



2010-2011 MHSAA Online Cross Country Clinic Handouts

Coaches: All of these slides are presented as part of your clinic.

Slide 1 Welcome to the MOA/MHSAA online clinic presentations. I am Mark Beckman, Executive Director of the MHSAA and Commissioner of the MOA. The MHSAA/MOA is again presenting the rules clinics in this electronic format for coaches and officials throughout the state. This format saves travel time and costs for schools and officials, and by eliminating travel to clinic sites, this online format provides a safer more flexible means of delivering this necessary information.

Everyone will view the same clinic, providing consistency for coaches and officials. The clinic will be accessible during the season so you can go back and review a particular section. The software has been upgraded and all clinic production is done in house. You will find the audio clearer and the presentation slides larger and easier to read. If you have any questions or comments regarding this format please contact Brian Michelotti at the MHSAA office; his email address is bmichelotti@mhsaa.org.

This is the fifth year of utilizing online clinics as a means of delivering the essential rules information for each activity. In June of 2008, an electronic survey regarding the clinic process was sent via email to all head coaches, administrators and officials. Responses to the survey were overwhelmingly positive in regard to providing rules clinics online. Your input on the survey was extremely valuable and we appreciate your time in completing the survey.

All head coaches must view the clinic for their activity in order to meet the clinic requirement. However, all other members of the coaching staff, as well as activities directors, are encouraged to view the clinics.

Please follow the directions at the end of the presentation to sign in and receive credit for completing the clinic requirement. We encourage you to print two copies of the verification page confirming that you have viewed the clinic. Keep one copy for your records, and if you are a coach, provide a copy to your administrator as proof of your completion of this clinic.

Again, please feel free to the MHSAA office with any questions or comments concerning the online presentations of the MHSAA/MOA rules clinics.

Slide 2 You are about to view the mandatory clinic for your activity. You must view the entire presentation in order to receive credit. Complete the information on the last page to ensure that your attendance has been submitted. Properly recording your attendance after the viewing is complete will fulfill the MHSAA clinic requirements. Head coaches are required to view the clinic, but all assistant coaches and other personnel are strongly encouraged to view the presentation

Slide 3 I would like to welcome all coaches and administrators to another season of Montana High School Cross Country and to the 2010 MHSAA Cross Country Rules Clinic. My name is Scott McDonald. I'm an MHSAA Assistant Director and the Cross Country contact at the MHSAA Office. I can be reached at 442-6010 or you can fax me at 442-8250 or my e-mail address is smcdonald@mhsaa.org. If you have any Cross Country questions or concerns, please call, fax, or e-mail them to me.

Slide 4 Some general information found in the Cross Country Section of the 2010-11 MHSAA Handbook:
The MHSAA practice rule states that no individual shall compete in any Association contest until he/she has a minimum of ten (10) days of cross country practice and at least one practice session per day on ten (10) different days (no practice is permitted on Sunday), prior to the date of the first allowable contest.
Also, no team shall participate in more than ten (10) meets excluding Association sponsored meets.
For an athlete to be eligible to compete in post-season competition he/she must compete in at least two (2) Association sanctioned meets, which can be varsity or sub varsity meets, during the regular cross country season. Only a medical waiver from a certified physician stating that an athlete has sustained an injury preventing him/her from competing until that time will be accepted as a condition to be exempt from the rule. The high school for which the student will participate must file a request with the MHSAA Executive Director for consideration of a waiver of this rule.

Slide 5 Every sport has new NFHS Rules regarding concussions. The MHSAA has expanded the scope to include possible concussions and other serious injuries. The new rule and the MHSAA Return to Play Rule procedures are as follows:

MHSAA Rules and Regulations item (4) states:

A participant in any MHSAA sanctioned sport who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion or balance problems) or other serious injury shall be immediately removed from the game, evaluated by the coaching staff in regard to the nature of the injury, and if it is determined to be a possible concussion or other serious injury, the player shall not return to play until cleared by an appropriate health-care professional (MD, DO, PAC or NP).

The MHSAA has implemented specific procedures for managing possible injury situations during Association activities.

