



# Kansas State High School Activities Association

## 2016 CROSS COUNTRY ANNOUNCEMENTS

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### Important Dates

**Regional Entry Fee**  
due August 18

**Exam Answers**  
due August 30

**Regional Entries**  
submitted online October 17

**Regional Meets**  
October 22

**State Meets**  
October 29

### Regional Cross Country Meets

- **Race Distances:** The race distance for boys and girls at regional and state meets will be a 5K. During the regular season schools hosting events may choose to use other distances.

Meet directors may choose to have shorter race distances, early in the season, for heat acclimatization purposes.

- **Required Test:** High school and middle school boys and girls cross country coaches will be required to complete an open book test this year. Test questions are included at the back of the announcement sheet. Answers must be submitted online. The test will be available from August 1-30.
- **Host Sites:** If your school is interested in hosting a cross country regional (your class and/or other classes) please notify Francine Martin ([fmartin@kshsaa.org](mailto:fmartin@kshsaa.org)) by August 19.
- **Regional Assignments:** Assignments will be posted at [www.kshsaa.org](http://www.kshsaa.org) within a week after classifications are released. Schools indicating they wish to be assigned to a regional on ADM-1 and paying the \$60 entry fee will receive a regional assignment.
- **Regional Entry Forms:** Entries for regional cross country will be submitted online. Coaches will log on to the KSHSAA website and enter up to 10 runners. Entries are due by noon on Monday, October 17. No additions will be allowed after this time. Substitutions are permitted only with KSHSAA approval for injury or illness and none will be approved after Wednesday, October 19.
- **Regional Cross Country Meets:** Regional meets will be held on October 22. Meet sites will be determined after classifications are released September 26. Regional cross country meets will start in the morning. This is an ACT testing date, so if the school will have runners who also want to take the ACT test, they should consider a different ACT testing date as there will be a conflict.

- **Regional Starters:** All starters used in regional meets must have been registered with the KSHSAA for the 2016 track season.
- **Practice on Course:** Coaches must contact regional managers about possibly practicing on the course prior to the meet. Some courses may not be available for practice.
- **Eligibility of Runners:** *KSHSAA Handbook Rule 34-1-1a* states an individual must participate in 9 days of practice with a team prior to participating in a meet. A school team must have completed 14 days of training. In order to compete in the regional cross country meet a runner must be a member of the squad for a majority of the season (Rule 30-2-2).
- **Cooperative Teams:** Teams that run as a cooperative team during the regular season must separate for post-season competition, and each runner will represent their own school.
- **Meet Results:** All regional meets will use Hy-Tek to score the meet and to submit state qualifiers to the state managers.
- **Rosters for State Meet:** Rosters submitted for the regional meet may be changed prior to the state meet.

### Classes 2A, 3A, 4A, 5A, 6A

- **Criteria to Qualify for the State Meet:**
  1. Three (3) top teams from each regional.
  2. Top ten (10) runners medal and qualify for state.
  3. Top five (5) individuals from "non-qualifying teams" if not in top 10.
  4. Once the top ten (10) individuals have been identified:  
THEN use procedure below to determine if additional runners from non-qualifying teams should be included as state qualifiers.
    - A. Review and count those runners in top 10 who are not members of the qualifying team.
    - B. If only one (1) of the top 10 runners is from a non-qualifying team, identify the next four runners also not a member of the top three (state qualifying) teams.
    - C. If two (2) of the top 10 runners are from non-qualifying teams, identify the next three runners also not members of the top three (state qualifying) teams.
    - D. If three (3) of the top 10 runners are from non-qualifying teams, identify the next two runners also not members of the top three (state qualifying) teams.
    - E. If four (4) of the top 10 runners are from non-qualifying teams, identify the next one runner not a member of the top three (state qualifying) teams.

### Class 1A

Class 1A schools will have three regional meets. State qualifier information is listed below. Schools will be allowed to have seven runners; only the top four runners will be used for team scoring. Fifth, sixth and seventh runners will be used as potential tiebreakers.

