

100. General Regulations & Policies

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In accordance with Article 8 of the Bylaws, the following general regulations, policies and procedures governing the FHSAA Cross Country Program have been approved by the Board of Directors. They apply to all regular season contests as well as the FHSAA State Series unless otherwise modified or superseded by the terms and conditions approved for the state series. Substantive changes for the 2009-10 school year are shaded.

[The FHSAA utilizes a standardized calendar in which the weeks of the year are numbered. This ensures consistent dates from year to year. Week 1 begins with the first Sunday in July. Thanksgiving always falls in Week 21.]

[The forms referenced in this manual are provided on FHSAA.org as downloadable PDF and/or Word documents.]

101. Coaches

101.01 The head coach is required to complete the FHSAA Video Rules Presentation. The rules presentation for coaches will be available Aug. 16-26, 2009 in the E-Classroom on FHSAA.org. The financial penalty for failure to complete this requirement is \$50.

102. Important Dates

Monday, August 16-Wednesday, August 26 (Week 7-8) – Coaches video rules presentation available in E-Classroom on FHSAA.org.

Monday, August 17 (Week 7) – First practice date.

Monday, August 31-Thursday, September 3 (Week 10) – District planning meeting date.

Monday, September 14 (Week 11) – First regular season competition date.

Monday, October 26 (Week 17) – 2009 FHSAA State Cross Country Series Official Entry List(s) must be submitted to district meet manager.

Saturday, October 31 (Week 17) – Last regular season competition date.

Monday-Saturday, November 2-7 (Week 18) – District meets.

Thursday-Saturday, November 12-14 (Week 19) – Regional meets.

Saturday, November 21 (Week 20) – FHSAA Cross Country Finals state championship meet.

Thursday, December 3 (Week 22) – FHSAA Cross Country Advisory Committee meeting.

103. Eligibility of Student-Athletes

Please refer to Article 9 of the Bylaws in the FHSAA Handbook for information on student-athlete eligibility.

104. Season and Contest Limitations

Please refer to Policies 4, 5 and 6 in the FHSAA Handbook, as well as the FHSAA Planning Calendar, for information on season and contest limitations.

105. Multi-School Athletic Events

Please refer to Policy 7 in the FHSAA Handbook and Forms AT2 and AT3 for information on multi-school athletic events.

106. Rules of Competition

106.01 Competition Rules. NFHS Cross Country Rules (Rule 9 in the NFHS Track & Field Rules Book), as modified by the FHSAA, are the official rules for all cross country meets. The following modifications to those rules have been adopted by the Board of Directors.

- **9-1-1.** The length of the course for regular season competition – both girls and boys – is five kilometers (5K), which is 3.1 miles.

- **9-2-3.** Modified scoring is optional for the regular season. All cross country meets shall be scored in accordance with NFHS rules, which state: If fewer than five (5) competitors of a team finish a race, the places of all members of that team shall be disregarded and the team scores re-ranked.

- **9-4-4.** The starting procedure for all cross country meets will be one long whistle blast followed by the firing of the starting gun.

- **9-5.** A varsity level cross country team must be composed of five (5) to seven (7) runners. A cross country team on the junior varsity level or below may be allowed an unlimited number of runners unless otherwise restricted by the meet director. However, only the first seven (7) runners on each team may enter into scoring. Boys and girls must run separately.

- **9-6-1.** A headband or sweatband not exceeding two (2) inches in width made of cloth, plastic, pliable plastic or rubber may be worn by a contestant. Decorative headwear is prohibited. No other type of headwear may be worn.

- **9-6-7.** Jewelry, with the exception of wristwatches, is prohibited.

106.02 Athletic Uniforms. Commercial advertising, with the exception of the manufacturer's logo as permitted by NFHS rules, is prohibited on all athletic uniforms.

106.03 Suspended Contest. A suspended contest shall be resumed from the point of interruption. Otherwise, NFHS Rules regarding the resumption of suspended contests will apply.

106.04 Protests. Protests of interscholastic contests shall not be allowed. The decision of the officials shall be final. The outcome (i.e. winners and losers) of all interscholastic contests are final, and cannot be reversed, except where the rules of the sport permit or in the case where a winner must forfeit its victory or points.

107. Sportsmanship and Unsporting Conduct (Policy 30)

107.01 Sportsmanship and Ethics. Student-athletes, coaches, administrators, spectators and all other persons connected directly or indirectly with a member school, as well as contest officials, shall adhere to the principles of good sportsmanship and the ethics of competition before, during and after all contests in which they participate and/or attend.

