

CROSS COUNTRY

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CROSS COUNTRY

IMPORTANT DATES & DEADLINES

	Week/Day	2018-19	2019-20	2020-21
First Allowable Practice	Thursday, Week 6	August 9	August 15	August 13
First Allowable Contest	Friday, Week 8	August 24	August 30	August 28
Region Meet Completed by	Saturday, Week 15	October 13	October 19	October 17
State Meet/Season Ends	Saturday, Week 16	October 20	October 26	October 24

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

2018	Sioux Falls	Yankton Trail Park	October 20
2019	Huron	Broadland Creek GC	October 26
2020	Rapid City	Hart Ranch Camping Resort	October 24

2018-19 CROSS-COUNTRY RULES CHANGES

NFHS:

Uniform rules were clarified in section 4-3-1 to allow for school-approved uniforms. Additionally, Rule 8-6-1 was approved to match uniform rules for both Track Relay teams with Cross Country squads.

SDHSAA:

All Regular Season Meets must be started by a licensed SDHSAA Official for varsity competition.

CLASSIFICATION

Classification shall be determined using the following ADM figures for the upcoming season:

- Class 'B' Schools – ADM of 89.999 and below.
- Class 'A' Schools – ADM of 90.000 to 449.999
- Class 'AA' Schools – ADM of 450.000 and above

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 # 2 and GENERAL # 3) 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 8, with other applicable sections also governing Cross Country. **New, 2018: All Regular Season Varsity contests must be started by a licensed SDHSAA official.**

C. Information on Road Races During Cross Country Season

Athletes who have joined their high school cross country team may participate in road races once the high school cross country season started provided the following conditions are met to avoid violation of the “NON-SCHOOL TEAM/INDIVIDUAL PARTICIPATION” section of the SDHSAA Constitution and By-Laws:

1. For events that are interpreted as “competitive” in nature, such as those where times are formally kept and compared, awards issued, or events that are otherwise seen as competitive, each of the following conditions must be met:
 - a. All student-athletes who participate in Cross Country must represent their school, which includes running in their team gear
 - b. The event sponsors set up a division for high school cross country teams
 - c. Teams have had two full weeks of practice
 - d. Event organizers complete ‘Sanctioning’ paperwork through the SDHSAA Office
2. For events which are interpreted as “non-competitive” in nature, such as those where no places are awarded, times are not formally kept and compared, or events that may be seen as completely charitable and non competitive, all student-athletes are allowed to compete without restriction on their athletic eligibility.

NOTES: The “In-season Participation Rule” does not apply after the cross country season is over and sanction is not required. The SDHSAA will not sanction any competitions, road races or otherwise, for high school cross country teams that are scheduled to be held on Sunday. Participation in triathlons is not considered a violation of the in-season participation rule.

D. Length of Course

Beginning with the 2015 Competitive Season, the distance for all SDHSAA Region and State Championship Races will be 5,000 meters. Coaches and administrators are reminded that they have the option to adjust the length of their own local, regular-season races as they see fit, however, all races for post-season competition must be run at the 5,000 meter distance.

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 1st. 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.

8. **NEW 2016:** All Region Cross Country Meets must utilize a Registered SDHSAA Track & Field Official as the starter/referee. This can be one individual, but must be a currently-registered official.

B. Region Entries

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. Instructions for submitting your entries can be found at <https://www.sdhsaa.com/Portals/0/PDFs/Athletics/CrossCountry/EntryInstructionsforCoaches.pdf>.

Schools not assigned to a region should contact the SDHSAA office for assignment to the appropriate region.

Number of runners allowed on a team is as follows:

- i. Class AA - 7, 5 counters plus 2 pushers
- ii. Class A - 6, 4 counters plus 2 pushers
- iii. 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)

All regions are required to use the SDHSAA entry system, (located in the school zone area under the cross country section). 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 region committees. The committee shall render its decision promptly to the SDHSAA Executive Staff, and shall notify the protester, by telephone or e-mail, 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 regional committee shall go directly to the SDHSAA Board of Directors. The decision of the Board of Directors shall be final. The appeal must state the decision of the region committee and the basis for the request to overrule that decision.
3. Any protest lodged prior to a region tournament or meet pertaining to the athletic eligibility status of a student, contest regulation or administrative ruling must be submitted to the region committee at least ten days prior to the event. The region committee shall render its decision promptly. An appeal from the decision of the region committee shall go directly to the SDHSAA 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 region tournament or meet, any appeal of a region committee decision shall go directly to the SDHSAA Executive Staff. The decision of the Executive Staff 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" – Schools in Class "AA" are not assigned to a region and automatically qualify a team entry for State Meet competition.

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 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 the Friday of the week prior to the State Meet.
2. Class “A” — Class ‘A’ is divided in to five regions; the top three teams and twenty individuals from each region meet shall qualify for the State Meet.
3. Class “B” — Class ‘B’ is divided in to five regions; the top three teams and twenty individuals from each region meet shall qualify for the State Meet.
4. Additional team entries may qualify for the state meet provided enough runners finish within the top twenty places at a region meet. A squad that qualifies a team entry in this manner cannot, however, bring additional (pusher) runners to the State Meet other than those that qualified as individuals at the region meet.

