

2009 Cross Country Manual

For Coaches and Officials



Ohio High School Athletic Association
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OHIO HIGH SCHOOL ATHLETIC ASSOCIATION

4080 Roselea Place, Columbus, Ohio 43214
Telephone: 614.267.2502; FAX: 614.267.1677



TO: Cross Country Coaches and Officials
FROM: Steve Neil, Assistant Commissioner
SUBJECT: 2009 Cross Country Rules and Regulations

Please note: The District, Regional and State Cross Country Regulations with information regarding the location, managers and school assignments for district and regional tournaments are included in this mailing and on the OHSAA web site: www.ohsaa.org

1. The maximum distance for competition, grades 9-12 boys and girls, shall be 5,000 meters and 7-8 grade boys and girls, shall be 2.0 miles. Sponsors of invitational competition may run a different distance provided the schools invited are so notified in advance.
2. Any competition involving students from any other school will count as a contest and counts toward the maximum permitted in the sports regulations. (16 for high school, 12 for 7-8th grade)
3. Cross Country competition must follow the National Federation Cross Country Rule 9 relative to determining team rankings based on order of finish of individuals. Rankings based on time are not approved. Relay type races are not sanctioned.
4. Races involving separate boys and girls teams must be run at different times. A scheduled regular season Cross Country race should begin at its scheduled time even though the previous race has not been completed provided the paths of the course do not cross.
5. Cross Country runners may be provided water during competition provided the water is made available to all competitors. In order to prevent interference by a non-runner who is trying to give water to team members, we highly suggest that the games committee and or referee designates specific areas where the water can be distributed.
6. National Federation Rule 9-2-4 & 5 regarding ties shall be followed. This rule, as all other rules, may not be set aside by mutual agreement or by any other means. (See enclosed reprint)
7. The Board of Directors has modified Rule 9-5-1 to permit unlimited participation in dual, triangular, and quadrangular Cross Country meets.
8. In accordance with Rule 9 Section 2 Article 3, the Board of Directors has approved the use of modified scoring.
9. There will be tournament competition in three divisions (I, II, III) for boys and girls. The regulations, procedures, and school assignments are published on the OHSAA web site www.ohsaa.org.
10. In district tournaments, a school may enter one team. Identification of the seven team members may be made on the day of the tournament and at each subsequent tournament level for qualifying teams using the names of those listed
11. **Data submitted online will be accepted in lieu of the official OHSAA Entry Form.**
12. The State Cross Country Tournaments have been scheduled for Scioto Downs on Saturday, November 7, 2009.
13. The enclosed reprint of the 2009 Cross Country Rules adopted by the Board of Directors shall be used in all interscholastic competition. Any deviation from these rules could result in an athlete being ineligible or a school being placed on probation or suspended.
14. Bulletin CC 08-1 has been written to clarify the competitor uniform requirements. In the absence of interpretation meetings in Cross Country, you are urged to study all the enclosed materials very thoroughly.
15. The Track and Field Officials Associations – 2009-10 Meeting Dates, Times, Locations can now be found at “myOHSAA” www.ohsaa.org.
16. Information pertaining to the 2009 Track and Field Rules Interpretation Meetings can now be found at “myOHSAA” via www.ohsaa.org

The entire staff at the OHSAA wishes for you and your athletes a most successful Cross Country season.

OHIO HIGH SCHOOL ATHLETIC ASSOCIATION
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TO: Officials
FROM: Steve Neil, Assistant Commissioner
SUBJECT: 2009 Cross Country Rules and Regulations

Please note: The District, Regional and State Cross Country Regulations with information regarding the location, managers and school assignments for tournaments are included in this mailing and on the OHSAA web site: www.ohsaa.org

Enclosed is a reprint of the National Federation Cross Country Rules applicable to boys and girls Cross Country competition held in Ohio during the 2009 Cross Country season. The National Federation Rules and OHSAA Cross Country Regulations (<http://www.ohsaa.org/sports/cc/default.asp>) are binding upon member school teams and coaches. Please be sure to apply the Cross Country rules as well as the enclosed OHSAA regulations as they are written.

The tournament series format for 2009 will start with district tournaments. District tournaments are conducted under supervision of the respective District Athletic Boards. The Regional and State tournaments are conducted under supervision of the Commissioner and Staff in accordance with Board of Directors policy.