- Slide 6** To help in recognizing possible concussions, the most common symptoms are listed in NFHS Rules Books. Symptoms include:
headache, fogginess, difficulty concentrating, easily confused, slowed thought processes, difficulty with memory, nausea, lack of energy, tiredness, dizziness, poor balance, blurred vision, sensitivity to light and sounds, or mood changes - meaning the athlete is irritable, anxious or tearful
- Slide 7** This flow chart summarizes the MHSAs procedures as presented in this clinic. Feel free to pause the clinic to review these steps.
- Slide 8** This presentation and additional resources are available on the MHSAs website. Visit www.mhsa.org and proceed to the Sports Medicine page by using the link on the home page.
- Slide 9** In the Cross Country Section of the 2010-11 MHSAs Handbook are listed the MHSAs modified scoring rules for the State Cross Country Meet. For Team Scoring — The total points scored by the first five (5) contestants of a team will count as the team score for Classes AA, A and B. The total points scored by the first three (3) contestants of a team will count as the team score for Class C.
- Slide 10** For Individual Scoring — If fewer than five (5) contestants per school participate in Classes AA, A and B, and fewer than three (3) contestants per school participate in Class C, contestants may compete for individual honors. If a school enters the state meet and does not have the minimum number of runners for team's honors consideration, then the individual(s) from the incomplete team that placed holds his/her spot and no one moves up. This means that the place a runner finishes in a race remains frozen and another team's individual cannot move into that position.
- Slide 11** Rule 9-3-1 states: A cross country race begins when the competitors are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded. Remember that the advancement of place winners shall continue to be covered under Rule 2-1-3 which states: When any apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official. NFHS Track and Field and Cross Country Rules 2-3-1 through 3 will be applied for the correcting of the Cross Country score due to an error. The MHSAs has established that the correction of the score due to participation of an ineligible/disqualified contestant may be made up to 10 days following the conclusion of the meet.
- Slide 12** During the pre-season and regular season, in an effort to allow athletes a chance to recover from workouts, the MHSAs is recommending that the practice guidelines found on pages 39 and 40 of the MHSAs Handbook be followed. These guidelines will allow an athlete to rest both mentally and physically.

The MHSAs prohibits any use of tobacco, alcohol or other mood altering drugs during competition. Violation will cause the coach or participant to be disqualified from further participation in that event
- Slide 13** By MHSAs guidelines, if varsity and sub-varsity team members compete at the same time in the same race, for scoring purposes, the head coach must declare who the varsity runners are before the event starts.
The 2010 State Cross Country Meet will be in Helena at the Bill Roberts Golf Course, Saturday, October 23rd with Jim Opitz, Athletic Director for the Helena Public Schools serving as the meet director.
- Slide 14** The MHSAs considers sport bras a foundation garment and are not subject to the undergarment rule of being a single solid color.

For 2010 State Cross Country Meet, watches can be worn by competitors at the State Meet. The participant may only wear one watch during competition. The watch must be unadorned and may be worn only on the wrist.

During state meet competition, the use of an inhaler containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director or referee prior to the beginning of the meet.
- Slide 15** In Rules and Regulations, Section 6, Item B page 40 of the 2010-2011 MHSAs Handbook: Regular season practice is defined as a potential player(s) reporting to the practice field or court, with or without uniforms, under the supervision of a sport-specific school-approved coach, and receiving coaching in game skills and techniques.
- Slide 16** The MHSAs Executive Board approved the following:
Added to Section (6) Coaching/Practice Regulations in the MHSAs Handbook: Only students who meet all MHSAs eligibility (enrollment, age, semesters, academics, physical examination, etc) are eligible to practice with and participate on member school teams. Exception: students who are eligible in every way except academics may participate in practice if the school allows.
- Slide 17** All athletic coaches (paid or volunteer) at all levels (fresh, soph, jr, varsity) must take and pass the MHSAs Coaches Education program. The website is listed, and each user will determine his or her own password to login. The coach's password must be remembered. The testing curriculum will also change with each login. See the coaches' education website for more details.
The coaches education certification is good for three years and the MHSAs strongly recommends that this certification be completed by all coaches before the start of the season.
If coaches haven't completed the program – the school and coach can be liable – since the program is mandatory. If an injury occurs at practice or during a meet and a lawyer is contacted – the attorney will usually contact our office and ask two things – did the coach complete the annual rules clinic and did the coach complete the mandatory coaches education program?

Schools are required to complete and send the Coaches Education Certification form, which lists all coaches and whether they have completed the program, to the MHSA or be subject to penalties if not submitted.

