

# CROSS COUNTRY 2016

## 2016 REGULATIONS FOR BOYS AND GIRLS DISTRICT, REGIONAL, STATE CROSS COUNTRY TOURNAMENTS

**Note:** The following regulations apply to all levels of tournament competition unless otherwise specified.

These regulations have been adopted by the Ohio High School Athletic Association Board of Directors on **August 4, 2016**. The Commissioner is authorized to modify these regulations when it is deemed necessary, subject to ratification by the Board of Directors.

### A. GENERAL

#### 1. ELIGIBILITY

All participants must be eligible in accordance with the OHSAA Bylaws and Sports Regulations.

A student who uses anabolic steroids or other performance enhancing drugs is ineligible for interscholastic competition until such time as medical evidence can be presented that the student's system is free of anabolic steroids or other performance enhancing drugs.

#### 2. RULES

National Federation Cross Country Rules will apply in all tournaments. 2016 Track and Field Rules - Rule 9 and other applicable rules, regulations.

#### 3. COMPETITION LEVELS

There will be three Divisions (I, II, III) of competition in the Boys and three Divisions (I, II, III) in the Girls Cross Country Tournaments.

#### 4. TOURNAMENT ENTRY AND PAPERWORK REQUIREMENTS

##### 4.1 Tournament Entry/Withdraw

Member schools wanting to participate in the 2016 OHSAA Cross Country Tournaments must indicate their intent to participate on their 2016 OHSAA Sports Participation Card in myOHSAA. Tournament entry confirmation begins **August 1, 2016** and ends **October 5, 2016**. Schools that change their tournament participation after **October 5, 2016** will be subject to a \$150 penalty per sport.

##### 4.2 Electronic Entry of Participants

4.2.1 Submit entries online at [www.baumspage.com](http://www.baumspage.com).

4.2.2 A properly completed electronic entry must include the name and grade of the individual entries.

4.2.3 An eligibility certificate listing all squad members must be signed to the principal/designee and submitted to the district tournament site manager per their instruction.

4.2.4 Electronic entries must be completed no later than 5:00 P.M. E.D.T. on **Friday, October 14, 2016**, or at a later date and time if established by the district athletic board. If the tournament paperwork is not submitted by the designated time and date, the school's participant(s) will not be accepted without payment of a \$150 late fee and approval by the OHSAA.

An earlier deadline for tournament paperwork may not be established, but completed paperwork will be accepted beginning **September 6, 2016**.

#### 5. SCHOOL REPRESENTATIVE

No team or individual will be allowed to compete in the District, Regional and State Tournaments unless a coach or a person authorized by the Board of Education is present throughout the tournament. Teams and individual entries unaccompanied by such a school representative will be disqualified (Bylaw 3-2-1).

#### 6. LENGTH OF COURSE

The length of the course is 5,000 meters.

#### 7. OFFICIALS DECISIONS

The decisions of the Referee are final in all tournaments. Exception: The Commissioner retains the right to rule on all instances involving ineligible participants. The Games Committee will serve in an advisory

capacity to the referee if the referee chooses to seek advice. The referee shall not observe any type of video device unless the device has been approved in advance (NFHS Rule 3-8-4) and when authorized only for determining order of finish.

**7.1 Appeals Procedure**

- a. Obtain appeal form from the Tournament Manager.
- b. Complete appeal form, sign and present to the tournament referee.
- c. The tournament referee will review the appeal, reach a decision, complete and sign the referee's decision portion of the appeal form and notify the coach of the final decision.
- d. The decision of the tournament referee is final and not subject to further review except as indicated in 7.

**7.2** District, Regional and State Tournament officials may use electronic visual devices to record action during a race and at the finish. The devices that are declared official must be authorized prior to the start of a race. The **Referee** may use the authorized devices in making a decision. The **Referee** is prohibited from using recordings from unauthorized devices.

**8. GIRLS ON BOYS TEAM**

Schools that do not sponsor girls cross country teams (five or more individuals) may permit girls to practice and participate with the boys teams during regular season competition. Girls participating as individuals with boys cross country teams will be permitted to enter and compete in the State Sponsored District, Regional and State Girls Cross Country Tournaments provided the school has indicated on the Sports Participation Card that the school is sponsoring girls cross country. All other rules and regulations of the OHSAA will apply. This interpretation applies to regular season meet limitation participation.

