

National Federation of State
High School Associations



2011 Cross Country

Rules Changes

Major Editorial Changes

Points of Emphasis

Take Part. Get Set For Life.™

National Federation of State
High School Associations



Take Part. Get Set For Life.™

Meet Director

Rule 3-3-1

- Identifies the meet director as the official representative of the host meet management
 - Designates a specific person to serve as the contact person for the host school to guarantee competition will run smoothly
 - In the absence of a games committee, the meet director performs duties assigned to the games committee



Meet Director

Rule 3-3-2

- It is the responsibility of the meet director to handle:
 - unsporting conduct by a spectator(s)
 - other matters outside of the competition rules
- If necessary, the meet director may designate another representative of the host meet management to serve as his/her designee for these matters



Meet Director Rules 3-3-1, 2



Meet Director

**Official
representative of
host meet
management**

**Responsible for
handling
unsporting
spectator
conduct**

**Responsible for
matters outside
of competition
rules**



Meet Director Rule 3-3-2

- It is the responsibility of the meet director or his/her designee to address unsporting conduct by a spectator



Jewelry Prohibited

Rules 4-3-3, 9-6-3, Penalties

- Jewelry shall not be worn by competitors in track and field or cross country
- Items not considered jewelry include:
 - medical alert bracelets and necklaces
 - religious medals worn under the uniform and taped to the body
 - a watch worn around the wrist
 - unadorned devices such as bobby pins and flat clips (no longer than two inches) worn to control the competitor's hair



Jewelry Prohibited

Rule 9-6-3, Penalties

- When a meet official in **cross country** observes a competitor wearing jewelry prior to the start of the race, the official shall:
 - notify the competitor and his/her coach to remove the jewelry before being eligible to compete
 - by way of the referee, issue a team warning to the coach that a second violation of the jewelry rule by any team member during the race shall result in disqualification of the competitor



Jewelry Prohibited

Rule 9-6-3, Penalties

- When a meet official in **cross country** observes a competitor wearing jewelry during the race, the official shall:
 - notify the meet referee who shall issue a team warning for the violation
 - if the school is entered in subsequent races of the same gender, on the same day, a subsequent violation shall result in disqualification of the competitor involved



Jewelry Prohibited

Rule 9-6-3, Penalties

- **9.6.7 SITUATION:** The first runner for Team A, No. 398, crosses the finish line and is observed wearing an earring. At the completion of the race, one of the course umpires reports to the meet referee that Team A runner No. 395 was observed at the halfway mark on the course wearing a bracelet. The meet referee address the violation of Rule 9-6-3 with Team A's coach and a team warning is issued, but neither runner is disqualified.

RULING: Correct procedure.

COMMENT: The wearing of jewelry is prohibited. For the first violation, the team receives a warning by way of notifying the coach. In cross country, it is not possible to issue a warning for the race in progress. However, if the school has other levels of races for the same gender on the same day, any further violations of 9-6-3 should result in a disqualification of the competitor.



Jewelry Prohibited

Rules 4-3-3, 9-6-3, Penalties

- Important to practice preventive officiating
- If a competitor is observed wearing jewelry or an illegal uniform prior to competition and can be addressed by the official and make the uniform legal or remove the jewelry without delay, this is always a better situation for all parties involved



Jewelry Prohibited

Rules 4-3-3, 9-6-3, Penalties



Jewelry

Preventive
action



Legal for
competition



Jewelry – Medical Alerts

Rules 4-3-3a, 9-6-3a

- Changes the requirements while wearing a medical alert bracelet to accommodate new styles and materials
 - The alert **should** be visible
 - When an alert medal is attached to:
 - a bracelet made of **metal** or an **unyielding material**, it shall be taped to the body
 - a bracelet made of a pliable material, it is not required to be taped to the body
 - a **necklace**, it shall be **taped** to the body



Jewelry – Medical Alerts

Rules 4-3-3a, 9-6-3a



- Medical alert bracelets made of pliable material are not required to be taped to the body



Jewelry – Medical Alerts

Rules 4-3-3a, 9-6-3a

- Metal medical alert bracelets and all medical alert necklaces shall always be taped to the body



Hair Devices

Rules 3-2-4o, 4-3-3d, 9-6-3d

- Jewelry is prohibited from being worn in competition and this includes various items worn in the hair
- Items such as rubber bands, cloth headbands or scrunchies may be approved by the games committee to control the hair and not considered jewelry
- The state association may develop an across the board policy or interpretation on what is considered jewelry and prohibited and what would be acceptable for hair control



