

# **2020 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: Dale Gabor, Director of Cross Country and Track & Field  
SUBJECT: **2020** Cross Country Rules and Regulations

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**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](http://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 3200 meters. 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). There is no distinction between freshman, JV, or varsity.
3. Cross Country competition must follow the National Federation Cross Country Rule 8 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. Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary. 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 it is done in an unrestricted area. It would be much more appropriate for the games committee to provide liquids for all competitors at specific points along the course when temperature and/or humidity could cause a concern for competitors' welfare.
6. National Federation Rule 8-2-4 & 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.
7. The Board of Directors has modified Rule 8-5 to permit unlimited participation in dual, triangular, and quadrangular Cross Country meets.
8. In accordance with Rule 8 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](http://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 **The Fortress in The Village of Obetz** on Saturday, **November 7, 2020**
13. The **2020** 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. Sections 6 and 7 of this manual have been written to clarify the competitor uniform requirements.
15. The Track and Field Officials Associations – **2020-21 Meeting Dates, Times, Locations** can now be found at “myOHSAA” [www.ohsaa.org](http://www.ohsaa.org).
16. Information pertaining to the **2021** Track and Field Rules Interpretation Meetings will be available at “myOHSAA” via [www.ohsaa.org](http://www.ohsaa.org) on **September 30, 2020**.

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



TO: Officials  
FROM: Dale Gabor, Administrator of Cross Country and Track & Field  
SUBJECT: **2020** 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](http://www.ohsaa.org)

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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 **2020** 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 Dale Gabor, Administrator of Cross Country and Track and Field, and the OHSAA Staff in accordance with Board of Directors policy.

In regional tournaments, the referees, starters, clerks, and head umpire will be assigned from the Executive Director's Office. Applications can now be accessed via "myOHSAA" on the OHSAA website ([www.ohsaa.org](http://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](http://www.ohsaa.org)). All officials for the state tournaments will be assigned from the OHSAA Executive Director's office. Please submit your application by the date indicated if you are interested in applying.

**Respect<sup>SM</sup>  
THE  
GAME**

## 1. OHSAA MISSION STATEMENT

The Ohio High School Athletic Association's mission is to SERVE member schools and ENRICH interscholastic opportunities for students.

<b>2020 OHSAA CROSS COUNTRY CALENDAR</b>	
August 1	First Day of Coaching and Instruction
August 24	First Contest
October 5	Non-Interscholastic Competition No Longer Permitted
August 23 October 6 DNA	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 – The Fortress in The Village of Obetz

## 2. 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
Dale Gabor	Administrator of Cross Country	Oversees the sport & coordinates the tournaments	dgabor@ohsaa.org
Beau Rugg	Senior Director of Officiating and Sport Management	Oversees officials programs & tournament assignments	<a href="mailto:brugg@ohsaa.org">brugg@ohsaa.org</a>
Kathleen Coughlin	Program Coordinator	Assists in the coordination of the sport & tournaments	kcoughlin@ohsaa.org

## 3. CROSS COUNTRY LINKS

OHSAA Cross Country Website  
National Federation of State High School Associations  
Ohio High School Cross Country Coaches Association

[www.ohsaa.org/sports/cc/default.asp](http://www.ohsaa.org/sports/cc/default.asp)  
[www.nfhs.org](http://www.nfhs.org)  
[www.oatccc.com](http://www.oatccc.com)

## 4. 2020 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 or school approved?
- \_\_\_\_\_ 2) Does the top have the tournament number securely fastened on the top or one-piece uniform?
- \_\_\_\_\_ 3) Are all team members wearing the same color and design school uniform?
- \_\_\_\_\_ 4) Are all competitors wearing shoes securely fastened to the foot?

#### B - Visual Apparel Worn Under the Jersey or Shorts

- \_\_\_\_\_ 5) Is there is a manufacturer's logo on the top and/or bottom of the uniform? If so, is it no larger than 2 1/4 square inches?

**N.B. Visible garments worn under the uniform top and/or bottom are considered foundation garments. Foundation garments are not subject to logo/trademark/reference or color restrictions.**

#### C - Other Apparel

- \_\_\_\_\_ 6) 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?
- \_\_\_\_\_ 7) If any runner wears a headband, is the headband manufactured for that purpose?

