

# CROSS COUNTRY 2020

## 2020 REGULATIONS FOR BOYS AND GIRLS DISTRICT, REGIONAL, STATE CROSS COUNTRY TOURNAMENTS

**\*Due to the COVID-19 pandemic and the potential restrictions and limitations imposed by government guidelines, all times are subject to change\***

**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 **September 14, 2020**. The Executive Director 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. **2020** Track and Field Rules – Rule 8 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 **2020** OHSAA Cross Country Tournaments must indicate their intent to participate on their **2020** OHSAA Sports Participation Card in myOHSAA. Tournament entry confirmation begins **July 1, 2020** and ends **October 5, 2020**. Schools that change their tournament participation after **October 5, 2020** will be subject to a \$50 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 Electronic entries must be completed no later than 5:00 P.M. E.D.T. on **Friday, October 16, 2020**, 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 **\$50** 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 7, 2020**.

#### 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 **may** be disqualified, **pending a ruling by the Executive Director (Bylaw 3-2-1)**.

#### 6. LENGTH OF COURSE

The length of the course is 5000 meters.

#### 7. OFFICIALS DECISIONS

The decisions of the Referee are final in all tournaments. Exception: The Executive Director 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 3-2-7](#)) 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 Executive Director by the tournament manager. The Executive Director will investigate the situation and may impose additional penalties in accordance with Bylaw 11 and Sports Regulation 14 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

**These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include the nearest office of the National Weather Service.**

### PROACTIVE PLANNING

- 1) Assign staff to monitor local weather conditions before and during practices and contests
- 2) Develop an evacuation plan, including an identification of appropriate nearby safer areas, and determine the amount of time needed to get everyone to the designated safer area:
  - a) A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
  - a) When thunder is heard or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately;
  - b) **30- Minute Rule:** Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed prior to resuming play;
  - c) Any subsequent thunder or lightning\*after the beginning of the 30–minute count will reset the clock and another 30-minute count should begin;
  - d) When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning should always take precedence over information from a mobile app or lightning–detection device.
    - At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.
- 4) Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel;
- 5) Inform student-athletes and their parents of the lightning policy at the start of the season.

### **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.

**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.**

**Heat Acclimatization and Heat Illness Prevention:**

The sports of boys and girls cross country (and 7<sup>th</sup> -8<sup>th</sup> grade track and field) **require a minimum of 10 days of interscholastic practice prior to any competition for a student. In Cross Country, this 10 day requirement begins with the first day that tryouts, coaching, and instruction may begin (August 1).**

All coaching and medical staff personnel shall observe the following precautions for all sports competed outdoors and/or in a hot, humid environment:

- **Stress to participants the importance of properly hydrating** themselves during the day leading up to the contest or practice, and also to drink 8-to-12 ounces of water or sport drinks 20 minutes prior to the contest or practice. This routine can help prevent problems during practice and contests;
- **Schools should have unlimited water and sport drinks on hand** during contests and practices , and coaches in team sports should be prepared to use numerous runners rather than just a select few.

**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 Executive Director 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

**All individuals who have responsibilities and duties in the interscholastic athletics environment are responsible for the enforcement of concussion protocol: coaches, contest officials, administrators, students, parents, and medical personnel.**

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.); 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.

## 17. 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

## 1. 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.

## 2. 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.**

## **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

District	<u>Division</u>		
	I	II	III
Central	16	7	6
East		6	3
Southeast		8	6
Northeast	24	19	13
Northwest	7	11	23
Southwest	17	13	13
Total	64	64	64

### 2.2 Girls Teams

District	<u>Division</u>		
	I	II	III
Central	17	6	6
East		8	5
Southeast		7	6
Northeast	24	20	14
Northwest	6	12	22
Southwest	17	11	11
Total	64	64	64

### 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 qualify, those individuals who finish in the top twelve positions will qualify; If four teams qualify, those individuals who finish in the top sixteen positions will qualify; If five teams qualify, those individuals who finish in the top twenty positions will qualify.** A runner may qualify as a team member and as an individual.

**Note: In the sport of Cross Country, team designation (used for determining scoring for the current year's tournament, advancement to the regional tournament, and "team" participants in subsequent years' tournaments) shall NOT be the number of students entered into or beginning a district tournament, but rather the number of students from that particular school that FINISH the district tournament (i.e. a minimum number of five) and score for their team**

## 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. **Recommended time schedule:**

4. Friday, October 23 – Division III
5. 3:30 P.M. – Boys – Section 1\*
6. 4:10 P.M. – Boys – Section 2
7. 4:50 P.M. – Girls – Section 1\*
8. **5:30 P.M – Girls – Section 2**
9. Saturday, October 24 – Division II
  - 9:30 A.M. - Division II - Boys – Section 1\*
  - 10:10 A.M. – Division II – Boys – Section 2
10. 10:50 A.M. – Division II – Girls – Section 1\*
11. 11:30 A.M. – Division II – Girls – Section 2
12. Saturday, October 24 – Division I
13. 2:30 P.M. – Division I – Boys – Section 1\*
14. 3:10 P.M. – Division I – Boys – Section 2
15. 3:50 P.M. – Division I – Girls – Section 1\*
16. 4:30 P.M. – Division I – Girls – Section 2

