



WIAA Cross Country Rules Clinic

2020-2021

The WIAA follows the NFHS rules for Cross Country. The NFHS is the sole and exclusive source of binding rules interpretations for contests involving WIAA member schools. Any person having questions about the interpretation of NFHS Cross Country rules should contact:

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WIAA Cross Country Rules Interpreter

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The 2020-21 Cross Country Rules Clinic is comprised of five (5) lessons:

- Sport Information
- Rule Changes
- Points of Emphasis
- Rule Interpretations
- Additional Information

At the end of the clinic you will need to successfully complete the FINAL EXAM to finish the clinic. After you have passed the FINAL EXAM you will be able to print a certification document for this clinic. Please keep a copy for yourself and give one to your Athletic Director.

Each member school has a responsibility to educate its student-athletes, coaches, and other appropriate persons on State Association rules, regulations, and policies that could affect them. Further, each member school should monitor its compliance with such State Association information.

Coaches are responsible for knowing the WIAA rules and assisting the AD with all eligibility issues.

WIAA Season 1 or Season 3 (Alternate Season):

- First Practice: September 7 or March 1, Must be in Phase 2
- Minimum Practice Days: 10
- 50% Rule Date: September 28 or March 22
- Maximum Number of Contests (Regular Season): 7 + Jamboree
- WIAA Culminating Event will be in Season 3

Athletes must meet all eligibility requirements in order to participate in the following competitions:

- **JAMBOREE** – A cross country jamboree is an abbreviated contest during which all individuals are limited to 2 miles. All schools that participate must count the race as a jamboree.
- **MEETS** – Any outing where individuals from other schools run/compete with each other. All outings must count towards team and individual participant contest limitations.
- **INVITATIONAL MEETS** – All invitational meets/contests/open runs must count toward team and individual participant contest limitations if it is school sponsored event.

- Practice on a race day shall not allow an athlete to become eligible for competition on that day.
- Participation in pre-contest warm-up exercises shall not count towards the pre-contest practice requirement.
- Competitions/Open runs cannot count as practices.
- An athlete must be currently eligible to participate in an activity in order to participate in the pre-event warm-up.

Providing Aid

4-6-5 g Disqualification and conduct

Art. 5. . . It is an unfair act when a competitor receives any assistance. Assistance includes:

g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

Providing Aid

8-6-1 e Disqualification and conduct

ART. 1 . . . A competitor is disqualified who:

- a. Receives assistance from another competitor to complete the race.
 1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

Cross Country Course Markings

8-1-1 Cross Country Course

ART. 1 . . . The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course.

The course shall be clearly marked using one or more of the following methods:

- a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.
- b. The use of natural or artificial boundary markers.
- c. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.

Cross Country Course Markings (Cont.)

8-1-1 Cross Country Course

FLAG DESIGNATIONS

- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.

ART. 2 . . . In case of a discrepancy in the course markings, directional flag markings cones and course markings take precedence over any other course markings.

Cross Country Course

8-1-3 Cross Country Course

ART. 3 . . . The race course should include the following features:

- a. Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet (one meter) wide at its narrowest place. No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.
- b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. At least 90% of the course should be a yielding surface such as grass or wood chips.

Cross Country Course

8-1-3 Cross Country Course (Cont.)

- a. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.
- b. At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.
- e. At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the chute. This funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes.

NOTE: For large meets, the use of multiple chutes is recommended. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of finish chutes.

Assisting Injured Athletes

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations' rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.

Situations that are eligible to protest/appeal include, but are not limited to:

- Misapplication of the rule.
- Correction of clerical or team scoring errors.
- Correction of meet results involving an ineligible participant.
- Failure to follow procedures in the terms and conditions of competition.

Situations that are not subject to protest:

- Any judgment decision pertaining to violation or alleged violations of the rules
- A decision made by the finish judges or timers that does not involve misapplication of a rule or terms and conditions
- Whether a start is fair and legal
- If no call was made or a violation was not seen by an official

- Rule 3.1.2..."The meet referee, other meet officials or the jury of appeals shall not set aside any rule."
- Rule 3.2.7..."Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet."
- Rule 3.2.8.b..."Electronic devices shall not be used for any review of an official's decision."

17.15.8 POSTSEASON QUALIFYING EVENTS – Postseason contests are those events that are held after the regular season for the purpose of seeding individuals or teams into the next qualifying event or elimination events that qualify individuals or teams directly to the state tournament.

A. A league championship event where neither individuals nor teams qualify for the postseason must count toward the regular season contest limit.



Coaching Cross Country



Course Objectives

- Explain the cycles of the season and how to develop training plans based on them
- Illustrate drills using video of student-athletes
- Identify common Cross Country injuries and ways to prevent them
- Introduce the concepts of Team Dynamics and explain how they affect a team's performance and experience
- Provide an overview of goal-setting and mental toughness

Units

- Training Plan
- Goal Setting and Mental Toughness
- Team Dynamics
- Tapering Principles
- Common Injuries and Prevention
- Ancillary Training Activities
- Training Environments

New

Available at [nfhslearn.com](https://www.nfhslearn.com)!

Review the Cross Country section in the 2020-21 WIAA Handbook:

- Go to **wiaa.com/handbook**
- Click on **“Sport/Activity Specific Rules & Regulations”**

Review the 2020-21 Cross Country Bound for State Regulations:

- Go to **wiaa.com/tennis**
- Click on **“Bound for State Regulations”** on the left menu

THANK YOU FOR COMPLETING THE RULES CLINIC.

YOU WILL BE PROMPTED TO TAKE THE FINAL EXAM AFTER VIEWING THIS SLIDE. **IN ORDER TO RECEIVE YOUR CERTIFICATE FOR THIS CLINIC, YOU MUST PASS THE FINAL EXAM WITH 100% ACCURACY.**

IF THE FINAL EXAM DOES NOT APPEAR AFTER THIS SLIDE PLEASE USE THE COURSE MAP **IN THE LEFT HAND MENU** TO DETERMINE WHICH SLIDES ARE NOT COMPLETED. ALL TOPIC SLIDES IN ALL SECTIONS, MUST BE VIEWED BEFORE THE FINAL EXAM WILL APPEAR.