**N.B. – Effective 2020, uniforms may or may not have numbers on the back. As schools make the transition to do away with numbers, some uniforms may still have numbers, while others may not. THIS IS NOT A UNIFORM VIOLATION**

## 5. 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 4-3 (NF Rules Book – pp. 23-24)

Art. 1 Uniforms must be worn as intended by the manufacturer and must be school issued or school approved. The waistband of a competitor's shorts shall be worn above the hips. There shall be no midriff. Each competitor's uniform shall meet the following requirements and restrictions:

- a. Shoes Each competitor shall wear shoes on both feet
  - 1) The shoes shall have an upper and recognizable sole and heel;
  - 2) The upper part of the shoe must be designed so that it can be fastened securely to the foot;
  - 3) The sole and heel may contain grooves, ridges, or track spikes which are no longer than 1 inch.
  - 4) The use of slippers or socks does not meet the requirements of the rule.
- b. **Full-length Cross Country top and bottom or one-piece uniform must be issued and/or approved by the school. Any outer garment (e.g. t-shirts, sweatpants, tights) that is school-issued or school-approved becomes the official uniform when worn. Thus, as the school uniform, all members of a cross country team would be required to wear the same. Example: one member of the Cross Country team intends to wear his/her school-issued sweatshirt. Result: ALL TEAM MEMBERS MUST WEAR THEIR SCHOOL-ISSUED SWEATSHIRT**
  1. Bottoms may vary in length and style but must be the same color for all team members;
  2. Loose-fitting, boxer-type bottoms, or compression style bottoms are permitted for boys and girls. Closed leg briefs are acceptable for girls. French or high-cut apparel shall not be worn in lieu of the uniform bottom. The waistband of the competitor's bottom shall be worn above the hips.
  3. The one-piece uniform or top and bottom of a two-piece uniform may have the school identification(name), school logo, school nickname and/or the competitor's name .
  4. The top shall not be knotted or have a knot-like protrusion; Bare midriff tops are not permitted. **According to OHSAA regulations in tournament competition, the top must be tucked into the waistband of the uniform bottom when the competitor is standing upright.**
  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 **and** bottom or one-piece uniform;
  6. The American flag, not exceeding 2 X 3 inches, is permitted **on each item of the uniform apparel**, and EITHER a commemorative OR memorial patch not to exceed 4 square inches may be worn on the uniform top;
  7. Any visible shirt(s) worn under the top and other visible apparel worn under the bottom are now considered foundation garments. Foundation garments are not subject to logo/trademark/reference or color restrictions. Visible items worn under both the top and the bottom **do not** have to be the same color; a visible garment worn under the uniform top or bottom displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment construction is legal;



8. **Each team member shall wear the same color and design school uniform.** Any relay or cross country team member must wear uniforms clearly indicating, through predominant color, school logo, and color combination of all outer garments worn as a uniform, that members are from the same team. **Striping on one uniform requires similar color striping on all team member uniforms.**
9. **Uniform numbers on the back of the uniform top are no longer required. Team members MAY OR MAY NOT have numbers. There is NO VIOLATION if some team members have uniform numbers while others do not.**

**II) Rule 8-3-3 (NF Rules Book – page 65)** Each competitor shall wear the assigned contestant number and/or computerized transponder/ chips during competition. Penalty: disqualification from the race.

**III) Rule 4-3-3 (NF Rules Book – page 24)** Removing any part of the uniform (excluding shoes) in an area of competition is illegal. Penalty: warning for the first offense and disqualification for the second offense.

## 6. INTERPRETATIONS

The uniform rule stipulates that any school-issued or approved apparel that is worn as an outer garment (e.g. sweatpants, t-shirt, tights) BECOMES the uniform and, thus required by ALL TEAM members. Any garments worn under the uniform are now considered foundation garments and are not subject to logo/trademark/reference or color restrictions.

### 1. Apparel

Apparel of one form or another has 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, these are now considered to be foundation garments and are not subject to logo/trademark/reference or color restrictions. Items forbidden include – but are not limited to – those advertising alcohol, or tobacco, and those referencing racial slurs. One manufacturer's logo is permitted on the **top and bottom** or one piece uniform, 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) 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.
- c) 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.
- d) Headbands may be worn provided the headband is manufactured for that purpose. Rolled up bandannas or other articles are illegal.
- e) **Headgear – In the event that a head coach informs the referee in advance of the start of competition that a competitor wishes NOT to expose his/her uncovered head, the referee shall allow and permit a covering or wrap which shall not:**
  - 1) Fundamentally alter the sport;
  - 2) Be abrasive, hard, or dangerous to any other participant;
  - 3) Be attached in such a way that it is likely to come off during competition; and
  - 4) Be deemed to be unsporting or offensive.