- Slide 18** The following are the 2010 NFHS Cross Country Rule Changes and Clarifications.
- Slide 19** A change to Rule 3-2-7 now requires the games committee to identify and approve the video replay or television monitoring equipment to be used to aid in making decisions related to the meet, determine the location of the equipment and specify its purpose and use by meet officials to assist in determining place finishes of races prior to the start of competition. Now the determination to approve such equipment must be made prior to the start of competition eliminating coaches' and spectators' unofficial electronic images and video from being presented to meet officials for viewing after competition begins. This approved equipment shall not be used by coaches for protesting judgment of official(s).
- Slide 20** With the rapid growth in technology, Rule 4-5-8e was changed to "communicating with a competitor through the use of any device" rather than trying to include a list of items. This rule change broadens the description of devices that cannot be used to communicate with competitor. The rule now prohibits communication with "any" device and eliminates the need for new language to constantly address new devices. In the fairness of competition, it is considered "assistance" if the competitor receives verbal cues through any device.
- Slide 21** There is a defined procedure for course umpires to follow when reporting observed violations. The umpire should report the observed violation to the head meet referee. The report must include complete information regarding the observed violation. The meet referee will evaluate the information and make a determination if a disqualification is warranted. The meet referee will notify or cause to be notified, the competitor or the competitor's coach, if there is a disqualification.
- Slide 22** The design and style of undergarments is constantly changing. The Track and Field and Cross Country Rules Committee has reaffirmed the requirements of Rule 4, Section 3, Art. 1, d., Rule 4, Section 3, Art. 2, b. and Rule 9-6-1b(8) that state: visible undergarments worn under the uniform top or bottom shall be a single, solid color and unadorned except for a single manufacturer's logo/trademark/reference or a single school's name or insignia. It is legal to wear one color under the uniform top and another color under the uniform bottom. Items displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment will be illegal for the 2010-11 school year. There are undergarments available for purchase by schools and athletes that are not in compliance with NFHS uniform rules. Coaches must be aware of the rule requirements when purchasing undergarments, and must inform students - who are purchasing their own competitive undergarments - of the rules to avoid non-compliance.
- Slide 23** Rule 9-6 requires cross country team members to wear uniforms of the same "design." The term "design" is referring 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, the remaining team member(s) must also wear a white singlet of the same design with a red diagonal four-inch stripe. It would not be legal for the remaining member(s) to wear a white singlet with a vertical four-inch stripe. The design is different. The use of the same colors, but arranged in a different pattern is not of the same design. The uniform rules are written so the uniforms being worn for the team "are clearly going to identify the competitor at a glance that he/she is a member of a certain team." This is essential to allow the meet officials to fairly and consistently identify the runners and team to which they belong.
- Slide 24** The style of the uniform refers to the length, cut of the uniform, etc. In this example, the color and design are the same, but the style of the uniform bottom is different. This is legal providing all other requirements are met. When the shorts were added, the visible portions of the legs then became a visible undergarment and would be subject to the visible undergarment rules.
- Slide 25**
- The wearing of undergarments in cross country is becoming more common.
 - Rule 9-6-1b(8) concerning uniforms specifies that a school's name or insignia may be worn on an undergarment, providing it is not larger than 2¼ square inches with no dimension more than 2¼ inches. Previous rules regarding uniforms did not address if a school's insignia was considered legal on undergarments.
 - In this illustration you can see the school mark has been placed on the undergarment. This is legal providing the size requirement by rule is met.
 - The school name, insignia, or mascot can still be placed on the uniform top and bottom and there is no size restriction for these items on the uniform.
- Slide 26**
- Rules 9-6-1b 6 and 7 continue to allow a single manufacturer's logo/trademark/reference to be placed at any location on the uniform top, the uniform bottom and to visible undergarment(s). A logo must be no more than 2 ¼ square inches with no dimension more than 2 ¼ inches and when determining the size of the logo the measurement should occur while the uniform item is not being worn .
 - If wearing a one piece uniform there may only be one manufacturer's logo.
 - A "reference" to the logo could be the logo appearing on an exposed washing label or sizing tag. An exposed logo and reference on the same uniform item would not be legal.
 - In Figure 1 each item of the uniform displays a single manufacturer's logo. This is legal.
 - In Figure 2 from the front view this uniform along with the undergarment appear to have only one visible manufacturer's logo on each item. However, from the back view the undergarment is actually illegal as a second manufacturer's logo is visible; thus, this uniform is illegal if this undergarment is worn.
 - If an undergarment has two manufacturer's logos displayed, to make the undergarment legal to be worn during competition the athlete can turn the undergarment inside-out, use a marker to block out one logo or sew a patch over one logo. The athlete could also choose to not wear the undergarment during competition.