In regional tournaments, the referees and starters will be assigned from the Commissioner's Office. Applications can now be accessed via "myOHSAA" on the OHSAA website (www.ohsaa.org); all other officials for regional tournaments will be employed by the regional manager, so contact the manager directly if interested.

Official's applications for both Regional and State Cross Country Tournaments can now be submitted via "myOHSAA" on the OHSAA website (www.ohsaa.org). All officials for the state tournaments will be assigned from the OHSAA Commissioner's office. Please submit your application by the date indicated if you are interested in applying.

**RespectSM
THE
GAME**

1. OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to regulate and administer interscholastic athletic competition in a fair and equitable manner while promoting the values of participation in interscholastic athletics as an integral part of a student's educational experience. The OHSAA represents its member schools by recognizing and promoting academics, the safety of participants, good citizenship and lifelong values as the foundation of interscholastic athletics.

2. CALENDAR & IMPORTANT DATES

2009 OHSAA CROSS COUNTRY CALENDAR	
August 10	First Day of Coaching and Instruction
August 24	First Contest
September 21	Non-Interscholastic Competition No Longer Permitted
September 28 October 6 October 11	OHSAA Tournament Entry/Withdrawal OHSAA Tournament Entry/Withdrawal with Penalty Draw/Seeding Meeting date
October 24	District Tournaments
October 31	Regional Tournaments
November 7	State Tournaments – Scioto Downs

3. OHSAA CONTACT INFORMATION

OHSAA Office: 4080 Roselea Place, Columbus, OH 43214 (p) 614.267.2502 (f) 614.267.1677

Name	Title	Responsibilities	E-Mail/Phone
Steve Neil	Assistant Commissioner	Oversees the sport & coordinates the tournaments	sneil@ohsaa.org
Henry Zaborniak	Assistant Commissioner	Oversees officials programs & tournament assignments	hزابorniak@ohsaa.org
Sharon Shoemaker	Administrative Assistant	Assists in the coordination of the sport & tournaments	sshoemaker@ohsaa.org

4. CROSS COUNTRY LINKS

OHSAA Cross Country Website

www.ohsaa.org/sports/cc/default.asp

National Federation of State High School Associations

www.nfhs.org

Ohio High School Cross Country Coaches Association

www.oatccc.com

5. 2009 CROSS COUNTRY TOURNAMENTS

Coach Checklist – Competitor Uniform

It is the responsibility of the coach and competitor to be sure that the competitor is dressed in the proper uniform for competition. This checklist is provided to remind coaches of the proper uniform. If there are further clarifications needed, ask the **Tournament Referee**. Do not ask other officials.

NOTE: If there is any question that cannot be answered affirmatively, then the problem must be resolved in order for the competitor to compete.

A - Uniform

- _____ 1) Is the top (full length) and bottom or one-piece uniform school issued?
- _____ 2) Is the uniform a one-piece uniform or a boxer-type bottom or a closed-leg brief?
- _____ 3) Does the top have the tournament number securely fastened on the top or one-piece uniform?
- _____ 4) Are all team members wearing the same color and design school uniform?
- _____ 5) Are all competitors wearing shoes securely fastened to the foot?

B - Visual Apparel Worn Under the Jersey or Shorts

- _____ 6) Is the visible shirt worn under the top and other visible apparel worn under the bottom or one-piece uniform unadorned and of a single color?
- _____ 7) If there is a manufacturer's logo – is it no larger than 2 1/4 square inches?
- _____ 8) Does the visual apparel worn under the top or bottom or one-piece uniform have a design or printing that will not be visible outside or through the top or bottom or one-piece uniform?
- _____ 9) If more than one team member is wearing a visible shirt or apparel under the one-piece uniform, top or bottom, is the color of the shirt or apparel on the team members the same color?

C - Other Apparel

- _____ 10) If any runner wears a cap, is it the Navy Watch Style knit cap with no bill with a tassel or tail no longer than 1/2 the depth or length of the cap?
- _____ 11) If any runner wears a headband, is the headband manufactured for that purpose?
- _____ 12) Have the competitors removed all jewelry?

6. COMPETITOR UNIFORMS

In order to clarify the uniform requirements for Cross Country, the following excerpts from the rules are printed along with clarifying situations. It is the responsibility of the coach to require that participating athletes are dressed according to rule.