**9. UNSPORTING CONDUCT PENALTY**

During participation in OHSAA tournaments, any student or coach ejected for unsporting conduct or flagrant foul shall be ineligible for contests for the remainder of that day as well as for all contests in that sport until two regular season/tournament contests are played at the same level as the ejection.

Individuals ejected for unsporting conduct shall be reported to the OHSAA Commissioner by the contest official. The Commissioner will investigate the situation and may impose additional penalties in accordance with Bylaw 12 if the situation warrants it.

Participation in athletic contests is a privilege. Each individual is expected to conduct himself or herself in an exemplary manner while participating.

## 10. LIGHTNING AND INCLEMENT WEATHER

### **Recognition:**

Coaches, athletic trainers, athletes, administrators and contest officials *shall* be educated regarding the signs indicating thunderstorm development. Since the average distance between successive lightning flashes is approximately two to three miles, ANYTIME that lightning can be seen or heard, the risk is already present. Weather can be monitored using the following methods:

**Monitor Weather Patterns** – Be aware of potential thunderstorms by monitoring local weather forecasts the day before and morning of the competition, and by scanning the sky for signs of potential thunderstorm activity

**National Weather Service** – Weather can also be monitored using small, portable weather radios from the NWS.

The NWS uses a system of severe storm watches and warnings. A watch indicates conditions are favorable for severe weather to develop in an area; a warning indicates severe weather has been reported in an area, and everyone should take proper precautions. Any thunderstorm poses a risk of injury or death even if it does not meet the criteria for severe weather. Therefore, anytime thunderstorms are in the forecast (even if it is only a 20 percent change), event organizers *shall* be at a heightened level of awareness to the potential danger of lightning.

### **Management:**

**Evacuation** – If lightning is imminent or a thunderstorm is approaching, all personnel, athletes and spectators *shall* evacuate to available safe structures or shelters. A list of the closest safe structures *shall* be announced and displayed on placards at all athletic venues.

**Thirty-minute rule** – Competition or practice *shall* be suspended once lightning has been recognized or thunder is heard. It is *mandatory* to wait at least **30 minutes** after the last flash of lightning is witnessed or thunder is heard prior to resuming practice or competition. Given the average rates of thunderstorm travel, the storm should move 10-12 miles away from the area. This significantly reduces the risk of local lightning flashes. **Any subsequent lightning or thunder after the beginning of the 30-minute count shall reset the clock, and another count shall begin.**

## 11. PROPERTY DAMAGE

There is no insurance covering property damage. If property is damaged at a tournament site by competing school teams, student body or spectators, the school from which the students and/or spectators come shall be liable and pay the cost of repair or replacement. The tournament manager is authorized to deduct from the school's share the cost of any damages caused by competing schools. Other damages to facilities not attributed to a competing school could be a legitimate tournament expense and may be deducted from tournament receipts. If damage is extensive, the District Board or Board of Control will become involved. Student crowd control at state sponsored tournaments is the responsibility of the principals of the competing schools.

## 12. SPONSORSHIP AND RIGHTS

The Ohio High School Athletic Association is the sponsoring association for the District, Regional and State Cross Country Tournaments. The OHSAA reserves all rights in regard to the management of these tournaments and the sale of any items at the tournaments or any audio-visual reproductions of the tournaments. Any sale of food, clothing, souvenirs or any other items at each site is strictly prohibited without permission of the respective District Athletic Boards for District Tournaments and the OHSAA Commissioner for the Regional and State Tournaments.

## 13. PROHIBITED ADVERTISING

There shall be no advertising through printed media, billboards, radio or television that includes beer, wine, liquor, tobacco, political parties or candidates or any other advertising contrary to the philosophy of the high school athletic program.

## 14. RAFFLES PROHIBITED

There shall be no raffles or any type of games of chance permitted at the site of cross country tournament contests during the period beginning one hour prior to the tournaments and ending one hour after the tournaments have ended.

## 15. PROHIBITED SALES

The sale of, the distribution of, or the consumption of alcoholic beverages or illegal drugs is not permitted at the site of any contest involving OHSAA member schools.

## 16. CONCUSSION REGULATIONS

It is important for all individuals involved in interscholastic athletics to recognize the potential for catastrophic injury and even death from concussions. Thus, it is extremely important that each coach, administrator, contest official and medical support personnel review their responsibilities in protecting students. Further, both students and parents have responsibilities in this area as well.