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### Class 1A Criteria to Qualify for the State Meet:

1. Four (4) top teams from each regional.
2. Top ten (10) runners medal and qualify for state.
3. Top seven (7) individuals from “non-qualifying teams” if not in the top 10.
4. Once the top ten (10) individuals have been identified:

THEN use procedure below to determine if additional runners from non-qualifying teams should be included as state qualifiers.

- A. Review and count those runners in top 10 who are not members of a qualifying team.
- B. IF only one (1) of the top 10 runners is from a non-qualifying team, identify the next six runners also not a member of the top four (state qualifying) teams.
- C. IF two (2) of the top 10 runners are from non-qualifying teams, identify the next five runners also not members of top four (state qualifying) teams.
- D. IF three (3) of the top 10 runners are from non-qualifying teams, identify the next four runners also not members of top four (state qualifying) teams.
- E. IF four (4) of the top 10 runners are from non-qualifying teams, identify the three runners also not members of top four (state qualifying) teams.
- F. IF five (5) of the top 10 runners are from non-qualifying teams, identify the two runners also not members of top four (state qualifying) teams.
- G. IF six (6) of the top 10 runners are from non-qualifying teams, identify the one runner also not a member of a top four (state qualifying) team.

## State Cross Country Meets

Boys and girls will run a 5K at the regional and state meets.

- **Pass Gate:** School superintendents, principals and athletic directors will be listed at the pass gate near the entrance and will be admitted free.
- **State Entry Fees:** A copy of the entry form (CC-3 and CC-4) and the entry fee check must be mailed to the KSHSAA.
- **State Entry Form:** CC-3 and CC-4 must be submitted to the state manager by noon on Monday, October 24.
- Chip timing will be used at the state meet. Competitors must wear the correct number and chips. Each competitor will have two chips, one tied to each shoe.

### Classes 3A, 5A, 6A – State Site & Schedule

- Lawrence – Rim Rock Farm (five miles northwest of Lawrence). The meet manager is Steve Heffernan from Lawrence Free State High School. Information concerning the meet can be obtained by going to [www.firebirdrunning.com](http://www.firebirdrunning.com).
- Saturday, October 29, 2016
  - 10:00 a.m.---3A Boys
  - 10:35 a.m.---6A Girls
  - 11:10 a.m.---5A Boys
  - 11:45 a.m.---3A Girls
  - 12:20 p.m.---6A Boys
  - 12:55 p.m.---5A Girls

- Ticket Prices:

Due to a parking charge required by Kansas Athletics, the prices at Lawrence will be \$9 for adults and \$7 for students grades K-12. The additional dollar on KSHSAA ticket prices goes directly to Kansas Athletics. The KSHSAA generates no additional revenue from this surcharge for parking.

### Classes 1A, 2A, 4A – State Site and Schedule

- Wamego High School will again host the 2016 Class 1A, 2A, 4A meet at the Wamego Country Club golf course. The meet will be held on Saturday, October 29, 2016. The meet manager is Dennis Charbonneau, Wamego High School Athletic Director. Information concerning the meet can be obtained by going to [www.usd320.com/HighSchool/Activities/CrossCountry/State.aspx](http://www.usd320.com/HighSchool/Activities/CrossCountry/State.aspx)
- Saturday, October 29, 2016
  - 10:00 a.m.---1A Boys
  - 10:35 a.m.---4A Girls
  - 11:10 a.m.---2A Boys
  - 11:45 a.m.---1A Girls
  - 12:20 p.m.---4A Boys
  - 12:55 p.m.---2A Girls
- Ticket Prices:
  - Students grades K-12 - \$6.00
  - Adults - \$8.00

## KSHSAA Rules

### Rule 22 - Outside Competition

Members of a school cross country team may not compete, enter or run along in road races, fun runs or fund-raising runs while a member of the school team during the school year. Team members should be reminded they cannot participate in fall festival runs, breast cancer awareness runs or other events while a member of the school team.

The Executive Board has established policy relative to these situations. The following defines the events:

- Triathlon: A single competitor participates in all three phases (running, swimming and bicycling) of the event.
- Team Triathlon: Three competitors each participate in a single phase of the event. It is a three athlete (relay style) event.

