibility of each member school to find out whether the sponsor(s) have obtained sanction from the SDHSAA before sending their athletes to the road races.

3. After the high school cross country season has ended it is permissible for athletes to participate in road races, running unattached, without jeopardizing his/her future cross country eligibility. The "In-season Participation Rule" does not apply after the cross country season is over and sanction is not required.
4. The SDHSAA will not sanction any road races for high school cross country teams that are scheduled to be held on Sunday.

## **REGION AND STATE MEET INFORMATION**

### **A. Region Committees**

1. A committee shall be formed with a meeting to be held prior to the meet for organizational purposes.
2. A school shall designate an administrative staff member (superintendent, principal, athletic/activities director) who is not coaching in the sport involved to represent the school on the committee. The representative shall then inform the school personnel directly involved with the sport of the decisions made at the committee meeting.
3. A committee chairperson (superintendent, principal, athletic/activities director) is to be elected and each committee shall function following generally accepted Rules of Order. The region committee chairperson must be currently employed as an administrative staff member from a region member school. Minutes shall be kept of each meeting with a distribution made to each school represented on a timely basis.
4. All schools participating in the meet shall be notified as to time and place of any meetings.
5. The current region chairperson must submit to the SDHSAA the name of the individual that will be the chairperson for the following year. This notification, along with an indication of the date and site for the following year should be made prior to May 1<sup>st</sup>. If a committee chair can not be named for the following year, the committee must designate a school and administrative position that will assume the chairperson's duties. Failure to name either an individual or a school, including the designated administrative position, for the chair will result in naming the current chairperson as the chair for the following year. If the above information is not supplied to the SDHSAA by May 15, a \$50.00 fine will be assessed against the region not in compliance. Fines will be assessed for the ensuing school year. The new region committee is responsible for payment.
6. Input of Coaches - All committees are required to give coaches an opportunity to have input to the committee prior to any decision making by the committee.
7. Meet Referee and Jury of Appeals - A referee and a Jury of Appeals shall be appointed by the Region Committee. The referee may also be the starter. The Committee may constitute itself as the Jury of Appeals. A coach first makes a verbal protest to the referee. If the coach still feels that the terms and conditions of competition or the application of the rules have been misapplied or misinterpreted, a written appeal shall be made to the jury.

### **B. Region Entries**

1. It is the responsibility of each school to have its athletes entered in the Region Meet. Even if you do not receive a notice from your region chairman, send your entries to him/her no later than one week prior to the meet.

NOTE: Coaches will be required to use the SDHSAA entry system. The entry form is located at [www.sdhsaa.com](http://www.sdhsaa.com) in the school zone area under the cross country section.

2. Schools not assigned to a region should contact the SDHSAA office for assignment to the appropriate region.
3. Number of runners allowed on a team is as follows:
  - (a) Class AA - 7, 5 counters plus 2 pushers
  - (b) Class A - 6, 4 counters plus 2 pushers
  - (c) Class B - 5, 3 counters plus 2 pushers

#### **NOTE:**

1. It is permissible for a competitor, who drops out of competition at the regional meet, to be a team member at the State Meet provided said team qualifies.
2. It is permissible for both Class "B" and "A" teams to enter pushers on their team at the State Meet even though they opted not to use pushers at the Region Meet.

### **C. Region Meet Format (Class A and B)**

1. All regions are required to use the SDHSAA entry system, (located in the school zone area under the cross country section)
  - a. All region meet results must be emailed to the SDHSAA, using the Hy-Tek program, immediately following the Region meet.

#### **D. Appeal And Grievance Procedure For Region Committees**

1. If at all possible, the committee shall solve its own problems and make its own decisions.
2. Protests based upon a challenge to the interpretation given to a contest regulation or administrative ruling thereon must be submitted in writing within 24 hours after the contest, to the chairman of the district or region committees. The committee shall render its decision promptly to the Executive Director of the Association, and shall notify the protester, by telephone, to be followed by a written notice of its decision sent by first class mail to the protester. An appeal from the decision of the district or regional committee shall go directly to the Board of Directors. The decision of the Board of Directors shall be final. The appeal must state the decision of the district or region committee and the basis for the request to overrule that decision.
3. Any protest lodged prior to a district or region tournament or meet pertaining to the athletic eligibility status of a student, contest regulation or administrative ruling must be submitted to the district or region committee at least ten days prior to the event. The district or region committee shall render its decision promptly. An appeal from the decision of the district or region committee shall go directly to the Board of Directors. The decision of the Board of Directors will be final.
4. In cases where the protest is lodged less than ten days prior to a district or region tourney or meet, any appeal of a district or region committee decision shall go directly to the Executive Director. The decision of the Executive Director shall be final.
5. Part V, Section 1 of the SDHSAA Constitution and By-Laws states, "Decisions of the Judges. Judges' decisions in any contest are by their nature necessarily regarded as final and shall not be considered as the basis for protest.

