



CROSS-COUNTRY

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INTRODUCTIONS

- Jenn Roberts-Uhlig-
 - CHSAA Assistant Commissioner
- K.C. Logan/Jim Gjerde-
 - State Rules Interp
- Gary Strubel -
 - President of:
Colorado Track & Field Officials Association (CTFOA)

CROSS-COUNTRY COMMITTEE MEMBERS

- Rick Macias, Chairman, Pueblo School Dst. #60
- Stan Lambros, Cheyenne Mtn. High School
- TJ Blackhurst, Rye High School
- Rick Logan, Thompson Valley School District
- Mario Garcia, Wiggins High School
- Tami Payne, Eagle Valley High School
- Micah Porter, Northfield High School
- Lisa Ratterree, Pikes Peak Christian High School
- Larry Zaragoza, Alamosa High School
- Brett Shanklin, Frontier Academy

IMPORTANT DATES

2016 CROSS COUNTRY CALENDAR

- August 15 **FIRST DAY OF PRACTICE**
(Practices and meetings cannot be conducted on Sundays)
- August 20 **FIRST SCRIMMAGE DATE**
(Note: All participants are required to have 5 days of high school practice, in cross country, before they are allowed to scrimmage or compete against another school.)
- August 25 **FIRST CONTEST**
(Schools may schedule and conduct their first interscholastic contest on this date)
- October 22 **REGIONALS COMPLETED**
- October 29 **BOY'S & GIRL'S STATE CROSS COUNTRY MEET**
Norris Penrose Event Center, Colorado Springs
- November 14 **Cross-Country Committee Meeting at 9:30**

CHSAA EXPECTATIONS

- **PHILOSOPHY**
 - Mission
- **KNOW YOUR RULES – Bulletin/NFHS Rule Book:**
- **SUNDAY CONTACT- Most Restrictions**
- **PHYSICALS, PAPERWORK**
- **DON'T WAIT TO HEAR ON REGIONALS- Make contact**
- www.CHSAAnow.com
 - **Updates/Stories**

CHSAA



- Coaching registration is done every year (located on CHSAA site)
- All coaches must take the online coaches test and Head Concussion test. Coaches must attend rules meeting. (Turn in print certificate to AD)
- The 2016 and 2017 state cross-country meet will be held at Norris Penrose event center

CHSAA RULE CHANGES

A. Class 3A, 4A, 5A Regionals will go to 20 teams and will advance 4 teams out of each region. Rationale: Consistent through all classifications.

B. Class 2A Regionals will go to 16 teams and will advance 4 teams out of each region. Rationale: Consistent through all classifications.

C. Cross Country coaches will need to complete and submit their regional entries on Saturday night by 10:00 pm. Rationale: Regionals are completed by Friday and this will help with seeding on Sunday morning.

D. No teams or individuals will be allowed on the State Cross Country Course the week of state. This includes Norris Penrose and Bear Creek.

Rationale: Due to the course being prepared for the state meet this will eliminate confusion on where you are allowed to be. The ONLY time schools/team will be allowed on the state cross country course for a walk/run through will be on the Friday prior to the state meet from 3:00 pm and conclude by 6:00 pm. Coaches must supervise their athletes. No wheels, and no marking of the course will be allowed. Not abiding by these expectations could result in a disqualification from the tournament.