107.02 Unsportsmanlike Act by a Student-Athlete

(1) **Penalties Assessed the Student-Athlete.** Student-athletes who commit unsportsmanlike acts before, during or after a contest will be subject to the following suspension levels as determined by the designee of the Executive Director:

(a) Level 1 Suspension. A student-athlete who commits an unsportsmanlike act or a flagrant foul for which he/she is ejected from the contest, will be ineligible to compete for the remainder of that contest and for a minimum of the next two (2) contests, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension, in all sports except football. For football, the student will be ineligible for one (1) football game, at the same level of participation, and any interscholastic athletic contest in any sport during the period of suspension. If the unsportsmanlike act or flagrant foul occurs in the last contest of a season, the student will be ineligible for the same period of time as stated above in the next sport in which the student participates; or

(b) Level 2 Suspension. A student-athlete who receives a second Level 1 Suspension or commits an unsportsmanlike act, as defined in Bylaw 7.2.1 will be ineligible to compete in any interscholastic athletic contest in any sport, at any level, for a period of up to six (6) weeks; or

(c) Level 3 Suspension. A student-athlete who receives a second Level 2 Suspension or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Executive Director, will be ineligible to compete in any interscholastic athletic contest in any sport for a period of up to one (1) year; or

(d) Level 4 Suspension. A student-athlete who receives three (3) or more Level 2 Suspensions or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Board of Directors, will be ineligible to compete in any interscholastic athletic contest in any sport for the duration of the student-athlete's high school career.

(e) It is the responsibility of the local school authorities to ensure this policy is enforced. When an ineligible student is allowed to participate, forfeiture of the contest is mandatory. This policy applies to all regular season and State Series contests.

(2) Penalties Assessed the School.

(a) In the event that more than three (3) students from the same school have been charged with any suspension level, as defined in Policy 30.2.1, in any one sport, beginning with the fourth suspension, the school will be immediately placed on administrative probation in that sport for one or more years, and will be assessed a minimum financial penalty of \$100 per suspension in that sport for the remainder of that sport's season.

(b) On the first Level 2 suspension or higher, as defined in Policy 30.2.1, of a student in any sport, a written warning shall be issued to the school that each subsequent suspension, at Level 2 or higher, in any sport will subject the school to a minimum financial penalty of \$250 per occurrence. Beginning with the next suspension, at Level 2 or higher, of a student the minimum financial penalty of \$250 will be assessed.

107.03 Unsportsmanlike Act by a Coach

(1) **Penalties Assessed the Coach.** Coaches who commit unsportsmanlike

acts before, during or after a contest will be subject to the following suspension levels as determined by the designee of the Executive Director:

(a) Level 1 Suspension. A coach who commits an unsportsmanlike act for which he/she is ejected from the contest, will be ineligible to coach for the remainder of that contest and for a minimum of the next two (2) contests, at the same level of participation in the sport of the suspension and in any interscholastic athletic contest in any sport, at any level, during the period of suspension, in all sports except football. For football, the coach will be ineligible for one (1) football game, at the same level of participation, and any interscholastic athletic contest in any sport during the period of suspension. If the unsportsmanlike act occurs in the last contest of a season, the coach will be ineligible for the same period of time as stated above in the next sport in which the coach participates; or

(b) Level 2 Suspension. A coach who receives a second Level 1 Suspension or commits an unsportsmanlike act, as defined in Bylaw 7.2.1 will be ineligible to coach in any interscholastic athletic contest in any sport, at any level, for a period of up to six (6) weeks; or

(c) Level 3 Suspension. A coach who receives a second Level 2 Suspension or commits an egregious unsportsmanlike act, as determined in the sole discretion of the Executive Director, will be ineligible to coach in any interscholastic athletic contest in any sport for a period of up to one (1) year.

(d) When a coach is disqualified (ejected) from a contest, the coach shall immediately leave the premises or facility (i.e. gymnasium in basketball, volleyball and wrestling; stadium/field in baseball, football, soccer and softball, etc.) to a place where the coach is not visible to either student-athletes, officials, spectators or other coaches; and to where the contest itself is not visible to the coach. A disqualified (ejected) coach shall not have any further contact with or give instruction to athletes or other members of the coaching staff for the remainder of the contest, including halftime intermission, breaks between quarters, periods or innings and post-contest activities.

(e) A coach who is suspended from the next contest or number of contests after having been disqualified (ejected) from a previous contest shall not attend the contest(s) from which he/she has been suspended in any capacity and shall not be present at the site(s) of such contest(s). A suspended coach also shall be prohibited from accompanying his/her team to the site(s) of such contest(s).

(f) All coaches who have been disqualified (ejected) from a contest must complete the National Federation of State High School Associations (NFHS) Fundamentals of Coaching Course. This course is accessible from the eClassroom logo on the FHSAA website (fhsaa.org). This course must be completed by the end of the coach's suspension. A copy of the coach's certificate of completion must be forwarded to the FHSAA Office.