**NOTE:** It has always been the ultimate responsibility of the coaching staff in all sports to ensure that students are only put into practice or contests if they are physically capable of performing. However, all individuals involved in the conduct of interscholastic competition have responsibilities in this endeavor.

On April 26, 2013, legislation adopted by Ohio's General Assembly on concussion and head injuries in youth sports became effective. On February 14, 2013, the OHSAA Board of Director mandated that these regulations become effective for the remainder of the spring sports season and thereafter. This OHSAA regulation, as amended to incorporate this recent legislation, now reads:

Any student, while practicing for or competing in an interscholastic contests, who exhibits signs, symptoms, or behaviors consistent with having sustained a concussion or head injury (such as loss of consciousness, headache, dizziness, confusion or balance problems) shall be immediately removed from practice or contest by either of the following:

- 1) The individual who is serving as the student's coach during that practice or competition.
- 2) An individual who is serving as a contest official or referee during that practice or competition.

### **RETURN TO PLAY PROTOCOL**

If a student is removed from practice or competition due to a suspected concussion or head injury, the coach or referee who removes the student shall not permit the student, **ON THE SAME DAY THE STUDENT IS REMOVED** to return to that practice or competition or to participate in any other practice or competition for which the coach or contest official is responsible. Thereafter, which means no earlier than the next day, the coach or the contest officials shall not permit the student to return to practice or competition until both of the following conditions are satisfied:

- 1) The student's condition is assessed by either of the following:
  - a) A physician, who is a person authorized under Chapter 4731 of the Ohio Revised Code (ORC) to practice medicine and surgery or osteopathic medicine or surgery (M.D., or D.O.)
  - b) Any other licensed health care provider that the school district board of education or other governing authority of a chartered or non-chartered non-public school, authorizes to assess the student who has been removed from practice or competition.
- 2) The student receives written authorization that it is safe for the student to return to practice or competition from a physician or other licensed health care provider authorized to grant the clearance. The OHSAA Medical Authorization to Return to Play (RTP) form can be obtained by going to the following: <http://ohsaa.org/medicine/AuthorizationToReenter.pdf>

A school district board of education or governing authority of a chartered or non-chartered non-public school may authorize a licensed health care provider who is NOT A PHYSICIAN to make an assessment and grant authorization for a student to return participation ONLY if the provider is acting in accordance with one of the following as applicable to the providers authority to practice in Ohio:

- 1) In consultation with a physician;
- 2) Pursuant to the referral of a physician ;
- 3) In collaboration with a physician, or
- 4) Under the supervision of a physician.

NOTE: A physician or other licensed health care provider who makes an assessment or grants clearance for a student to participate may be a volunteer.

## **B. DISTRICT TOURNAMENTS**

### **1. ASSIGNMENTS TO DISTRICT TOURNAMENTS**

District Athletic Boards determine tournament sites, employ managers and assign schools to district tournaments.

### **2. QUALIFIERS FROM DISTRICT TO REGIONAL**

#### **2.1 Boys Teams**

	<u>Division</u>		
<b>District</b>	<b>I</b>	<b>II</b>	<b>III</b>
Central	<b>15</b>	<b>6</b>	<b>7</b>
East		<b>6</b>	<b>3</b>
Southeast		<b>8</b>	<b>7</b>
Northeast	<b>25</b>	<b>20</b>	<b>11</b>
Northwest	<b>7</b>	<b>12</b>	<b>22</b>
Southwest	<b>17</b>	<b>12</b>	<b>14</b>
<b>Total</b>	<b>64</b>	<b>64</b>	<b>64</b>

#### **2.2 Girls Teams**

	<u>Division</u>		
<b>District</b>	<b>I</b>	<b>II</b>	<b>III</b>
Central	<b>16</b>	<b>6</b>	<b>4</b>
East		<b>5</b>	<b>7</b>
Southeast		<b>7</b>	<b>6</b>
Northeast	<b>25</b>	<b>21</b>	<b>13</b>
Northwest	<b>6</b>	<b>12</b>	<b>22</b>
Southwest	<b>17</b>	<b>13</b>	<b>12</b>
<b>Total</b>	<b>64</b>	<b>64</b>	<b>64</b>

### 2.3 Individuals

Each boys and girls District Tournament will qualify individuals to a Regional Tournament based on the formula of four individuals for each team qualifying. For example: If three teams, those individuals not on a qualifying team who finish in the top twelve positions. If four teams, those individuals not on a qualifying team who finish in the top sixteen positions. If five teams, those individuals not on a qualifying team who finish in the top twenty positions. A runner may qualify as a team member and as an individual.