I) Rule 9-6 (NF Rules Book – pp. 70-71)

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. Bottom may vary in length and style but must be the same color for all team members;
 2. Loose-fitting, boxer-type bottom, one-piece uniform and closed-leg briefs are acceptable;
 3. The one-piece uniform, top and bottom may have school identification and the top may have the competitor's name;
 4. The top shall not be knotted or have a knot-like protrusion;
 5. 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;
 6. The American flag, not exceeding 2 X 3 inches, is permitted;
 7. 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;
 8. French or high-cut apparel may be worn under the bottom, but not in lieu the bottom.

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 a 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 bottom must be unadorned and of a single (and 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.

7. INTERPRETATIONS

The uniform rule stipulates that any apparel that is worn in excess of the school uniform, must be worn under the school-issued top or bottom, or one-piece uniform, and if visible, restricted to a single color and minus any trim of a second color.

1. Apparel

Apparel of one form or another have traditionally been accepted as a supplement to the school uniform, especially in inclement weather. They sometimes cause problems with identifying members of a Cross Country team. When apparel is worn under the top or bottom or one-piece uniform by more than one member of a Cross Country team, those garments must be of the same color, but do not have to be the same length. Apparel worn under both the bottom and top or one-piece uniform at the same time, must be of a single color, but not necessarily the same color. One manufacturer's logo is permitted, but may not exceed 2 1/4" square.

- a) The requirements regarding the uniform and visible apparel apply whether the competitor is participating as an individual, or as a member of the school team.
- b) Since the apparel worn under the uniform must be of a single, solid color except for a manufacturer's logo not to exceed 2 ¼" square in size, competitors should wear shirts or apparel with no printing or other colors covered by the top or bottom or one-piece uniform. Should the printing or other coloring become visible, the competitor becomes subject to disqualification.
- c) The uniform rule stipulates that any apparel that is worn in excess of the school uniform, must be worn under the school issued top, bottom or one-piece uniform, and if visible, restricted to a single color and minus any trim of a second color.
- d) Shoes are required to help protect the athlete from injury. If a shoe is lost by the competitor during competition, there is no violation. However, if the competitor deliberately removes a shoe or shoes during the competition, or fastens the shoes so that they may come off the foot during competition, the competitor has committed a foul and is subject to disqualification.
- e) During inclement weather, Cross Country runners, may wear the Navy Watch Style knit cap. The cap may have no bill, but may have a knit ball on top or a tassel or tail provided the tassel or tail is no longer than ½ depth or length of the cap.
- f) Headbands may be worn provided the headband is manufactured for that purpose. Rolled up bandannas or other articles are illegal.

2. Uniform numbers required

Cross Country uniforms must include a permanent number. The number must be placed on the back of the top or one-piece uniform, and must be a minimum of 4" in height and the color of the number must contrast with the jersey color.

This regulation applies to all uniforms in grades 9-12. The regulation is not mandatory for competition in grades 7-8.

Each school is assigned a range of 99 numbers that may be used for both boys and girls uniforms. The number range is the same as that assigned to school for track and field. The number range may be obtained from the OHSAA Member School Directory which can be accessed on www.ohsaa.org.

During OHSAA tournaments, competitor must wear the OHSAA assigned number per above.

All questions regarding uniforms should be asked of the referee. Although other officials may answer such questions, only the referee has final authority regarding the interpretation of the rules. It is strongly recommended that officials answer questions regarding uniforms only if the competitor is present and the uniform can be observed on the competitor.

3. Jewelry

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. Medical medals may be visible.

4. Retribution

A competitor who competes with an illegal uniform shall be disqualified unless a variance has been approved in advance.

5. Exceptions

A competitor who requires an exception to the uniform rules because of religious restrictions must submit a request for a variance from the OHSAA via e-mail (sshoemaker@ohsaa.org). If the variance is granted, a written, signed approval of the variance must be presented to the referee prior to competition.

6. Atomizer

USE OF AN ATOMIZER DURING COMPETITION (NF RULE 4-5-8d – page 27)

Art. 8 – 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 competition.

Comment: The rule requires signed documentation from a physician. The label on the atomizer does **NOT** meet the requirement.

Suggestion: After obtaining the signed physician's statement make enough copies for each day of competition as the referee will keep the authorization.