For other exceptions not addressed above, school administrators and/or head coaches shall contact sport administrator, Dale Gabor, at [dgabor@ohsaa.org](mailto:dgabor@ohsaa.org) or 440-829-9913 PRIOR to competition. If officials have concerns about the headgear, contest officials shall approach the head coach (or assistant coach) prior to competition. **OFFICIALS SHOULD NEVER CONFRONT THE COMPETITOR FOR EXPLANATION OR CLARIFICATION.**



## 2. Uniform numbers

Cross Country uniforms **DO NOT** need to include a permanent number. **Team members MAY or MAY NOT have numbers on the back of the uniform.** There is **NO VIOLATION** if some team members have uniform numbers while others do not. **NO SIGNED WAIVER IS REQUIRED.**

**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

**Rule 4-3-3 and 9-6-3** formerly stipulated that competitors shall not wear jewelry with the exception of religious or medical medals. **THIS IS NO LONGER IN EFFECT.** The prohibition of wearing jewelry has been removed from the rules for track and field AND cross country competition. Rings or bands of any type of material, earrings, necklaces, navel jewelry, any type of body piercing adornment, bracelets of any type of material including rubber commemorative bands are now legal. As in previous years, the wearing of a medical alert that is visible continues and, in fact, is encouraged for purpose of risk minimization. Religious and medical alert medals are now legal and are no longer required to be taped to the body. Religious medals may now be worn over the uniform and in full view of officials and other competitors.

**GPS watches are not permitted and will result in disqualification.**

An official (the referee) may ask a competitor to remove an accessory if it is not properly secured, if it poses a danger to the competitor, or if it could damage equipment.

Coaches retain the ultimate responsibility to not allow competitors to wear items dangerous to themselves or to equipment, and coaches are expected to preserve the integrity of the sport by communicating expectations that jewelry, if worn, should not be dangerous and must be secure when worn.

## 4. Retribution

A competitor who competes with an illegal uniform shall be disqualified, **following a proper warning allowing the competitor the opportunity to correct the error**, unless a variance has been approved in advance. **The referee or his/her designee shall give a final warning regarding uniform violations prior to the start of the race as rules require.**

## 5. Exceptions

A competitor who requires an exception to the uniform rules because of religious restrictions or otherwise, must submit a request for a variance from the OHSAA via e-mail ([dgabor@ohsaa.org](mailto:dgabor@ohsaa.org)). **This DOES NOT apply to the wearing of headgear. If the variance is granted, a written, signed approval of the variance must be presented to the referee prior to competition.**

## 6. Inhaler

### USE OF AN INHALER DURING COMPETITION (NF RULE 4-6-5h (NOTES) – page 26)

Art. 5 – h Competitor using an aid during the race.

**NOTE:** The use of an atomizer (inhaler) 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 inhaler does **NOT** meet the requirement.

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

## 7. OFFICIATING PROCEDURES

### 1. Lead Vehicles

When used, lead vehicles in races must adhere to the following guidelines:

- a. No students are permitted to operate the lead vehicle. Lead vehicles may only be operated by a competent adult or official;
- b. Meet management shall determine a safe distance between the vehicle and competitors;
- c. Meet management shall determine whether or not a timing clock shall be permitted on the back of the vehicle.

### 2. Starting Boxes

In meets of 4 or more teams, meet management shall assign starting boxes for all teams. It is the responsibility of the Head Clerk to assign the order of the start.

### 3. Uniform Requirements

Since 2011, the officiating uniform for track and field and cross country officials has been as follows: a plain white polo short-sleeved shirt with OR without a pocket on the left side. The material may be cotton/polyester blend or other material that is lightweight/breathable. The official OHSAA logo (GREEN) will be on the right side. OHSAA Registered Track and Field Official is to be stitched on the base of the left sleeve in four (4) lines in black. Solid black trousers/shorts/skirt are required and must be unadorned of stripes, patches, logos, etc. When a jacket is worn it shall be black (effective 2012) with the OHSAA logo on the right side (the local association name may be on the left side) and the US flag may be placed on the right sleeve, 4" down from the shoulder. Shoes must be worn which are similar to rule book requirements for athletes.

## 8. 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, mouth guards and other articles containing body fluids.

## 10. SUDDEN CARDIAC ARREST REGULATIONS

Beginning in December 2016, a new Ohio law required additional coaching requirements for all interscholastic coaches (paid and volunteer) and new education standards for parents and student-athletes regarding Sudden Cardiac Arrest. This new law, known as Lindsay's Law, has become effective in the 2017-18 school year.

The OHSAA has collaborated with the Ohio Departments of Health and Education, along with our corporate partner, Nationwide Children's Hospital, and the Ohio Chapter of the American College of Cardiology, to provide education that will be relevant and easily accessible so that interscholastic coaches and parents of our student-athletes come into compliance by August 1, 2017.