Given the above, Executive Board policy permits a student (grades 7-12) to participate in a triathlon and not be in violation of KSHSAA Outside Competition Rule 22. The rationale for this policy is based on the triathlon event differing significantly than the school sport in which the athlete is currently in season.

School athletes may also participate in team triathlons during a school season of sport. In order to avoid violation of Rule 22, school athletes must be careful to not participate in the triathlon phase identical to their school sport. They may only compete in a different phase of the event and not violate the Outside Competition Rule. For example, a swimmer may run or bike, but not compete in the swim phase of the team triathlon. A track and field athlete could bike or swim, but not compete in the running phase.

All athletes should be reminded that KSHSAA Amateur Rule 21 and Awards Rule 21 are in effect as it relates to their desire to protect their interscholastic eligibility.

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## **Rule 34 - Cross Country**

### **Section 1: General Regulations (apply to grades 7-12)**

**Art. 1:** No member school shall participate in a meet until it has had (14) days of training.

- a. Each athlete shall participate in 9 days of practice with the team prior to participating in a meet.

### **Section 2: Senior High Regulations**

**Art. 1:** Practice shall not begin prior to Monday of Standardized Calendar Week #7 (August 15, 2016) and shall terminate with the state meet.

**Art. 2:** No student representing a member school shall participate in more than seven (7) meets during a season, exclusive of regional and state meets.

- a. Schools are encouraged to schedule as many quadrangular or smaller meets as possible. It is recommended these meets start after school hours.
- b. On those days when schooltime is used, only two competitions may start prior to 3 p.m. C.T.

### **Section 3: Middle/Junior High School Regulations**

**Article 1:** No student shall participate in more than seven (7) meets during a season. **EXCEPTION:** Ninth grade students in junior high schools shall be permitted to compete in the same number of athletic competitions as ninth graders in senior high schools.

**Article 2:** The maximum distance by grade level shall be:

7th grade — 1 mile (1600M)

8th grade — 2 miles (3200M)

9th grade — same as senior high school

1. **KSHSAA Executive Board** policy relative to ***tobacco products and other chemical use*** states: "Coaches, directors/sponsors/coaching aides, and contest officials are ***prohibited*** from using tobacco products, alcoholic beverages or illegal drugs while directly involved in interscholastic activities."
2. **KSHSAA RULE 10:** Only certified coaches (certified in compliance with standards established by the State Board of Education) or coaches aides (through application and approval from the KSHSAA) are allowed to work with teams. No volunteers may coach or assist with any coaching duties, with an exception provided for individuals who are certified staff employed by the member school district.
3. **Middle School Cross Country:** Middle school students who are not members of a middle school cross country team may not participate in school sponsored cross country meets as "unattached" runners because their school does not have a middle school program. KSHSAA Bylaw Article I indicates that member schools may only participate against other member schools. Schools which do not have a middle school cross country team may not allow 7th and 8th graders to practice with the high school team. Schools hosting meets may not allow students who are not members of a school team to participate in their meet. A school may choose to have a "fun run or all comers run" prior to or after the school sponsored interscholastic races. If a "fun run" is offered, anyone who is not a member of the school team could be given the opportunity to participate. This may include parents, community members and students who are not part of a school cross country team. KSHSAA catastrophic insurance would not cover participants in a race of this type.

## **Sports Medicine & Safety**

The sports medicine and safety section of the KSHSAA website has information concerning the following topics: hot weather tips; concussion information; lightning safety information; heat and hydration information and a link to the NFHS sports medicine website which contains much more health related information.

## **Uniform & Equipment Information**

### **NFHS Rule 9-6-1 and 4-3-1**

In addition to NFHS rule 4-3 (competitor's uniform), the following uniform information is applicable in KSHSAA interscholastic meets:

1. The uniform must consist at a minimum of a top and bottom or may be a one-piece uniform. Each team member shall wear the same color and design school uniform.
2. The uniform top and bottom worn by a contestant during interscholastic competition must be a school issued top and bottom or school issued one-piece uniform. The uniform may have school identification.
3. Uniforms must be worn as intended by the manufacturer.
4. The top shall not be knotted or have a knot-like protrusion [4-3-1b(3)].
5. Any visible undergarment, which extends below the knee, must be unadorned and of a single solid color. Visible undergarments for the top and the bottom do not have to be of the same color [4-3-1b(8)].
6. Neither the uniform top nor bottom may contain any adornment which will be objectionable in taste. Questions relevant to the application of this provision will be brought to the attention of the meet referee for a ruling.
7. A competitor must wear the assigned competition number and/or chip, when numbers and/or chips are used.