- Slide 27**
- Also, any visible undergarments worn under the uniform top and other visible apparel worn under the uniform bottom must be unadorned and of a single (and the same) color except for a single, visible manufacturer's logo and/or a single school name or insignia as per NFHS rules. Visible items worn under both the top and the bottom do not have to be the same color. It is legal to wear one color apparel under the uniform top and another color apparel under the uniform bottom. If worn by more than one team member (two or more) any visible items under the uniform top or bottom must be the same color as those worn by other members of the cross country team. Visible garments under the uniform top or bottom may vary in length.
 - In the first illustration, we have a legal uniform as the contestant is wearing two visible undergarments under the uniform top and bottom and both are gold in color.
 - In the second illustration an illegal uniform is being presented as the multiple visible undergarments worn under the shorts are not the same single, solid color.
 - The third illustration is a legal uniform as different colors may be worn under the uniform top and the uniform bottom.
- Slide 28**
- Rule 9-6-2 states that: *Bare midriff tops are not acceptable. The jersey (singlet) must hang below or be tucked into the waistband of the shorts or briefs when the competitor is standing erect.*
- Here is an example of the coach placing the competitors in an illegal uniform. In this picture we see two runners from the same school. The uniform on the front runner is illegal and the second runner's uniform **might** be considered to be a legal uniform at the start of the race.
 - The lead runner has a top that does not hang below or could not be tucked in the uniform bottom when the competitor is standing erect and the waistband is not above the hips.
 - Officials face a challenge with some of the more fitted styles, thus the potential gray area for the uniform of the second teammate.
 - Runner 420 also has an undergarment worn under the uniform bottom. It is legal as it is single colored and unadorned.
 - When evaluating the uniform it should be viewed in its natural state with the runner standing in an erect position.
- Slide 29**
- Arm sleeves are not considered a part of the official uniform or a visible undergarment. They are legal unless the games committee or by state association policy restrict them from being worn. Currently, manufacturer's logo restrictions or being unadorned do not apply.
- Slide 30**
- The uniform rules are specific to the uniform top, bottom and visible undergarments.
 - The rules, except for jewelry, do not automatically prohibit headwear, sunglasses, or other items worn in excess of the school issued uniform.
 - Rule 3-2-4(o) of the 2010 NFHS Track and Field and Cross Country Rulebook identifies the authority of the games committee to prohibit the wearing of additional items which are worn in excess of the school-issued uniform.
 - The next few slides show items that the 2010 State Cross Country Games Committee will not allow to be worn during the 2010 State Cross Country Meet.
- Slide 31**
- One responsibility of the 2010 State Cross Country games committee is to make the competition area favorable for all competitors. The expectation of the area is to have minimal risk or distractions. With that in mind, no jewelry will be allowed on competitors. Medical alert medals are not considered jewelry and must be taped to the body and the alert may be visible. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body. **Lance Armstrong bracelets, bobby pins and metal flat clips are considered jewelry.**
- No headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances such as health conditions or religious considerations.
- Slide 32**
- A headband is any item that goes around the head (including elastic strips/bands, pre-wrap, moisture-absorbing terry cloth etc). If worn, only one headband is permitted. Headbands may be a maximum of 5 inches wide and must be a single, solid color and be moisture-absorbing, non-abrasive and unadorned except for a single manufacturer's logo and/or a single school name or insignia as per NFHS rules. The headband shall have no jewelry attached. To view a copy of the 2010 State Cross Country Policies and Procedures as adopted by the games committee, go to mhsa.org, click on Cross Country, then click on 2010 State Cross Country Policies and Procedures. Violation of these State Cross Country games committee rules can result in the athlete being disqualified from the event.
- Just a reminder that Rule 9-6-5 states that a competitor shall wear the assigned unaltered contestant number in the 2010 State Cross Country competition.
- Slide 33**
- To meet the requirements of rule 9-4-3, we are asking that the head coach from each team sign a sportsmanship statement reminding teams to exhibit good sportsmanship and a form stating that all contestants are legally equipped prior to picking up their 2010 State Cross Country packet. Any questions about legal uniforms should be resolved prior to the start of the meet.
- Slide 34**
- Coaches are reminded to inform athletes that removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal and shall lead to a warning and if repeated, to disqualification from the event. A good example of this is at the end of a race at the finish line, an athlete pulls their top out of their shorts.
- Slide 35**
- After viewing this presentation, if you have questions or suggestions please email: smcdonald@mhsa.org

Find the Cross Country section of the MHSA Handbook on the MHSA website at www.mhsa.org, then proceed to the Cross Country page.

Please continue to the next screen to verify your completion of this clinic requirement.

Slide 36 It is vital that your clinic attendance be recorded. You must verify that you have viewed this entire presentation in order to meet your clinic requirement for this activity.

Please use the "Click Here" link to access the registration page.

If you are not directed to the registration page after you click the above link, try again by simultaneously holding the control key and clicking the above link. Do not close this presentation until you have verified that your attendance has been recorded using the appropriate link. Thank you for viewing the 2010 MHSA Cross Country rules clinic. If I can be of any assistance during the year, please give me a call. Have a great season!