### 3. ORDER OF COMPETITION

At each District Tournament, the **boys** competition will precede the **girls** competition as follows: **Boys** III, II, I; **Girls** III, II, I. By District Board approval, this order may be adjusted at those sites where there is more than one race in the same division.

### 4. DISTRICT AWARDS

**4.1 Team** - The district champion and runner-up teams will receive a team trophy. There will be no ties in team scoring as National Federation Track and Field Rules 9-2-4 and 5 apply.

**4.2 Individual** - There shall be no individual awards presented.

### 5. ADMISSION

Admission charge at district tournament sites is determined by the respective district athletic boards and is not to exceed \$6.00. See additional procedures under Regional Tournaments- Admission.

## C. REGIONAL TOURNAMENTS

### 1. SITES, MANAGERS, QUALIFIERS

See the OHSAA Cross Country website at <http://www.ohsaa.org/sports/cc/default.asp> for updated sites, qualifiers and representation information for 2016.

### 2. ENTRIES

Teams and individuals who qualified at their respective District Cross Country Tournaments will automatically be entered in the Regional Tournament to which assigned.

The personnel of qualifying cross country teams from District Tournaments may be changed prior to the Regional Tournament as long as all rules regarding eligibility are followed and all participants are named on the eligibility certificate. Substitutions may not be made for individual qualifiers.

### 3. QUALIFIERS TO STATE

Qualification of teams and individuals to the respective state tournaments has been adopted by the Board of Directors. All divisions, boys and girls, will qualify to the state from regional tournaments.

#### 3.1 TEAMS

Regional Tournaments will qualify a total of 20 teams per division to the state tournament. The number of qualifiers from each regional will vary depending on the location.

##### 3.1.1 Boys Teams Qualifying from Regional to State

	<u>Division</u>		
<b>Regional</b>	<b>I</b>	<b>II</b>	<b>III</b>
Pickerington	<b>5</b>	<b>6</b>	<b>5</b>
Boardman	<b>8</b>	<b>6</b>	<b>4</b>
Tiffin	<b>2</b>	<b>4</b>	<b>7</b>
Troy	<b>5</b>	<b>4</b>	<b>4</b>
<b>Total</b>	<b>20</b>	<b>20</b>	<b>20</b>

### 3.1.2 Girls Teams Qualifying from Regional to State

Regional	<u>Division</u>		
	I	II	III
Pickerington	5	6	5
Boardman	8	6	4
Tiffin	2	4	7
Troy	5	4	4
<b>Total</b>	<b>20</b>	<b>20</b>	<b>20</b>

### 3.2 INDIVIDUALS

Each boys and girls Regional Tournament will qualify four (4) individuals times the number of qualifying teams. These individuals would not be on the qualifying teams. For example, if three teams qualify to the state, those individuals not on a qualifying team who finish in the top 12 positions would qualify; if four teams qualify to the state, those individuals not on a qualifying team who finish in the top 16 positions would qualify. A runner may qualify as a team member and as an individual.

## 4. TIME SCHEDULE AND COMPETITION

### 4.1 Time Schedule

11:00 A.M. - Division III Boys

11:45 A.M. - Division II Boys

12:30 P.M. - Division I Boys

1:30 P.M. - Division III Girls

2:15 P.M. - Division II Girls

3:00 P.M. - Division I Girls

**4.2 Competition** in each division shall involve qualifying teams and individuals competing in one race.

## 5. ADMISSION

Admission charge at regional tournament sites is \$7.00. The following ticket procedure will be followed (unless alternate procedures have been approved in advance by the Commissioner's Office): Tickets will be serially numbered. Each person paying admission must be given the ticket purchased. All tickets are to be torn in half when the purchaser is admitted. If the sale and admittance are handled in the same location, the purchaser is entitled to and shall be given one-half the purchased ticket. Such ticket stubs shall NOT be used as pass-out tickets.