***NOTE: The uniform top (singlet) or bottom shall not be removed by a contestant in the area of competition. Appropriate decorum requires the top not be removed and the bottom is always worn with the waistband above the hips.***

***Rule 4-3-3: Removing any part of the team uniform, excluding shoes, while in the area of competition is illegal. This shall lead to a warning and if repeated, to disqualification from the event. If the incident reoccurs, the athlete will be disqualified from further competition in the meet.***

### **Uniform Tops [4-3-1B]**

Bare midriff tops are not allowed. If the uniform top is not tucked in, the top must at the minimum extend below the top of the shorts when the athlete is in a normal standing position. Games committee may determine that tops (which extend below the top of the shorts) must be tucked into the shorts. [3-2-4(j)]

### **Uniform Bottoms [4-3-1C]**

1. **NFHS rule 4-3-1c(2)** permits the uniform bottom to be "loose-fitting, boxer-type bottoms, compression-style bottoms are permitted for boys and girls. Closed-leg briefs are acceptable for girls." **By KSHSAA policy, school issued spandex shorts may be worn by either boys or girls. If any competitors are wearing school issued span-**

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**dex shorts or one-piece uniforms, the inseam length of the shorts must be a minimum of 2 inches.** Girls may wear either closed-leg briefs or school issued spandex shorts with an inseam of 2 inches or more. Traditional loose-fitting, boxer-type bottoms/shorts may also be worn.

- Individual bottoms worn by members of the school team may vary in length but the design must be the same for all relay team competitors in the same relay. The bottoms must be of the same color and design. [4-3-2(a)]
- French or high cut apparel shall not be worn in lieu of uniform shorts. [4-3-1c(3)]
- The waistband of a competitor's shorts shall be worn above the hips. [4-3-1c(4)]

#### **Shoes [4-3-1(A)]**

- Shoes are required with a definite upper and recognizable sole and heel. Shoes shall be worn on both feet. [4-3-1] The use of slippers or socks in lieu of shoes does not meet the requirement of the rule.
- The upper portion of the shoe must be designed so that it can be fastened securely to the foot by laces, Velcro and/or zippers.

#### **Undergarments**

- Any visible shirts(s) worn under the uniform top and other visible apparel worn under the uniform bottom must be of a single (and the same) color and unadorned (exception: undergarment may have the school name, school insignia or school mascot – one school name or insignia or mascot may be on each item of clothing undergarment but on undergarments there is a size limitation - no more than 2 ¼ square inches with no dimension more than 2 ¼ inches).
  - Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 ¼ inches are permitted on the undergarment. Visual 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) apparel must be the same color, but not necessarily the same length.
- Boxer underwear showing below the bottom is unacceptable.
- Sports bras are no longer classified as visible apparel! While this clarification has been of benefit to athletes, coaches and meet officials, it must be understood that the removal of a team jersey by competitors, leaving only a sports bra, is a violation of rule 4-3-3.

#### **Jewelry – NFHS Rule 4-3**

- NFHS rules no longer prohibit jewelry from being worn during cross country competitions. The wearing of jewelry presents little risk of injury to either the competitor or opponents. The meet referee may direct the athlete and coach that an item is to be removed if not properly secured or has a high probability to damage equipment.
  - Coaches may prohibit their athletes from wearing jewelry.
- Excessive safety pins on the jersey are not permitted.
- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair.

- Watches may be worn during competition.
- GPS watches are not legal and are considered an aid. The GPS is a receiver and provides information which the runner is responsible for as part of the competition and thus it aids in performance.