7. COMMUNICABLE DISEASE PROCEDURES

While risk of one athlete infecting another with HIV/AIDS during competition is close to non-existent, there is a remote risk that other blood borne infectious diseases can be transmitted. For example, Hepatitis B can be present in blood as well as other bodily fluids. Procedures for reducing the potential for transmission of these infectious agents should include, but not be limited to, the following:

1. The bleeding must be stopped, the open wound covered and if there is an excessive amount of blood on the uniform, it must be changed before the athlete may participate.
2. Routine use of gloves or other precautions to prevent skin and mucous-membrane exposure when contact with blood and other body fluids is anticipated.
3. Immediately wash hands and other skin surfaces if contaminated (in contact) with blood or other body fluids. Wash hands immediately after removing gloves.
4. Clean all contaminated surfaces and equipment with an appropriate disinfectant before competition resumes.
5. Practice proper disposal procedures to prevent injuries caused by needles, scalpels and other sharp instruments or devices.
6. Although saliva has not been implicated in HIV transmission, to minimize the need for emergency mouth-to-mouth resuscitation, mouthpieces, resuscitation bags, or other ventilation devices should be available for use.
7. Athletic trainers/coaches with bleeding or oozing skin conditions should refrain from all direct athletic care until the condition resolves.
8. Contaminated towels should be properly disposed of/disinfected.
9. Follow acceptable guidelines in the immediate control of bleeding and when handling dressings, mouthguards and other articles containing body fluids.

Additional information is available from the OHSAA and the National Federation of High Schools.

8. NFHS SPORTSMANSHIP MISSION STATEMENT

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others. The ideals of sportsmanship apply equally to all activity disciplines. Individuals, regardless of their role in activities, are expected to be aware of their influence on the behavior of others and model good sportsmanship.

9. SPORTING CONDUCT



The OHSAA challenges everyone to take positive steps toward positive sporting behavior. It is the responsibility of each of us to serve as a positive role model and set high expectations for others.

ADMINISTRATORS

Athletic departments are comprehensive, pre-eminent teaching departments with a subject matter all their own: self-confidence, leadership, teamwork, discipline, perseverance, respect for others, strategic thinking, dedication, the importance of rules, and sportsmanship. These are true-life lessons, and participation in athletics provides another forum for learning.

Coaches and Officials are responsible for promoting sportsmanship and positive behavior on the field. Administrators, we need your continued assistance in promoting sportsmanship and controlling fan behavior in the stands! Let the parents and fans know what you expect!

COACHES

Your athletes will demonstrate the attitudes and behaviors they have learned from you, either through direct instruction or through observation of your actions. *Never underestimate the influence you have on your players!* You must:

- Abide by and teach the rules of the game in letter and in spirit.
- Set a good example for players and spectators to follow.
- Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
- Display modesty in victory and graciousness in defeat.
- Develop a program that rewards participants and spectators for displaying proper sportsmanship and enforces penalties on those who do not abide by sportsmanship standards.

It is difficult to develop a great setter, a great hitter or a great defensive player. However, your greatest challenge is to develop mature young adults who will become great citizens and role models in your community.

OFFICIALS

Your job is not an easy one, but officials must be aware that they are an important component in the educational development of students. To carry out this responsibility, you must:

- Know the rules and mechanics of our sport and the philosophy behind them.
- Get fit and stay fit. An official with all of the rules and mechanics knowledge and people skills in the world does no good if he or she cannot physically keep up with play.
- Maintain professional and ethical relationships with athletic administrators, especially in the area of fulfilling game contracts.
- Work cooperatively with fellow officials during games and within the officials' association to improve. Maintain at all times and when interacting with all participants, an attitude of civility and professionalism.
- Practice effective preventive officiating as much as possible before, during, and after a match. The quiet word, proper signals, timely verbal instructions, a simple thank-you to a player for avoiding an unsporting act, and well-thought-out pre-game conferences with the teams and other game officials will result in an improvement of sporting conduct by eliminating the chance for things to go wrong.

STUDENT-ATHLETES

You serve as a role model for your younger siblings, young fans in the stands, your teammates, and your classmates. Set high expectations for everyone and help them follow-through! You must:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
 - Live up to the standards of sportsmanship established by the school administration and the coaching staff.
 - Learn the rules of the game thoroughly and discuss them with others. This will assist everyone in the achievement of a better understanding and appreciation of the game.
 - Treat your opponents as you would like to be treated...with respect.
 - Respect the integrity and judgment of game officials. Treating them with respect, even if you disagree with their judgment, will serve to create a positive impression of you and your team.
-

**Note from Roxanne Price:
Chair of the OHSAA Sportsmanship, Ethics, and Integrity
Committee**

Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. Remember...some may question an official's call or a coach's substitution, but no one can question the value of good sportsmanship.

