

Cross Country pre-season rule reminders

8-6-1e Disqualification and conduct

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

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. 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

All uniform rules for cross country are now found in Rule 4

Rule 4-3-1:

Art. 1 . . . The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meets the following requirements and restrictions.

Each competitor shall wear shoes both feet.

The shoes shall have an upper and definitely recognizable sole and heel.

The (shoe) upper must be designed so that it can be fastened securely to the foot.

In cross country, the sole and heel may contain grooves, ridges or track spikes which are no longer than 1 inch. (Note: the games committee may also determine the length of spikes allowed on all-weather surfaces. (3-2-4a))

The use of slippers or socks does not meet the requirements of the rule. b.5

Manufacturer's Logos larger than 2.25 square inches now permitted on uniform bottom waistbands

In the sports of track and field and cross country, uniform bottoms are increasingly being purchased by the athlete and not being school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event. The change would minimize issues related to logo/trademark reference on uniform bottoms.

b.7 Any visible garment(s) worn under the uniform...is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.