G. State Meet Time Schedule

1. Race Competition Starting Times (all times local course time):

Class ‘B’ Boys	12:00 Noon
Class ‘A’ Boys	12:30 PM
Class ‘AA’ Boys	1:00 PM
Class ‘B’ Girls	1:30 PM
Class ‘A’ Girls	2:00 PM
Class ‘AA’ Girls	2:30 PM
Awards	Conclusion of final race of the day

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 posted on the SDHSAA website prior to the state meet. Substitutions may be made at check in on Saturday morning.

I. Course Length

All Classes - 5,000 meters (3.11 miles)

J. 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, those qualifying strictly as individuals cannot be substituted for.

K. 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.

L. Ticket Information

State Meet tickets are available for sale on the day of the meet: \$7 adults, \$5 students.

M. Uniforms

MANUFACTURER’S LOGO/COMMEMORATIVE OR MEMORIAL MATCH/AMERICAN FLAG (RULE 4-3-1)

1. A single manufacturer’s logo/trademark/reference, no more than 2 ¼” square inches with no dimension more than 2 ¼”, is permitted on the top or one-piece uniform.
2. A single manufacturer’s logo/trademark/reference, no more than 2 ¼”, is permitted on the bottom or one-piece uniform.

3. One American flag and/or commemorative or memorial patch may be displayed on the uniform (not exceeding 2x3 inches) (one or two piece)

COMMENT: The track and field or cross country uniform may display a single American flag and/or a single commemorative or memorial 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.

TOPS OR ONE PIECE UNIFORM (Rule 4-3-1b)

1. Must be school issued or approved
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 track & field and may be worn in lieu of the traditional top and bottom.
4. The jersey may not contain ornamentation that will be objectionable in taste.
5. Any visible shirt(s) worn under the top of the uniform must be unadorned and of a single solid color. Visible items worn under both the top and the bottom do not have to be the same color.
6. The jersey shall not be knotted or have a knot-like protrusion.
7. Football jerseys are not considered a school issued uniform. If a tank top style top cannot be found (usually involves field event competition), a t-shirt the same color of the school uniform is acceptable.
8. The top and bottom may have school identification and the top may have the competitor's name.
9. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
10. The area of competition includes, but is not limited to, the infield, track, staging area, and all field event areas. Athletes wanting to remove any part of the team uniform must be in the stands or team camp areas outside the competitive area or infield.

BOTTOM OR ONE PIECE UNIFORM (Rule 4-3-1c)

1. Must be school issued or approved
2. Loose fitting boxer type bottoms or compression-style bottoms are permitted for boys and girls. 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 bottom may contain no ornamentation which will be objectionable in taste.
5. Bottoms must be worn as the manufacturer intended and may not be rolled down.

SHOES (4-3-1a)

1. Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet.
 - a. 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.

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.

VISIBLE GARMENTS (4-3-1c)

1. Any visible garment worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules visible manufacturer's logos and/or school name or insignia no more than 2.25 inches are permitted on the undergarment. Multiple logos are allowed. Visible items worn under both the top and bottom do not have to be of the same color.
2. If more than one visible garment that extends below the knees is worn under the uniform bottom, all must be of the same color.
3. A visible garment worn under the uniform bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the garment's construction is legal.

HEADGEAR/SUNGLASSES

1. No caps/hats are allowed. Stocking hats/ear muffs are not allowed unless weather conditions warrant. Likewise, hoods on one-piece uniforms may not be worn unless weather conditions warrant. Adverse weather conditions are a referee's decision.
2. Headbands/hair control devices are legal and can be of any color or design (including multiple colors). Multiple logos are also legal other than those not appropriate for high school athletics, such as alcohol, tobacco, etc. The rules do not require the head bands, etc. all be the same color(s) for relay team members.
3. Sunglasses are legal.

PENALTIES (Rule 4-1, 2, 3 Penalty)

1. A competitor who competes with an illegal uniform shall be disqualified from that event.
2. When will athlete be disqualified for uniform violation?
 - a. Running Event – when starter begins instructions to competitors

COMMENTS

1. Competition will not be delayed in order to permit competitors to comply with uniform rules.
2. Slight variation in design, width of stripes, or number of stripes is permissible
3. School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.
4. If the starter, referee or any other meet 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 and/or trials will not be delayed so that an athlete may be in compliance.
5. The responsibility to be in proper uniform is that of the coach and athlete.
6. The competitor shall display his/her assigned unaltered contestant number when numbers are used.

O. Contestant Numbers and RFID Tags

All runners will be assigned a number inclusive of an RFID tag. Numbers/bibs 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 assigned to him/her. The order of finish will be based on the RFID tag attached to the bib number. Numbers will be used in case of computer malfunction.

P. 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.

Q. Use of Golf Carts

The use of golf carts or any vehicle, motorized or man-powered, on the race course by individuals other than event or SDHSAA Staff is strictly prohibited.

R. Awards

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 six teams in each class (boys and girls). Trophies will be awarded to champion and runner-up teams with plaques to the third through sixth 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.

S. 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.

T. Meet Referee and Jury of Appeals at State Meet

The Jury of Appeals for the SDHSAA State Cross Country Meet shall consist of the Meet Referee, Starter, Assistant Referee and/or Starter, SDHSAA Board of Directors Members and SDHSAA Executive 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.