As we prepare for the upcoming seasons, the Ohio High School Athletic Association (OHSAA) wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity. The professional manner in which officials and coaches conduct themselves prior to, during and following a contest unquestionably impacts the behavior of others who may be involved.

The OHSAA has joined the National Federation of State High School Associations (NFHS) in its quest to improve sportsmanship, ethics and integrity. We are involved in an ongoing campaign in every sport to do just that. Printed below is the mission statement of the NFHS concerning sportsmanship, ethics, and integrity. Please take the time to read and digest this statement and then carefully consider your impact upon students, officials, coaches, and fans. Thank you and have a great season!

Speak with Courtesy
Act with Dignity
Play or Observe with Pride

10. ONLINE RESOURCES

On our website (www.ohsaa.org) click on “Respect the Game” on the right side of the screen) you will find **Fair Play Codes** for athletes, coaches, and fans, as well as additional information regarding **parents’ role in interscholastic athletics**. The Respect the Game site also includes information about the Harold A. Meyer Sportsmanship Award and the Archie Griffin Sportsmanship Award. Please feel free to contact us with any additional questions. A direct link can be found by clicking on <http://www.ohsaa.org/RTG/Resources/resources.htm>

11. HEAT STRESS AND ATHLETIC PARTICIPATION

Early fall football, Cross Country, soccer and field hockey practices are conducted in very hot and humid weather in many parts of the United States. Due to the equipment and uniform needed in football, most of the heat problems have been associated with football. There are no excuses for heatstroke deaths, if the proper precautions are taken. During hot weather conditions the athlete is subject to the following:

HEAT CRAMPS – Painful cramps involving abdominal muscles and extremities caused by intense, prolonged exercise in the heat and depletion of salt and water due to profuse sweating.

HEAT SYNCOPE – Weakness fatigue and fainting due to loss of salt and water in sweat and exercise in the heat. Predisposes to heat stroke.

HEAT EXHAUSTION (WATER DEPLETION) – Excessive weight loss, reduced sweating, elevated skin and core body temperature, excessive thirst, weakness, headache and sometimes unconsciousness.

HEAT EXHAUSTION (SALT DEPLETION) – Exhaustion, nausea, vomiting, muscle cramps, and dizziness due to profuse sweating and inadequate replacement of body salts.

HEAT STROKE – An acute medical emergency related to thermoregulatory failure. Associated with nausea, seizures, disorientation, and possible unconsciousness or coma. It may occur suddenly without being preceded by any other clinical signs. The individual is usually unconscious with a high body temperature and a hot dry skin (heat stroke victims, contrary to popular belief, may sweat profusely).

It is believed that the above-mentioned heat stress problems can be controlled provided certain precautions are taken. According to the American Academy of Pediatrics Committee on Sports Medicine, heat related illnesses are all preventable. (Sports Medicine: Health Care for Young Athletes, American Academy of Pediatrics, July 2000). The following practices and precautions are recommended:

1. Each athlete should have a physical examination with a medical history when first entering a program and an annual health history update. History of previous heat illness and type of training activities before organized practice begins should be included. State High School Associations recommendations should be followed.

2. It is clear that top physical performance can only be achieved by an athlete who is in top physical condition. Lack of physical fitness impairs the performance of an athlete who participates in high temperatures. Coaches should know the **PHYSICAL CONDITION** of their athletes and set practice schedules accordingly.

3. Along with physical conditioning the factor of acclimatization to heat is important. Acclimatization is the process of becoming adjusted to heat and it is essential to provide for **GRADUAL ACCLIMATIZATION TO HOT WEATHER**. It is necessary for an athlete to exercise in the heat if he/she is to become acclimatized to it. It is suggested that a graduated physical conditioning program be used and that 80% acclimatization can be expected to occur after the first 7-10 days. Final stages of acclimatization to heat are marked by increased sweating and reduced salt concentration in the sweat.

4. The old idea that water should be withheld from athletes during workouts has **NO SCIENTIFIC FOUNDATION**. The most important safeguard to the health of the athlete is the replacement of water.