**\*NOTE: IF LESS THAN 150 TOTAL COMPETITORS IN A DIVISION, ONLY ONE SECTION WILL BE RUN, BUT THE TIME SCHEDULE WILL REMAIN THE SAME**

#### **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 8-2-4 and 5 apply.
- 4.2 **Individual** - There shall be no individual awards presented.

#### **5. ADMISSION**

Admission charge at district tournament sites is \$8.00 online. All ticket sales are in advance and online. There will be no gate sale. It is recommended that 4 tickets be allotted to each runner's family and 2 tickets to each coach's family. There will be **NO GATE SALE.**

#### **6. PANDEMIC GUIDELINES**

**Under the existing conditions, all are reminded of the following:**

- 6.1 **Fans must be socially distanced in any small sets of bleachers available and /or in lawn chairs, blankets, or standing**
- 6.2 **Runners MUST WEAR facial coverings before and after each race (i.e. whenever NOT in competition or warming up)**
- 6.3 **Coaches , Officials, meet workers, and spectators (family members) MUST WEAR facial coverings at all times.**

### **C. REGIONAL TOURNAMENTS**

#### **1. SITES, MANAGERS, QUALIFIERS**

See the OHSAA Cross Country website at <http://www.ohsaa.org/sports/cc> for updated sites, qualifiers and representation information for 2020.

#### **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 **eligible by OHSAA standards**. 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

Due to the imbalance in District and, thus, Regional qualifiers, the State qualifying teams from each respective regional is as follows:

**D-1 (B/G) Pickerington 5/5; Boardman 8/8; Tiffin 2/2; Troy 5/5**

**D-2 (B/G) Pickerington 7/7; Boardman 6/6; Tiffin 3/4; Troy 4/3**

**D-3 (B/G) Pickerington 5/5; Boardman 4/4; Tiffin 7/7; Troy 4/4**

#### 3.2 INDIVIDUALS

Each boys and girls Regional Tournament will qualify 4x the number of teams that qualify (i.e. 4 teams = 16 individuals, 5 teams = 20 individuals, etc. ) Since a runner may qualify as a team member and as an individual, these individual qualifiers are the top runners in each respective race (i.e. the first 16, or the first 20, etc.). The State qualifying individuals from each respective regional is as follows”

**D-1 (B/G) Pickerington 20/20; Boardman 32/32; Tiffin 8/8; Troy 20/20**

**D-2 (B/G) Pickerington 28/28; Boardman 24/24; Tiffin 12/16; Troy 16/12**

**D-3 (B/G) Pickerington 20/20; Boardman 16/16; Tiffin 28/28; Troy 16/16**

### 4. TIME SCHEDULE AND COMPETITION

#### **DUE TO THE COVID-19 PANDEMIC AND THE POTENTIAL LIMITATIONS AND RESTRICTIONS IMPOSED BY GOVERNMENT GUIDELINES, ALL TIMES ARE SUBJECT TO CHANGE**

##### 4.1 Time Schedule

Friday, October 30 – Division III

3:30 P.M. – Boys – Section 1\*

4:10 P.M. – Boys – Section 2

4:50 P.M. – Girls – Section 1\*

5:30 P.M. – Girls – Section 2

Saturday, October 31 – Division II

9:30 A.M. - Division II - Boys – Section 1\*

10:10 A.M. – Division II – Boys – Section 2

10:50 A.M. – Division II – Girls – Section 1\*

11:30 A.M. – Division II – Girls – Section 2

Saturday, October 31 – Division I

2:30 P.M. – Division I – Boys – Section 1\*

3:10 P.M. – Division I – Boys – Section 2

3:50 P.M. – Division I – Girls – Section 1\*

4:30 P.M. – Division I – Girls – Section 2

**\*NOTE: IF LESS THAN 150 TOTAL COMPETITORS IN A DIVISION, ONLY ONE SECTION WILL BE RUN, BUT THE TIME SCHEDULE WILL REMAIN THE SAME**

**4.2 Competition** in each division shall involve qualifying teams and individuals competing in **two** races.

**5. ADMISSION**

**Admission charge at regional tournaments is \$10.00** as established by the Board of Directors. There is no gate sale. All ticket sales are in advance online and limited to just parents and immediate family members.

