

### **2011 Cross Country Regulations**

No new regulation were submitted by the Advisory Committee for approval by the NDHSAA Board of Directors:

#### **Cross Country:**

1. The beginning date of the season is set by the Board.
2. The date for the first allowable meet is set by the Board.
3. There shall be at least 9 daily practice sessions prior to the first meet. Individual participants must have participated in at least 9 daily practice sessions before being permitted to participate in an interscholastic contest.
4. The season ends with the State Cross Country Meet.
5. 5000 meter run for boys; 4000 meter run for girls.
6. Each individual participant is limited to competing in two cross-country meets per calendar week.
7. Cross-country participants cannot compete on two consecutive days.
8. 7th, 8th and 9th grade students involved in cross country may compete at either the junior high or senior high level the entire season but may not compete in more than two meets per week.

#### **State Cross Country Meet on October 22, 2011**

The 33rd Annual Girls' State Cross Country Meet and the 51st Annual Boys' State Cross Country Meet will be held on Saturday, October 22nd in Fargo at the Rose Creek Golf Course, Ed Lockwood, Athletic Director for the Fargo Public Schools, will be the manager. Separate meets will be held for the Division A girls' and boys' teams as well as the Division B boys' and girls' teams.

#### **SCHEDULE:**

The Division A girls' event will begin at 12:00 p.m., the Division A boys' event will begin at 12:30 p.m. Awards will immediately follow the completion of the A Division. The Division B girls' event will start at 2:00 p.m. and the Division B boys' event will start at 2:45 p.m. with awards ceremony for the B Division immediately following the two races. The girls will run a 4000 meter course and boys will run a 5000 meter course. Provisions will be made to walk the course at 10:00 a.m. for those wishing to do so. There will be no practice on the course the day or evening prior to the competition. The meet is open to any Cross Country Division A or B school submitting an entry form which will be electronically provided to the school administration. Submit this registration form no later than Monday at 10:00 a.m. prior to the state event. Both the boys' team and the girls' team may be submitted on the same entry form. Entries submitted after the 10:00 a.m. deadline up to 4:00 p.m. that same day must be accompanied by a \$25.00 late entry fee. **NO ENTRIES WILL BE ACCEPTED BEYOND THAT TIME (4:00 p.m. Monday).** Through the use of the adjusted score procedure, those schools who enter or compete with fewer than 5 on a team will still post a team score. If fewer than five members of a team finish a race, the score of the remaining slots up to five will be a score of one more (plus two more, etc.) than the field that finishes. Schools with more than five members finishing the race shall have their five highest finishers' scores count toward the team championship. Ties in team scoring shall be resolved by comparing the sixth runner's score from each team.

Uniform rules as set by the National Federation shall be enforced at the State Meet.

Article 1...Each competitor's uniform shall consist of:

- a. Shoes;
- b. Full-length cross country jersey and cross country shorts or one-piece uniform issued by the school;
  1. Shorts may vary in length and style, but must be the same color for all team members.
  2. Loose-fitting, boxer-type bottoms or compression-style bottom are permitted for boys and girls. Closed-leg briefs are acceptable for girls. The waistband must be worn above the hips.
  3. The jersey (singlet) and shorts may have school identification and the jersey may have the competitor's name.
  4. The jersey shall not be knotted or have a knot-like protrusion.
  5. Bare midriff tops are not allowed.
  6. A single manufacturer's logo/trademark, no more than 2 ¼ square inches with no dimension more than 2 ¼ inches, is permitted on each item of apparel.
  7. The American flag, not exceeding 2 x 3 inches, is permitted.

8. Any visible shirt(s) worn under the jersey and other visible apparel worn under the shorts must be unadorned and of a single (and the same) color. The visible item under the jersey and the visible item worn under the shorts do not have to be the same color.

9. Contestants shall not wear jewelry with the exception of religious or medical medals. If such medals are worn, they shall be taped to the body under the uniform (religious medals) or in a visible area (medical medals).

**PENALTY:** (All articles) For illegal uniform, the competitor is disqualified from the event.

For wearing of jewelry, if observed prior to the race, the competitor shall not become eligible to compete until jewelry is removed and the team receives a warning that should jewelry be observed on any team member during the race, he/she is disqualified.

**STARTING LINE:** Each space recommended be a minimum of 2 meters wide. At the starting line, lanes will be left vacant when more lanes available than teams. Example: Lane spots available = 24 / Teams Competing = 20. Prior to drawing for team starting positions, the meet manager will pull out 4 positions such as lanes 4, 8, 12 and 16. Starting assignments would then be drawn and assigned in lanes 1-3 (lane 4 open), 5-7 (lane 8 open), 9-11 (lane 12 open), 13-15 (lane 16 open), 17-20

**USE OF GOLF CARTS, BICYCLES AND OTHER MEANS OF TRANSPORTATION AT THE COURSE** shall be limited to officials and workers of the State Meet.

**AWARDS:** Trophies will be given to the top 5 teams in each of the four divisions. Individual plaques will be given to the top twenty runners in each of the four divisions plus individual plaques will be given to each member of the runner-up and championship team in each of the four divisions.

**SCHOOL PAYMENTS:** Participating schools will receive a payment based on the team payment formula. Checks will be sent to schools after the completion of the school year.

**ADMISSION:** Adults - \$6.00 / Students - \$4.00

For more information on girls' cross country: [http://www.ndhsaa.org/athletics/cross\\_country\\_girls](http://www.ndhsaa.org/athletics/cross_country_girls)

For more information on boys' cross country: [http://www.ndhsaa.org/athletics/cross\\_country\\_boys](http://www.ndhsaa.org/athletics/cross_country_boys)