#### **Hair Decorations/Adornments**

The KSHSAA policy regarding items worn in the hair by cross country and track and field competitors is as follows:

While participating in competition, it is permissible for a student to use in their hair for a functional purpose the following:

- Ribbon or yarn of any single solid color (length such that it is not "flowing" – three inches or less in length);
- If multiple functional rubber bands, ribbons, yarn are used in the hair, they must be of the same color;
- A "scrunchie" (device intended to hold hair in place while in competition which is composed of an elastic material covered with cloth or a cloth-like material) of a single solid color;
- Any ribbon, rubber band, yarn, cloth or cloth-like material worn in the hair must have a functional purpose, i.e., to hold the hair in place while in competition.
- Unadorned devices (such as barrettes, bobby pins, clips, combs, no longer than two inches) may be worn in the hair. Beaded items worn in the hair are illegal.
- Participants will not be allowed to wear feather hair extensions (latest trend in adding style and texture to hair), tensile, etc., in their hair during practice and competition. This is considered "ADORNMENT" and is not permitted by NFHS and KSHSAA rule. All KSHSAA sports codes are consistent; feathering will not be permitted during any activities under NFHS rule jurisdiction.

#### **Penalty – Illegal Uniform**

For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.

#### **Additional Uniform Notes**

- Races will not be delayed in order to permit competitors to comply with uniform rules.
- School uniforms should show evidence of conforming to the color and design of uniforms worn by teammates.
- If the starter, referee or any other meet official detects an illegal uniform prior to the start of competition, it is good practice in preventive officiating to call this to the attention of the contestant. Races and/or trials should not be delayed so an athlete may be in compliance.
- The responsibility to be in proper uniform is that of the coach and athlete. *This includes proper display of contestant numbers.*
- Neither meet directors, games committees nor the vote of the coaches can supersede the *National Federation Track & Field Uniform Rules.*

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7. **Stocking Caps:** In the event of inclement weather (cold, wet), stocking caps may be worn during competition (providing the games committee has not established a policy against the wearing of these items). If worn, all team members must wear the same color stocking hat or head band. **By KSHSAA policy, visors and baseball style hats may not be worn during competition by any competitor.**
  8. **Sunglasses:** Unless prohibited or restricted by the games committee, sunglasses may be worn during competition. Sunglasses may not be adorned and the frames must be of a single, solid color.
  9. **Gloves:** In the event of inclement weather (cold, wet), unless prohibited by the games committee, gloves may be worn during competition unless otherwise prohibited by NFHS rules (i.e., gloves may not be worn by relay team members, competitors in the shot, discus, javelin, pole vault). If worn, all team members must wear the same color gloves.

## Miscellaneous

1. **Rule 4-6-5d (note) - Atomizer** – If a cross country competitor's condition is verified by a physician and the doctor has prescribed this medication, it would not be considered an illegal aid as long as a physician's statement documenting the need of the athlete to use a prescription during competition is presented to the meet director/referee prior to the beginning of the meet. (Note: Without a doctor's statement, the athlete may only use the inhaler prior to and after competition.)
2. **Rule 4-6-5 - Drinks on Course** – Meet management may have water available for all contestants. Rule 9-7-4 (note) indicates that providing liquids during competition is not considered to be an aid or assistance provided it does not interfere with other competitors.
3. **Rule 4-3-1-c-6** permits an American Flag, not to exceed 2"x 3" to be worn. A commemorative or memorial patch, not to exceed four square inches, may be worn on the uniform top or bottom. The KSHSAA requires that schools must request in writing permission from the KSHSAA to wear a commemorative or memorial patch.
4. **Coaches Meeting: Rule 9-4-3** – Prior to the start of the meet, the head coach shall be responsible for verifying to the meet director that all his/her competitors are properly equipped (uniform and equipment) in compliance with these rules. Any questions regarding legality shall be resolved prior to the start of the meet. For KSHSAA events, a properly completed "Sportsmanship & Uniform Card" is to be turned in. Coaches will verify that team members will be expected to exhibit good sportsmanship and will comply with all NFHS and KSHSAA rules. Blank forms may be printed by going to the cross country page on the KSHSAA website. Prior to the meet, coaches and meet personnel are to be advised of any special concerns or rules in an effort to prevent disqualifications, and to review special circumstances, procedures and information pertaining to the meet, particularly how the individual qualifiers are determined.
5. **Lightning Information** – Information concerning lightning safety may be located on the KSHSAA website by clicking on sports medicine and safety.
6. **State Team Medals** – If your team needs to order additional medals, a school administrator may place an order by emailing the KSHSAA at [bunruh@kshsaa.org](mailto:bunruh@kshsaa.org). Please indicate the number of medals needed and the KSHSAA will send an authorization letter so you may purchase additional medals.