## 6. AWARDS

**6.1 Team** - There shall be regional championships and runner-up trophies presented.

**6.2 Individual** - Individual awards shall be presented to each individual qualifier to the state tournament.

## 7. EXPENSES ALLOWANCE FOR SCHOOLS

Travel expense reimbursements for participants and coaches have been eliminated per Board of Directors action on June 8, 2006.

## D. STATE TOURNAMENTS

### 1. DATE

Saturday, November 5, 2016

### 2. LOCATION

National Trail, 2650 National Road Southwest, Hebron, 43025

**3. MANAGERS**

Terry Oehrtman, 535 E. Allen St., Lancaster 43130. H: 740-654-7999, Fax: 740-654-9936, E-mail: [toehrtman@columbus.rr.com](mailto:toehrtman@columbus.rr.com).

Kevin Lewis, 677 Rosehill Rd., Reynoldsburg, 43068. H: 614-863-6628.

**4. HISTORY**

Boys – **Eighty-seventh**

Girls – **Thirty-eighth**

**5. TIME SCHEDULE**

11:00 A.M.	Division III <b>Boys</b>	20 teams and individual qualifiers
11:45 A.M.	Division II <b>Boys</b>	20 teams and individual qualifiers
12:30 P.M.	Division I <b>Boys</b>	20 teams and individual qualifiers
1:30 P.M.	Division III <b>Girls</b>	20 teams and individual qualifiers
2:15 P.M.	Division II <b>Girls</b>	20 teams and individual qualifiers
3:00 P.M.	Division I <b>Girls</b>	20 teams and individual qualifiers

**6. ENTRIES**

All teams and individuals who qualified at their respective regional cross country tournaments will automatically be entered in the respective State Tournament.

The personnel of qualifying cross country teams from regional tournaments may be changed prior to the State Tournament as long as all rules regarding eligibility are followed and all participants are named on the school eligibility certificate that was submitted electronically. Substitutions may not be made for individual qualifiers.

**7. ADMISSION**

\$**10.00** per person.

**8. PASSES**

Passes shall be provided to competitors and coaches according to the following schedule.

**8.1 Individuals** - number of qualifiers plus one

**8.2 Team** - ten

**9. CONTESTANT MATERIALS**

Coaches may obtain instructions, passes and contestant numbers at the pass gate beginning at 8:00 a.m. on Saturday, **November 5**.

No packets will be distributed prior to Saturday.

**10. COURSE INSPECTION**

The General Manager of National Trail has granted permission for state qualifying teams and individuals to inspect the cross country course at National Trail the Thursday and Friday only prior to the State Tournaments. **The course will be open on Thursday, November 3, 2016, beginning at 10:00am, and Friday, November 4, 2016 beginning at 12:00 p.m. National Trail will close at 5:00 P.M. each day;** therefore, the grounds must be cleared of all people by 5:00 P.M.

On Saturday, **November 5, 2016** the course is available for inspection from 8:00 a.m. to 10:30 a.m. and between races.

Inspection may take place after a race starts when the last contestant in the race has passed. The course must be cleared for the next race five minutes prior to the scheduled start of the race. Public address announcements will be made regarding inspection times. Failure to abide by inspection regulations could result in disqualification of contestants.

**11. AWARDS**

11.1 **Individual Awards** will be presented to the first twenty finishers in each race.

11.2 **Team Awards** will be presented to the championship and runner-up teams. Trophies will be presented for the school and eight individual awards



**12. MEDIA CREDENTIALS**

Media credentials will be required for news media personnel. Credentials must be reserved in advance by sending requests to the OHSAA office to the attention of Tim Stried. See the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)) for credential purposes.

**13. PROHIBITED ITEMS**

The presence of recreation equipment at the State Cross Country Tournament will not be permitted (frisbees, footballs, baseballs, softballs) and pets of any kind. In addition, no fences are to be climbed at National Trail. Individuals that violate this regulation will be requested to leave with no refund of the admission fee.

**14. TEAM CAMPS**

Tents and competitor camps are permitted in the open grass area inside the Pass Gate. The camp area is adjacent to the Starting Line. Contestant restrooms are available in the designated team camp area. Please clean your camp area prior to leaving the facility

**EXPENSES ALLOWANCE FOR SCHOOLS**

Travel expenses will not be reimbursed per Board of Directors action in June 2009.