#### **E. School Official Must Attend Meet.**

Each member school with an entrant in the Region and/or State Cross Country Meet must have a qualified staff representative from their school in attendance.

#### **F. Qualifications for State Meet**

1. Class "AA" - The schools in "AA" are not assigned to any region. All seventeen schools automatically qualify their teams to the State Meet.  
**Procedure to follow for submitting "AA" state meet entries:**
  - a. ALL Class AA Schools will be required to make all entries to the State Cross Country Meet and State Track and Field Meet using the SDHSAA entry system.
    - 1.) The entry form is located at [www.sdhsaa.com](http://www.sdhsaa.com) in the school zone area under the cross country tab.
    - 2.) The deadline for entries to the State Cross Country Meet will be 10 am on October 17, 2009. (The Saturday prior to the State meet.)
2. Class "A" — The State is divided into five regions with the top three teams and top twenty individuals to qualify from each region.
3. Class "B" — The State is divided into five regions with the top three teams and top twenty individuals to qualify from each region.
4. It would be possible for Class "B" and "A" to have additional teams qualify for the State Meet if a team placed enough runners in the top 20 qualifying spots. A team so qualifying would not be allowed to use its pushers unless they were also in the top twenty.

#### **G. State Meet Time Schedule**

1. **Race Competition Starting Times:**

Class "B" Girls	12:00
Class "A" Girls	12:30
Class "B" Boys	1:00
Class "A" Boys	1:30
Class "AA" Girls	2:00
Class "B" and "A" Awards	2:30
Class "AA" Boys	3:15
Class "AA" Awards	3:45

**NOTE:** Line-up of all teams and individuals is 10 minutes prior to race time.

#### **H. Instructions and Check-in for Coaches and Participants at State Meet**

1. Final instructions for the State Meet will be posted on the SDHSAA website.
2. There is no coaches meeting. All necessary information will be given to the coaches at the check-in area at the golf course. Substitutions will be made there.

#### **I. State Meet Course**

1. The State Meet will be run at the Elks Golf Course in Rapid City.

**J. Course Length**

**Girls**

All Classes - 4,000 meters (2.49 miles)

**Boys**

All Classes - 5,000 meters (3.11 miles)

**K. Substitutions**

Make-up of teams need not be the same in the State Meet as it was in the Region. Substitutions will be permitted. However, any of the top individuals that are not members of a team may not be replaced by a substitute.

**L. Scoring**

1. Individual: Individual place points shall be scored 1 point for first, 2 points for second, 3 points for third, 4 points for fourth, etc. with all competitors who finish the race ranked and tallied according to their place of finish.

2. Team: Team score shall be determined by totaling the points scored by the first three runners of a team in Class "B"; the first four runners in Class "A"; and the first five runners in Class "AA". The team which scores the smallest number of points is declared the winner. Schools not entering full teams shall be disregarded when totaling team points and team scores are to be re-ranked for only those schools entering full teams.

**NOTE:** Ties in team scoring shall be resolved by comparing the first "pusher" from the tying teams. The team with the best "pusher" shall prevail. If one team does not have a "pusher", the team with the "pusher" shall prevail. (Rule 9-2-4)

**M. Cross Country Uniform Rule**

**Jewelry**

1. Rule 4-3-7 bans all forms of jewelry including rope and leather bracelets and necklaces. Beads in the hair or woven into the hair are considered jewelry and are illegal. The Lance Armstrong bracelets are considered jewelry and are illegal.
2. Religious medals/medallions may be taped to the body (no chains), under the uniform.
3. A medical alert bracelet is permitted if taped to the wrist with a faceplate showing.
4. Competitors may not have metal pins or hard plastic barrettes in their hair.
5. The penalty for competing while wearing jewelry is disqualification.
6. The competitor who competes with jewelry hidden by tape will be disqualified from the meet (Rule 4-5-1), i.e., unsportsmanlike conduct – unethical.
7. Watches are not considered jewelry. A single watch may be worn on the wrist.
8. Coaches aware of naval rings and/or other pierced body parts should not permit athletes to practice/compete without removing them.

