

2007 STATE CROSS COUNTRY MEET
POLICIES AND PROCEDURES ADOPTED BY THE GAMES COMMITTEE:

1. **No** jewelry will be allowed on competitors. Watches are considered jewelry.
2. **No** headwear, except headbands, will be allowed unless inclement weather is encountered or in special circumstances, such as health conditions or religious considerations. Headbands may be a maximum of 2 inches wide and must be a single color of white or match the dominant color of the jersey and be moisture-absorbing, non-abrasive and unadorned except for a manufacturer's logo. (See 9-6-1B) The headbands shall have no jewelry attached.

2007 NFHS CROSS COUNTRY RULES
(Information found in the 2007 NFHS Track and Field and Cross Country Rules Book)

NOTE: *The NFHS Rules Review committee has agreed that the Lance Armstrong "LiveSTRONG" yellow wristband, like any adornment, shall be treated as jewelry and removed during participation.*

RULE 9 - SECTION 6 – COMPETITOR'S UNIFORM

ART. 1 – Each competitor's uniform shall consist of:

- a. Shoes
- b. Full-length cross country top and bottom or one piece uniform issued by the school:
 1. Bottoms may vary in length and style, but must be the same color and design for all team members.
 2. Loose-fitting, boxer-type shorts and one-piece uniforms are permitted for boys and girls, and closed-leg briefs are acceptable for girls.
 3. French or high cut apparel may be worn under the bottom, but not in lieu of bottom.
 4. The one piece uniform, top and bottom may have school identification and the top may have the competitor's name.
 5. The top shall not be knotted or have a knot-like protrusion.
 6. A single manufacturer's logo/trademark reference, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each top, bottom or one-piece uniform.
 7. The American flag, not exceeding 2 X 3 inches, and either a commemorative or memorial patch, not to exceed 4 square inches, may be worn on the uniform top or bottom.
 8. Any visible shirt(s) worn under the top and other visible apparel worn under the bottom must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color.

ART. 2 – Uniforms must be worn as intended by the manufacturer. The waistband of a competitor's shorts shall be worn above the hips. There shall be no bare midriff.

ART. 3 – A shoe is covering for the foot. Shoes shall be worn on both feet and shall have an upper and definitely recognizable sole and heel. The upper must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. The use of slippers or socks does not meet the requirements of the rule.

ART. 4 – Each team member shall wear the same color and design school uniform. Any visible apparel worn under the top and other visible apparel worn under the bottoms must be unadorned and of a single (and the same) color. Visible items worn under both the top and the bottom do not have to be the same color. If worn by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.

ART. 5 – A competitor shall wear the assigned unaltered contestant number, when numbers are used.

ART. 6 – Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, shall lead to a warning and if repeated, to disqualification from the event. If the incident recurs, the athlete will be disqualified from further competition in the meet.

ART. 7 – Jewelry shall not be worn by contestants.

- a. Medical alert medals are not considered jewelry and must be taped to the body, and the alert may be visible.
- b. Religious medals are not considered jewelry and must be worn under the uniform and taped to the body.

PENALTY: (Articles 1-7) For illegal uniform, the competitor is disqualified from the event.

RULE 9 - SECTION 7 – DISQUALIFICATION

ART. 1 – A competitor who false starts. (See 5-7-3, 4)

5-7-3 – The starting commands for individual races or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors shall be, "On Your Marks." When all competitors are steady, the starter shall fire the starting device.

5-7-4 – Starting violations which constitute a false start include:

- a. Failure to comply with the starter's commands.
- b. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
- c. Failure to remain motionless after assuming the set position prior to the starting device being fired.
- d. Failure to place starting blocks within their respective competitor's lane.
- e. Repeated use of disconcerting acts.

PENALTY: A competitor who commits a false start shall be disqualified.

ART. 2 – A competitor who interferes with another competitor. (See 4-5-3)

4-5-3 – Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitor's path.

ART. 3 – A competitor who is unsportsmanlike or uses unacceptable conduct. (See 4-5-1, 2)

4-5-1 – Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. **PENALTY: Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.**

4-5-2 – Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action which could bring discredit to the individual or his/her school. **PENALTY: Disqualification from that event.**

ART. 4 – A competitor who receives any assistance from any other person who could improve that competitor's performance. (See 4-5-8)

NOTE: Providing liquids during competition is not considered to be an aid or assistance.

4-5-8 – It is an unfair act when a competitor receives any assistance from any other person. Assistance includes:

- a. Interference with another competitor.
- b. Pacing by a teammate or persons not participating in the event.
- c. Competitors joining or grasping hands with each other during a race.
- d. Competitor using an aid during the race.
NOTE: The use of an atomizer during competition 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/referee prior to the beginning of the meet.
- e. Communicating with a competitor through the use of a wireless device.
- f. Coaching a competitor from a restricted area.
NOTE: A coach may verbally instruct a competitor provided the coach is positioned in an unrestricted area.
- g. A competitor views videotape or any other visual reproduction of the competitor's performances prior to the completion of the competition.

ART. 5 – A competitor who fails to complete the prescribed course that is defined by a legal marking system.

PENALTY: (All articles) Disqualification from the event.