(2) Penalties Assessed the School:

(a) A school whose coach commits an unsportsmanlike act before, during or after a contest shall be assessed a minimum financial penalty of \$100. Additional minimum fines may be imposed for unsportsmanlike conduct.

(b) It is the responsibility of the local school authorities to ensure this policy is enforced. When a coach is allowed to coach in a contest from which he/she has been suspended, the school shall face additional penalties. This policy applies to all regular

season and State Series contests.

107.04 Appeals. The decision to disqualify (eject) a student-athlete or coach from a contest is a decision of the contest official. Any penalties imposed may be appealed to the Executive Director and, from there, through the normal appeals procedures. All periods of ineligibility (suspensions) remain in effect during any such appeal unless and until they are modified or reversed.

107.05 Penalties. Please refer to Policy 41 in the FHSAA Handbook for more information on penalties.

107.06 Public Criticism of Officials.

No coach or other school employee may publicly criticize or berate an official prior to, during or following a contest. Professional ethics require that coaches and other school employees use proper channels to report their complaints about officials rather than airing them publicly. A minimum fine of \$50 shall be assessed a school whose coach or other employees are in violation of this provision.

107.07 Crowd Control.

Please refer to Policy 29 in the FHSAA Handbook for information on crowd control.

107.08 Banned Substances.

Please refer to Policy 31 in the FHSAA Handbook for information on banned substances.

108. Inclement Weather Procedures (Policy 32)

108.01 Storms. If a thunderstorm or electrical storm occurs in the area prior to the start of or during any outdoor contest, the officials must immediately contact the principal or his/her designee of each school involved in the contest to determine if the contest should be played as scheduled, delayed, suspended or postponed. If the principal or his/her designee of either of the schools involved requests that the contest be interrupted or postponed, the officials must immediately honor such request. If the principal or his/her designee of only one of the competing schools is available, his/her request must be honored.

108.02 Safety is Paramount. The safety and welfare of all concerned is of paramount importance. In no case may an official deny a request by a principal or his/her designee to delay, suspend or postpone an outdoor contest due to inclement weather or imply that the contest will be forfeited as a result of such a request.

108.03 Suspended Contests. A suspended contest shall be resumed from the point of interruption. Otherwise, National Federation Rules regarding the resumption of suspended contests will apply.

109. Photographing, Filming, Videotaping Contests (Policy 34)

109.01 Regular Season Contests

(1) Representatives of a school's athletic interest, as defined in Policy 36.2.1.1, of a visiting school may not photograph, film or videotape their team's or contestants' performance in a contest without first obtaining permission from the host school principal or his/her designee. Photographers, videographers and their equipment must be

positioned so that they do not block the view of any spectator.

(2) No representative of a school's athletic interest of a school that is not participating in a contest may photograph, film or videotape all or any part of the contest unless permission to do so is granted by the principal or his/her designee of each school that is participating in the contest.

109.02 State Series Contests

(1) State series contests are the sole property of the FHSAA and may not be reproduced and marketed or otherwise distributed or publicly displayed in any manner without the express written permission of the FHSAA. The FHSAA retains all rights to the television broadcast or cablecast, radio broadcast, internet broadcast (audio and/or video), videotaping, filming and photographing of all state series contests.

(2) The FHSAA, subject to the policies of the host facility, allows still cameras and video cameras to be used at state series contests so that participants and spectators may record the event for their own personal use – not for the purposes of commercial resale or public redistribution in any form. Only those duly authorized organizations or individuals who have been granted appropriate rights by contract or by issued credential shall be permitted to sell or publicly display or otherwise redistribute images and sounds of state series contests and then only in accordance with the terms and conditions established by the FHSAA.

(3) Each participating school shall be permitted to photograph, film or videotape, for archival, coaching or instructional purposes, only those state series contests in which its team or contestants perform when arrangements are made with the contest management. Photographers, videographers and their equipment must be positioned so that they do not block the view of any spectator.

(4) There may be additional guidelines or restrictions for FHSAA Finals state championship events. Consult the appropriate athletic regulations manual governing a sport for additional guidelines or restrictions concerning photographing, filming and videotaping at a state championship event in that sport.

109.03 Penalty

(1) A school that violates these guidelines shall be guilty of unsportsmanlike conduct and will be subject to reprimand and the assessment of a financial penalty by the FHSAA.

(2) An organization or individual who violates these guidelines, and in so doing infringes upon the rights of the FHSAA as stated hereinabove, shall be subject to one or more of the following actions: remedies under breach of contract; revocation of credentials; expulsion from the site of competition; and legal action under applicable state and federal laws.

110. Officials

Please refer to the FHSAA Officials' Guidebook for more information on contest officials.