Hair Devices

Rules 3-2-4o, 4-3-3d, 9-6-3d

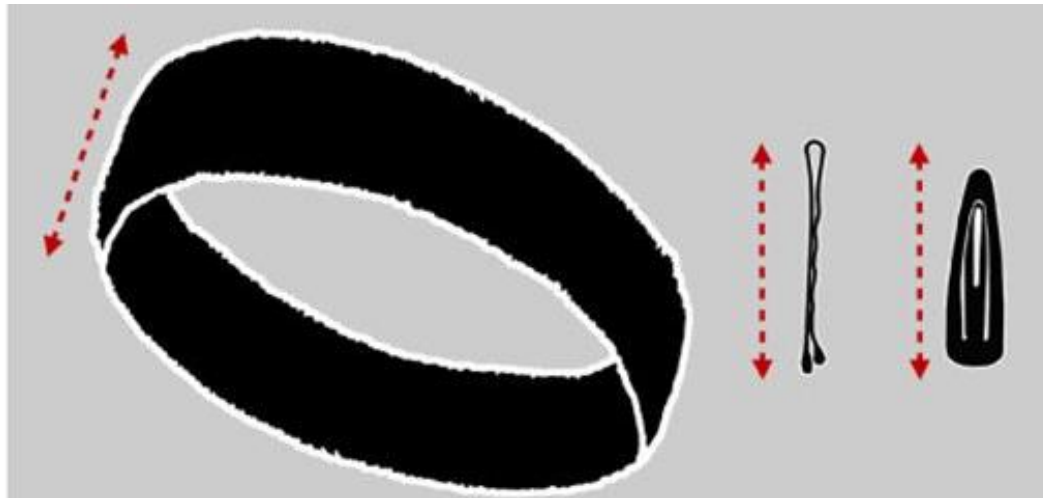
- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control the competitor's hair
 - Do not require action by the games committee to be worn and are legal
 - These items, when legal, are not considered jewelry



Hair Devices

Rules 4-3-3d, 9-6-3d

- Headband approved by games committee
- Unadorned hair devices, such as bobby pins or flat clips, no longer than 2 inches are legal
 - No games committee action needed



Hair Devices

Rules 4-3-3d, 9-6-3d



Legal

Illegal



Braces, Concussion Management and Modifications Rules 4-4-1 thru 3

- Updates and clarifications, with assistance from the NFHS Sports Medicine Advisory Committee, were included in the rules
 - Guards, casts, braces, splints
 - Artificial limbs
 - Concussion management
 - Modification of uniform/equipment for students with disabilities



Braces, Concussion Management and Modifications Rules 4-4-1 thru 3

- If a guard, cast, brace, splint, etc. (hard and unyielding items) is worn by a competitor and determined by the referee padding is required, it should be:
 - closed cell, slow recovery foam
 - no less than ½ inch in thickness
- It is not likely the referee will frequently experience the need to invoke this rule due to the nature of the sport



Concussion Management

Rule 4-4-3

- Coaches, officials, athletes and parents should become familiar with the signs, symptoms and behaviors of a possible concussion
- Each state association will develop a protocol for handling removal and returning to competition if an athlete displays concussion symptoms as well as the definition of “appropriate health-care professional”



Concussion in Sports

www.nfhslearn.com



Concussion In Sports - What You Need To Know



1 2 3 4 5 6

<< PREVIOUS

NEXT >>

Unit 1: Concussion Overview

Introduction

What is a concussion?

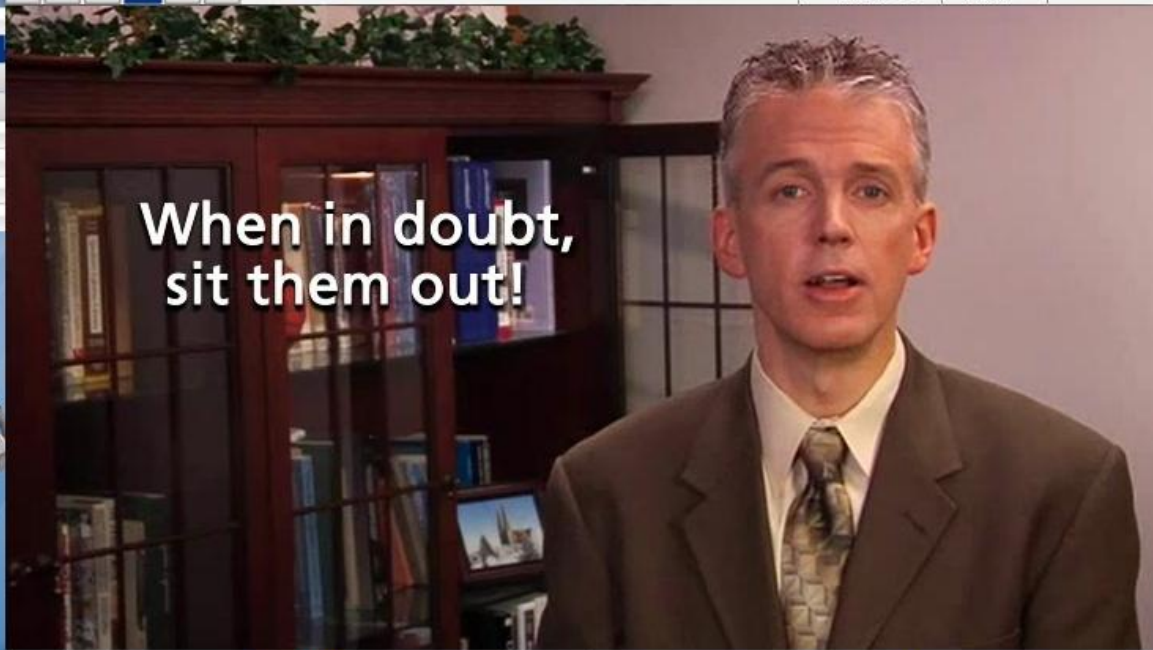
What happens to the brain?