**Manufacturer's Logo/Commemorative or Memorial Patch/American Flag**

1. A single manufacturer's logo/trademark/reference, no more than 2 1/4 square inches with no dimension more than 2 1/4", is permitted on the top or one-piece uniform.
2. A single manufacturer's logo/trademark/reference, no more than 2 1/4", is permitted on the bottom or one-piece uniform.
3. Only one American flag and/or commemorative or memorial patch may be displayed on the uniform (not exceeding 2 x 3 inches (one or two piece)).

Comment: The cross country uniform may display a single American flag and/or a single commemorative patch on the uniform whether it is a one-or-two-piece uniform. The items (flag and patch) could be worn on the top, the bottom or split, but no two of the same items are permitted.

**Top**

1. Must be school issued.
2. Must be worn as the manufacturer intended. Must hang below or be tucked into the waistband of the bottom of the uniform when the competitor is standing erect. Bare midriffs are not acceptable.
3. One piece uniforms are legal in high school cross country and may be worn in lieu of the traditional top and bottom.
4. The top may not contain ornamentation that will be objectionable in taste.
5. The top shall not be knotted or have a knot-like protrusion.
6. The top and bottom of the uniform may have school identification and the top may have the competitor's name.

7. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.

#### Bottom

1. Must be school issued.
2. Loose fitting boxer type shorts, one-piece uniforms, leotards and bicycle shorts are permitted for boys and girls, and closed leg briefs are acceptable for girls.
3. Bottoms may vary in length and style, but must be the same color for all team members.
4. The bottoms may contain no ornamentation which will be objectionable in taste.
5. The waistband of a competitor's bottom shall be worn above the hips. Bottoms must be worn as the manufacturer intended and may not be rolled down.

#### Shoes

1. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet. NOTE: The use of slippers or socks does not meet this rule.
2. The upper must be designed so that it can be fastened securely to the foot.
3. There is no limit on the number of spikes.

#### Socks

1. If socks are worn, they must be of a solid color.
2. Socks must not be above the knee.
3. Manufactures logos are permitted, as well as, limited striping on the top. The overall look must be of a solid color.
4. The socks may have school identification which is limited to school name, nickname or mascot.

#### Sweatsuits

1. Under adverse weather conditions, competitors may participate with warm-up suits worn over the traditional top and bottom. If so, they shall have no markings other than that of the school the contestant represents. It is assumed the school issued uniform is being worn under the sweat outfits.

#### Undergarments

1. Bicycle shorts, thigh huggers, one piece uniforms and leotards worn under the traditional bottom must adhere to the undergarment rule.
  - a. Visible items worn under the uniform must be unadorned and of a single solid color.
  - b. Manufacturer's logos/trade names, not to exceed 2 1/4" are permitted on each item of apparel. (The restriction of a single logo/trade name has been deleted. Multiple logos/trade names are now permitted, however none of the visible logos/trade names may exceed 2 1/4".)
2. Visible items worn under both the top and the bottom do not have to be the same color. Bottoms worn over a body suit deem the body suit an undergarment, thus it must be one solid color.
3. Boxer underwear or sport briefs showing below the shorts is unacceptable. This determination is made during inspection prior to the start of the race. If such undergarments, not intended to be visible, become visible during a race do to the cut or style of the short, it is not considered a violation.
4. Sports bras are not classified as visible apparel. It must be understood, however, that removal of a team top by competitors, leaving only a sports bra, is a violation of Rule 4-3-6.

#### Headgear

1. Headgear or hair devices that are deemed hazardous to competitors or are not appropriate for cross country conditions shall be removed. This would include metal hairpins and metal or hard plastic barrettes.
  - a. No bandanas. No caps or hats unless weather conditions warrant. Adverse weather conditions are a referee's decision.
  - b. Sweat bands, arm bands, wrist bands and knee bands of a solid color are legal. Manufacturer's logo on these items is limited to 2 1/4" x 2 1/4". All other writing is illegal.
  - c. Headbands designed for warmth and worn over the ears are legal and can be of any color or design.