INFORMATIONAL ITEMS

- NONE

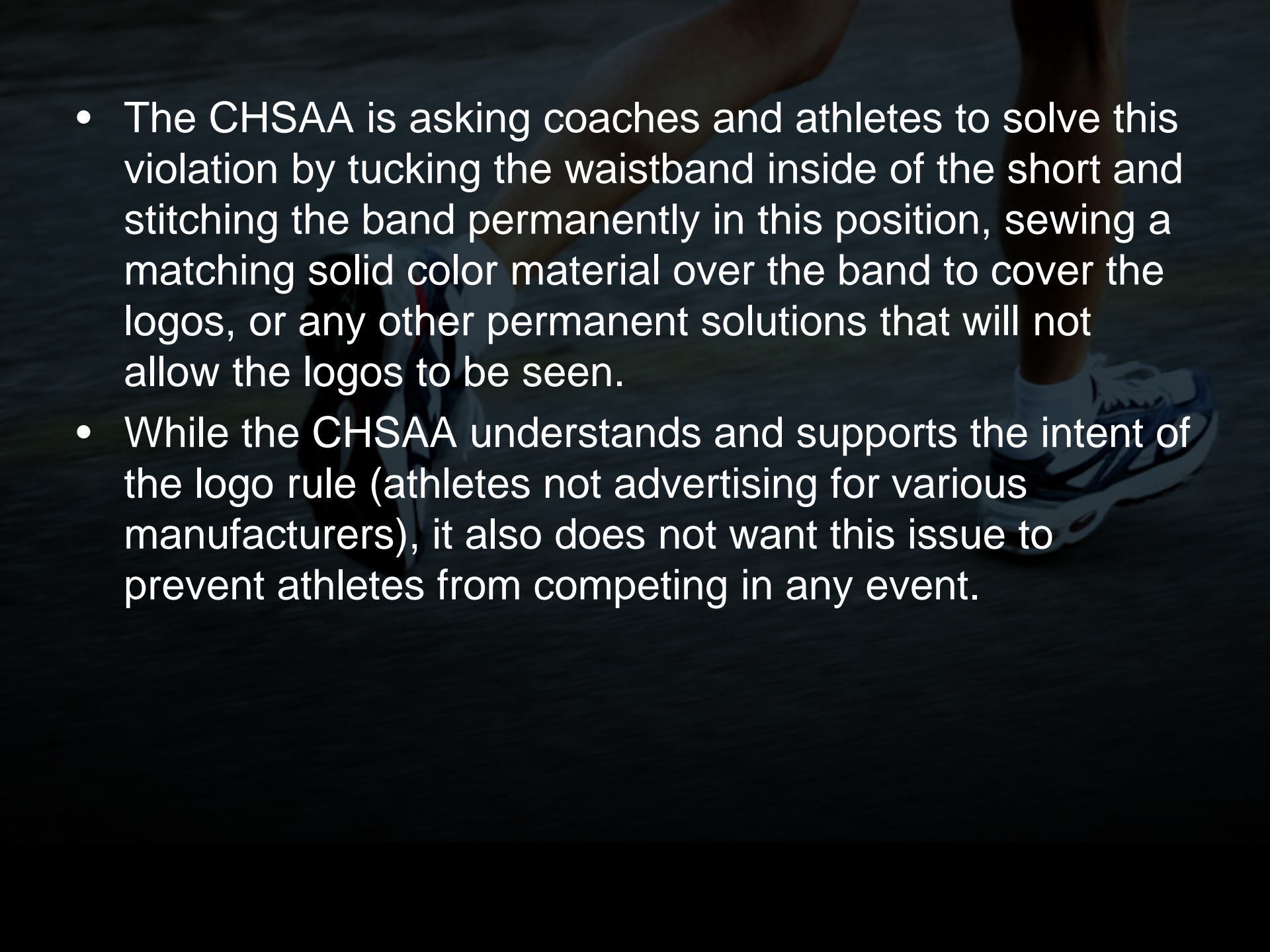


NFHS RULE CHANGES

- 9-3-3a,b NEW Recommends the use of a video/photograph back-up system for cross country when transponders are used for place finish with a review activated when the timing system indicates a one-tenth second or less differential.
- 9-3-4, NEW 9-4-7 NEW A finish corral is recommended at cross country meets in which the transponder system is used for the order of finish.
- 9-6-1,2 The penalties have been separated and not wearing or altering the assigned number or transponder results in a disqualification unless an irregularity is discovered and shall be addressed by the meet referee

UNIFORM RULING

- Since the National Federation made compression shorts a legal uniform bottom, many of the shorts that were previously worn as undergarments are now worn as a team's uniform bottom. This change, coupled with the increasingly common practice of individual athletes purchasing their own matching color compression shorts to wear as their team uniform, has presented the following challenge when applying rule 4-3-1 (5c) addressing manufacturer's logos.
- Many of the compression style shorts, whether purchased by athletes or the school, have waistbands sporting multiple and/or oversized manufacturer logos. Often, the waistbands are not seen until an athlete is participating in an event. Or the infraction is revealed when they are asked to tuck in their uniform top before a race so hip numbers are clearly visible in the picture of the finish.

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- A photograph showing a person's legs from the knees down, wearing white athletic shorts and white sneakers with blue accents. A hand is visible at the top, adjusting the waistband of the shorts. The background is dark and out of focus.
- The CHSAA is asking coaches and athletes to solve this violation by tucking the waistband inside of the short and stitching the band permanently in this position, sewing a matching solid color material over the band to cover the logos, or any other permanent solutions that will not allow the logos to be seen.
 - While the CHSAA understands and supports the intent of the logo rule (athletes not advertising for various manufacturers), it also does not want this issue to prevent athletes from competing in any event.

SCORING AT REGIONALS

ADDITIONAL AND INDIVIDUAL RUNNERS WILL BE PULLED OUT OF THE SCORING AT THE REGIONAL MEET.

- EXAMPLE for Scoring and Team Results:
- All competitors who finish the race shall be ranked and listed in the official results.
- In team scoring, up to (7 – 3A, 4A & 5A, 6 – 2A) team members retain their order of finish. Any team members beyond this number shall be disregarded and shall not displace any opposing runners.
- The team score then shall be determined by totaling the points scored by the first (5 – 3A, 4A & 5A, 3 – 2A) finishers of each team. If fewer than (5 – 3A, 4A & 5A, 3 – 2A) competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked.

ADDITIONAL RUNNERS AT REGIONALS

- Each classification is allowed to run 2 additional runners at the regional meet. 3A, 4A, and 5A may enter up to 9 runners at the regional meets and 2A up to 8 runners. All runners should be listed in the official results but any runners over 7 for 3A, 4A and 5A and 6 for 2A will be pulled out for team scoring.

SCORING AT STATE



- SCORING AT STATE
- 2A- Run 6 at state – score 3
- 3A, 4A & 5A - Run 7 at state – score 5
- Individual runners are pulled out for purpose of team scoring.

A low-angle, close-up shot of a person's legs and feet as they run on a wooden floor. The person is wearing white athletic shoes with blue and red accents. The image is dimly lit, with the text overlaid in white.

THANK YOU

- QUESTIONS COMMENTS