Unit 2: The Problem

Unit 3: Your Responsibility

Unit 4: Review

Course Evaluation



TRANSCRIPT

RESOURCES

Hi, I'm Dr. Mick Koester, Chair of the NFHS Sports Medicine Advisory Committee and Director of the Slocum Sports Concussion in Eugene, Oregon.

As you are well aware, concussions have become a huge topic of discussion over the past few years. Unfortunately, they are a common problem in sports and have the potential for serious complications if not recognized early and managed correctly.

What may appear to be only a mild jolt or blow to the head or body can result in a concussion. While concussions occur at all levels of sports,



Braces, Concussion Management and Modifications

Rule 4-4-4

- Includes a procedure to follow when exceptions to the rules regarding uniform or equipment are requested and considered by the state association for medical or religious reasons
- Modifications, pending approval, shall require a letter of authorization from the state association
- Letter of authorization shall be made available to the meet referee prior to competition



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High School Associations



2011

Points of Emphasis

Take Part. Get Set For Life.™

Points of Emphasis

Concussion Management, Casts, Braces, Prostheses and Blood on Uniform

- The NFHS Sports Medicine Advisory Committee has been working with all sport rules committee to update policies and position statements to be up to date with current practices, braces/supports, knowledge of concussions and proper management and other matters relating to risk minimization for athletes
- “Suggested Guidelines for Management of Concussion in Sport” has been developed and appears in Track and Field Rules Book – Appendix C
- Addresses symptoms and behaviors of concussion, sideline decision making and appropriate health-care professional’s clearance for return to play



Points of Emphasis

Concussion Management, Casts, Braces, Prostheses and Blood on Uniform

- Rules have been included regarding casts, braces supports and procedure if, in rare occasions, they should be padded
- Use of prostheses and the procedure to handle bleeding and blood on uniforms are a part of the rules
- Coaches should be prepared along with the health-care professionals to provide the medical coverage needed in the event an athlete becomes ill or is injured



NFHS Officials Association Central Hub

www.nfhs.arbitersports.com

Contains

- sport information
- rules information
- rules library
- searchable rules book and case book
- video content on officiating sport, competition situations and interpretations

NFHS Track & Field - Default - Windows Internet Explorer
http://nfhs-trackfield.arbitersports.com/front/105416/Site

OFFICIALS ASSOCIATION
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ASHLEE FERGUSON (Official)
NFHS Track & Field
Group ID: 105416

NFHS HOME TRACK & FIELD VIDEO GROUP INFO

NFHS TRACK & FIELD OFFICIATING WITHIN THE OVAL

Welcome

Welcome to *Within the Oval*, the homepage for NFHS Track and Field and Cross Country Officials Information. We believe you will find the information useful and utilize the resources to stay informed. It is our intention to continually update this site, and we encourage you to visit *Within the Oval* frequently for new and valuable information.

The NFHS Track and Field/Cross Country Rules Committee meets annually in June to discuss rules change proposals, editorial changes and points of emphasis for the following season. If you have a rules proposal you would like to consider, you're encouraged to work with your member state association - if they find merit in your proposal, they will forward it to the NFHS. This is your way to voice your opinion and potentially enhance the sports of track and field and cross country for the youth of our nation.

The NFHS appreciates your dedication to the sports of track and field and cross country and the students we serve!

Becky Oakes
Becky Oakes
NFHS Assistant Director
Track and Field/Cross Country Rules Editor/National Interpreter/More...

Track & Field Rules Information

- 2011 Track and Field Rules Changes
- 2010 Track and Field Rules Interpretations
- 2010 Track and Field Points of Emphasis
- 2010 Track and Field Rules Changes

Track & Field Resources

- NFHS Guidelines for Lightning Safety
- Converting Times from English to Metric Distances

Cross Country Information

- NFHS Guidelines for Lightning Safety

Sports

- Baseball
- Basketball
- Cross Country
- Field Hockey
- Football
- Gymnastics
- Ice Hockey



The Role of the Parent in Sports

www.nfhslearn.com

- Designed for parents
- Explains what interscholastic athletics are about
- Provides information and resources to ensure their child has a positive educational sport experience
- Includes units on:
 - What interscholastic athletics are about
 - What You and Your Child Want Out of School Sports
 - Having a Successful Educational Sport Experience
 - Making the Call
 - Plan for Improvement
 - Keeping Perspective



(Research based content provided by MSU Institute of Study of Youth Sport)

NFHS Track and Field and Cross Country



- The Rules Book, Case Book, Officials Manual and Scorebook can be ordered:
 - Online at www.nfhs.com
 - By calling 1-800-776-3462