**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.

**8. PANDEMIC GUIDELINES**

**Under the existing conditions, all are reminded of the following:**

**6.1 Fans must be socially distanced in any small sets of bleachers available and /or in lawn chairs, blankets, or standing**

**6.2 Runners MUST WEAR facial coverings before and after each race (i.e. whenever NOT in competition or warming up)**

**6.3 Coaches , Officials, meet workers, and spectators (family members) MUST WEAR facial coverings at all times.**

**D. STATE TOURNAMENTS**

**1. DATE**

Saturday, **November 7, 2020**

**2. LOCATION**

The Fortress in the Village of Obetz, 4175 Alum Creek Drive, Obetz, 43207

**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).

Steven Adams, 4175 Alum Creek Drive, Obetz 43207; B: 614-409-4410; C: 614-581-8364; Fax: 614-491-7507; E-Mail: [sadams@obetz.oh.us](mailto:sadams@obetz.oh.us)

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

**17. HISTORY**

Boys – **Fiftieth**

Girls – **Forty Second**

**5. TIME SCHEDULE**

**DUE TO THE COVID-19 PANDEMIC AND THE POTENTIAL LIMITATIONS AND RESTRICTIONS IMPOSED BY GOVERNMENT GUIDELINES, ALL TIMES ARE SUBJECT TO CHANGE**

Friday, November 6 – Division III\*

3:30 P.M. – Boys – Section 1	10 teams and ½ the qualifying individuals
4:10 P.M. – Boys – Section 2	10 teams and ½ the qualifying individuals
4:50 P.M. – Girls – Section 1	10 teams and ½ the qualifying individuals
5:30 P.M. – Girls – Section 2	10 teams and ½ the qualifying individuals

Saturday, November 7 – Division II \*

9:30 A.M. - Division II - Boys – Section 1	10 teams and ½ the qualifying individuals
10:10 A.M. – Division II – Boys – Section 2	10 teams and ½ the qualifying individuals
10:50 A.M. – Division II – Girls – Section 1	10 teams and ½ the qualifying individuals
11:30 A.M. – Division II – Girls – Section 2	10 teams and ½ the qualifying individuals

Saturday, November 7 – Division I\*

2:30 P.M. – Division I – Boys – Section 1	10 teams and ½ the qualifying individuals
3:10 P.M. – Division I – Boys – Section 2	10 teams and ½ the qualifying individuals
3:50 P.M. – Division I – Girls – Section 1	10 teams and ½ the qualifying individuals
4:30 P.M. – Division I – Girls – Section 2	10 teams and ½ the qualifying individuals

**\*IN THE EVENT THAT A VARIANCE IS GRANTED TO ALLOW UP TO 185 RUNNERS, THEN ALL DIVISION WILL HOST ONLY ONE SECTION AND THE TIME SCHEDULE WILL READ AS FOLLOWS:**

Friday, November 6 – Division III – Boys 4:00P.M.

Girls 4:50P.M.

Saturday, November 7 – Division II – Boys 10:00A.M.

Girls 10:50 AM

Saturday, November 7 – Division I – Boys 2:00P.M.

Girls 2:50P.M.

**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 **eligible by OHSAA standards.** Substitutions may not be made for individual qualifiers.

**7. ADMISSION**

Admission charge at the state competition is \$12.00 as established by the Board of Directors. All tickets sales are in advance online and limited to parents and immediate family members.

**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 2:00 on Friday, November 6 and 8:00 A.M. on Saturday, November 7th.**

No packets will be distributed prior to Saturday.

**10. PANDEMIC GUIDELINES**

**Under the existing conditions, all are reminded of the following:**

**6.1 Fans must be socially distanced in any small sets of bleachers available and /or in lawn chairs, blankets, or standing**

**6.2 Runners MUST WEAR facial coverings before and after each race (i.e. whenever NOT in competition or warming up)**

**6.3 Coaches , Officials, meet workers, and spectators (family members) MUST WEAR facial coverings at all times.**

**11. COURSE INSPECTION**

The General Manager of **The Fortress in Oetz** has granted permission for state qualifying teams and individuals to inspect the cross country course at **Obetz** the Thursday and Friday only prior to the State Tournaments. **The course will be open on Thursday ONLY beginning at 12:00pm. Obetz will close at 5:00 P.M.;** therefore, the grounds must be cleared of all people by 5:00 P.M.

**On Friday, November 6, the course is available for inspection from 1:00 P.M. to 3:00 P.M. and on Saturday, November 7** 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.

**12. 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

**13. MEDIA CREDENTIALS**

Media credentials will be required for news media personnel. Credentials must be reserved in advance by faxing requests to the OHSAA office at 614-267-1677; Attn: Tim Stried.

**14. 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 Obetz. Individuals that violate this regulation will be requested to leave with no refund of the admission fee.

**15. TEAM CAMPS**

Tents and competitor camps are permitted in the open grass area **OUTSIDE** the Pass Gate, **located directly behind and north of the Obetz Athletic Center and 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.