Water must be on the field and readily available to the athletes at all times. It is recommended that a minimum 10-minute water break be scheduled for every twenty minutes of heavy exercise in the heat. Athletes should rest in a shaded area during the break. **WATER SHOULD BE AVAILABLE IN UNLIMITED QUANTITIES.**

5. Check and be sure athletes are drinking the water. Replacement by thirst alone is inadequate. Test the air prior to practice or game using a wet bulb, globe, temperature index (WBGT index) which is based on the combined effects of air temperature, relative humidity, radiant heat and air movement. The following precautions are recommended when using the WBGT Index: (ACSM's Guidelines for the Team Physician, 1991)

Below 65 – Unlimited activity

65-73– Moderate risk

73-82 – High risk

82 plus – Very high risk

6. An alternative method for assessing heat and humidity is the weather guide or heat index. Refer to the Sports Medicine Handbook section on heat related illness published by the NFHS. Figure I is an example of a heat-humidity index table that defines low, moderate, high, and extreme risk zones.

7. Cooling by evaporation is proportional to the area of the skin exposed. In extremely hot and humid weather reduce the amount of clothing covering the body as much as possible. **NEVER USE RUBBERIZED CLOTHING.**

8. Athletes should weigh each day before and after practice and **WEIGHT CHARTS CHECKED.** Generally a 3 percent weight loss through sweating is safe and over a 3 percent weight loss is in the danger zone. Over a 3 percent weight loss the athlete should not be allowed to practice in hot and humid conditions. Observe the athletes closely under all conditions. Do not allow athletes to practice until they have adequately replaced their weight.

9. Observe athletes carefully for signs of trouble, particularly athletes who lose significant weight and the eager athlete who constantly competes at his/her capacity. Some trouble signs are nausea, incoherence, fatigue, weakness, vomiting, cramps, weak rapid pulse, visual disturbance and unsteadiness.

10. Teams that encounter hot weather during the season through travel or following an unseasonably cool period, should be physically fit but will not be environmentally fit. Coaches in this situation should follow the above recommendations and substitute more frequently during games.

11. Know what to do in case of an emergency and have your emergency plans written with copies to all your staff. Be familiar with immediate first aid practice and prearranged procedures for obtaining medical care, including ambulance service.

12. Warn your athletes about the use of any products that contain ephedra. Ephedra has been associated with two heat stroke deaths in athletes. Ephedra speeds metabolism and increases body heat, constricts the blood vessels in the skin preventing the body from cooling itself, and by making the user feel more energetic it keeps him/her exercising longer when they should stop. Do not use ephedra or ephedra products.

HEAT STROKE – THIS IS A MEDICAL EMERGENCY – DELAY COULD BE FATAL.

Immediately cool body while waiting for transfer to a hospital. Remove clothing and immerse torso in ice/cold water. Immersion therapy has the best cooling rates. A plastic baby pool can be available at all practices and games, and can always be ready for immersion procedures. If not available apply ice packs in armpits, groin and neck areas. Continue cooling efforts until EMS arrives.

HEAT EXHAUSTION – OBTAIN MEDICAL CARE AT ONCE. Cool body as you would for heat stroke while waiting for transfer to hospital. Give fluids if athlete is able to swallow and is conscious.

SUMMARY – The main problem associated with exercising in the hot weather is water loss through sweating. Water loss is best replaced by allowing the athlete unrestricted access to water. Water breaks two or three times every hour are better than one break an hour. Probably the best method is to have water available at all times and to allow the athlete to drink water whenever he/she needs it. Never restrict the amount of water an athlete drinks, and be sure the athletes are drinking the water. The small amount of salt lost in sweat is adequately replaced by salting food at meals. Talk to your medical personnel concerning emergency treatment plans.

12. TOURNAMENT REGULATIONS

Tournaments Regulations are available at www.ohsaa.org (after approval at the June Board of Control meeting). On the web site, under “Sports & Tournaments” select Cross Country. The tournament regulations are listed under “Tournament Information” on the left side.

13. myOHSAA

In order to access myOHSAA follow the link in the top right-hand corner of www.ohsaa.org

14. OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at www.ohsaa.org. Under “Sports & Tournaments” select Cross Country. The General Sports Regulations are listed under 2009 Cross Country Info on left side.

15. OHSAA LOCAL ASSOCIATION MEETINGS

OHSAA Local Association Meetings are available at www.ohsaa.org. Under “Officiating” select Local/State Rules Meetings. Select Local Rules Meetings on the left side, sport: Track and Field

Have a great season!