### KSHSAA regulations during the school year outside the season of sport/activity:

1. A school coach may not coach their athletes in the same sport.
2. A school coach may coach senior athletes in the same sport following the conclusion of the school season.
3. A school coach may attend camps or clinics.
4. A school coach may not attend camps or clinics with their athletes.
5. Students may attend camps or clinics but may not attend camps with their coach(es).
6. A school coach may transport (but not in school vehicles) students to non-school competitions in their sport.
7. A school coach may not be reimbursed transportation costs by the school or school booster club.
8. A school coach may not transport students to camps or clinics in their sport.
9. A school coach may supervise an offseason conditioning program for students not currently on a school team.
10. School conditioning programs may not be sport-specific and shall only include weights, running, conditioning and general skill development (not a sport-specific skill).
11. Sport-specific equipment may not be used in conditioning programs.
12. Offseason conditioning programs must be open to the entire student body, and participants must provide their own clothing. A school may not offer more than one off-season conditioning program at any given time. Offseason conditioning is limited to "weight training and general agility drills – not sport-specific drills and general running conditioning."

## Online Cross Country Regional Entry Instructions

All schools are required to submit their regional cross country entries ONLINE!

The KSHSAA will provide regional managers their meet file electronically containing all entries.

**The online entry system will be available October 10 at 8 a.m. ALL REGIONAL ENTRIES MUST BE SUBMITTED ONLINE BY NOON ON OCTOBER 17.**

### **To submit online entries:**

1. Cross Country coaches should login to the KSHSAA website with their school's User ID and COACH password.
2. Once logged in, select the CC-1 (girls) or CC-2 (boys) link at the top of the page.
3. Athletic directors can access the online entry section by logging in with their administrator password and selecting CC-1 or CC-2 form in the October menu of the Entry Forms section of the website.
4. Once you have opened the entry form, select your runners in the spaces provided. You can select up to 10 runners. ONLY STUDENTS ENTERED ON YOUR SCHOOL'S ONLINE ELIGIBILITY LIST ARE AVAILABLE FOR SELECTION.
5. Be sure to enter both your Girls (CC-1) and your Boys (CC-2) rosters.
6. When finished, click the Submit Entries button.
7. You can generate your CC-1/CC-2 reports after entering your runners. Fax these forms to your regional manager. The managers will use these to double-check your entries.
8. Changes can be made to your online entries until the noon deadline on October 17. If you make any changes, be sure to re-submit your entries and fax your updated forms to the regional manager.
9. To remove a runner from your entries, simply select the blank field at the top of the drop-down list.

Please contact Francine Martin ([fmartin@kshsaa.org](mailto:fmartin@kshsaa.org)) or Melissa Thompson ([mthompson@kshsaa.org](mailto:mthompson@kshsaa.org)) at 785-273-5329 with any online entry questions.

### **Kansas State High School Activities Association**

#### **Cross Country - SPORTSMANSHIP & LEGAL UNIFORM MESSAGE**

The NFHS and the KSHSAA require sports officials to enforce sportsmanship rules for coaches and contestants. Acts meant to demean or embarrass opposing contestants, teams, spectators and officials are not consistent with expected ideals of interscholastic education and competition and will be not tolerated.

Printed Coach Name: \_\_\_\_\_

School: \_\_\_\_\_

Verify by signing below that your contestants are legally equipped and uniformed according to NFHS and KSHSAA rules and will compete in a sportsmanlike manner.

Coach Signature: \_\_\_\_\_

Event: \_\_\_\_\_

Date: \_\_\_\_\_

**This card must be turned in per outlined procedure.**