**With the leadership provided by ODH, ODE, the Ohio Chapter of the American College of Cardiology, and Nationwide Children's Hospital, we have developed our own "Ohio" materials to be used to comply with this new requirement. The new materials include a short video for parents, which is posted to the ODH, ODE, and the OHSAA ([www.ohsaa.org](http://www.ohsaa.org)) websites; an informational handout and a sign-off form (much like the current Concussion Form) which must be signed by parents and student-athletes and is included in the package of consent forms found in the OHSAA digital PPE, the Privit Profile, and the paper forms; and a training video and informational handout for coaches which is posted on the ODE website and includes a completion certificate for verification. This training will be the only acceptable coursework to meet this new standard and will be provided at no cost to anyone.**

The coaching video and informational handout can be accessed through the Ohio Department of Education Learning Management System (LMS) at <http://education.ohio.gov/topics/teaching/licensure/audiences/coaching-permits>. The educational materials for parents and students, which include a short memo and video, and the sign-off forms for parents and students are available on the OHSAA website ([www.ohsaa.org](http://www.ohsaa.org)) under the "Sports Medicine" section.

## 11. POSITION STATEMENT ON SERVICE DOGS

It is the position of the Ohio High School Athletic Association that all individuals, including those with disabilities, shall have access to OHSAA tournaments and regular season contests conducted by the member schools. This statement is designed to apprise all OHSAA member schools and tournament managers of the law relating to these accommodations for persons with disabilities and to remind the membership of obligations as it relates to this law.

According to the federal law known as the Americans with Disabilities Act, see complete reference here [https://www.ada.gov/service\\_animals\\_2010](https://www.ada.gov/service_animals_2010) , only dogs are recognized as service animals and are defined as “dogs which are individually trained to do work or perform tasks for people with disabilities.” Under this law, as an organization which serves the public, the OHSAA and its member schools, shall allow these service animals to accompany people with disabilities in all areas of facilities where the public is normally allowed to go.

The service dog must be harnessed, leashed or tethered unless these devices interfere with the service animal’s work or the individual’s disability prevents using these devices. In that case, the individual must maintain control of the animal.

When it is not obvious what service the dog provides, only limited inquiries are allowed. Staff members may ask two questions: **1) Is the dog a service animal required because of a disability? and 2) What work or task has the dog been trained to perform? Staff shall not ask about the person’s disability, require medical documentation, require a special identification card or training documentation for the dog** to demonstrate its ability to perform the work or task.

We thank you in advance for making these accommodations for people who have disabilities so that they may fully enjoy the events that are sponsored by the Ohio High School Athletic Association and its member schools. If you have questions, as always, please contact a representative of your District Athletic Board for a sectional or district tournament, or the sport administrator on our staff for all other inquiries.

## 12. 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.

## **13. ONLINE RESOURCES**

On our website ([www.ohsaa.org](http://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>

## 14. 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.

## 15. TOURNAMENT REGULATIONS

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

## 16. myOHSAA

In order to access myOHSAA follow the link in the top right-hand corner of [www.ohsaa.org](http://www.ohsaa.org)

## 17. OHSAA GENERAL SPORTS REGULATIONS

General Sports Regulations are available at [www.ohsaa.org](http://www.ohsaa.org). Under “Sports & Tournaments” select Cross Country. The General Sports Regulations are listed under 2017-18 Cross Country Info on left side.

## 18. OHSAA LOCAL ASSOCIATION MEETINGS

OHSAA Local Association Meetings are available at [www.ohsaa.org](http://www.ohsaa.org). Under “Officiating” select Local/State Rules Meetings. Select Local Rules Meetings on the left side, sport: **Cross Country**



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.

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 Kathleen Coughlin: Chair of the OHSAA Sportsmanship, Ethics, and Integrity Committee**

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Good sportsmanship is everyone's responsibility. It is the essence of interscholastic athletics. As we prepare for the upcoming season, the OHSAA wishes to emphasize to each of you the importance of your leadership role in the promotion of sportsmanship, ethics and integrity.

**The professional way 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 the SEI initiative. Please take the time to carefully consider your impact upon students, officials, coaches, and fans.

Additionally, we know there are outstanding displays of sportsmanship demonstrated by our student-athletes, coaches, fans and officials each day. Please share them with us by filling out a "Sportsmanship Report" on the OHSAA website: [ohsaa.org](http://ohsaa.org) → Respect the Game → Sportsmanship Report.

Thanks for your cooperation, and best of luck this season,

A handwritten signature in black ink, appearing to read 'K. Coughlin'.

Kathleen Coughlin, CAA  
Director of Sport Management