#### Comments

1. Each member of a team shall wear the same color uniform. Any combination of top & bottom and one-piece uniforms is considered legal as long as all uniforms are the same color.
2. A team may have the following:
  - a. No member with under apparel.
  - b. One member with under apparel.
  - c. Two members with and two without under apparel.
  - d. Three members with and one without under apparel.
  - e. All members wearing under apparel.
3. Under apparel may be different lengths but must be the same color.

4. Competition will not be delayed in order to permit competitors to comply with uniform rules.
5. Slight variation in design, width of stripes, or number of stripes is permissible.
6. Schools uniforms should show evidence of conforming to the color of uniforms worn by teammates.
7. If the starter, referee or any other official detects an illegal uniform prior to the start of competition, it is good practice in preventive officiating to call this to the attention of the contestant. Races will not be delayed so that an athlete may be in compliance.
8. The responsibility to be in proper uniform is that of the coach and athlete.
9. The competitor shall display his/her assigned unaltered contestant number when numbers are used. The penalty for not wearing a contestant number or wearing an incorrect number in the state meet will result in disqualification.

**Penalty**

A competitor who competes with an illegal uniform shall be disqualified.

**N. Contestant Numbers and Computer Chips**

All runners will be assigned a number and a computer chip. Numbers, pins and computer chips will be issued at check-in. **NUMBERS MUST BE WORN ON THE FRONT OF THE JERSEY.** It is very important each athlete wears the number and the computer chip assigned to him/her. The order of finish will be based on the computer chip. Numbers will be used in case of computer malfunction.

**O. Starting Rule**

The command shall be “On Your Marks” and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners with a second shot. If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled with a shot.

**P. Use of Golf Carts by Coaches.**

The use of golf carts or any other motorized vehicle on the golf course by coaches during their runners competition is prohibited.

**Q. Awards**

The SDHSAA has an agreement with Conference Medal and Trophy Company of Pocasset, Massachusetts to purchase all Association medals. Also, the SDHSAA has an agreement with A and M Products of Princeton, Illinois for plaques and trophies.

The SDHSAA Office will order all medals and plaques for the region meets. Two plaques (champion & runner-up) will be awarded at each region meet. Medals will be presented to the top 20 individuals and the top two teams. Orders will be sent directly to region chairman by the companies. Region committees will be expected to pay for all awards presented.

At the State Meet medals will be presented to each of the top 25 individual place finishers and members of the top four teams in each class (boys and girls). Trophies will be awarded to champion and runner-up teams with plaques to the third and fourth place teams in each class (boys and girls).

All individual and team cross country awards will be presented by either the Board of Directors members, SDHSAA Corporate Partners, or the Track & Cross Country Coaches Association according to the Awards Time schedule listed previously. No awards will be handed out prior to the regularly scheduled awards program.

**R. State Meet Expenses**

Each school shall pay the entire expenses of its contestants at the State Meet. The SDHSAA does not reimburse the schools for any expenses incurred in Cross Country.

**S. State Meet: Computer Chip Fee**

Each school sponsoring Cross Country will be assessed a computer chip fee for the State Meet to help offset the cost of the computer chips used to determine results. The fee will be paid at the end of the school year as a part of the annual participation fee. Each school sponsoring cross country will be assessed the following fees in addition to the \$30.00 participation fee: Class “B” - \$30.00 (\$15.00 for boys and \$15.00 for girls); Class “A” - \$36.00 (\$18.00 for boys and \$18.00 for girls); Class AA - \$42.00 (\$21.00 for boys and \$21.00 for girls). **NOTE:** Each school in an approved cooperative will be assessed the following fees in addition to the \$30.00 participation fee: Class “B” - \$15.00 (\$7.50 for boys and \$7.50 for girls); Class “A” - \$18.00 (\$9.00 for boys and \$9.00 for girls).

**T. Meet Referee and Jury of Appeals at State Meet**

At the State Meet a Referee and Jury of Appeals will be appointed. The Jury of Appeals will be composed of the Meet Director, Board of Directors members and representatives of the SDHSAA staff

**ACADEMIC ACHIEVEMENT TEAM AWARD**

In an attempt to recognize the academic excellence of the athletic teams and fine arts groups in each school, the SDHSAA created the "Academic Achievement Team Award". The "Academic Achievement Team Award" is designed to recognize "varsity" level "teams" that achieve a combined GPA of 3.0 or higher.

For additional information about the "Academic Achievement Team Award", refer to the "Academic Achievement Team Award" section of either the ATHLETIC or FINE ARTS HANDBOOK.