

POINTS OF SPECIAL EMPHASIS:

The NHIAA Cross Country Committee is concerned about several matters regarding the NHIAA Cross Country Championship Meets and requests the assistance of coaches and athletic directors in addressing them. Although they are addressed elsewhere in the “Policy and Procedures” they are often ignored on days of the meets. Familiarity and follow through will ensure that your school or one of your competitors is not disqualified or not allowed to participate in the meets and will enhance the operation of these meets for the benefit of all participants. (Policies and Procedures number is indicated in the parentheses).

1. Time Schedule: this includes checking in at the stage and reporting to the starting line when scheduled. (II)
2. Uniforms: this includes the wearing of proper outer school uniform and visible undergarments. (V)
3. It is recommended that metal spikes or hard plastic cleats **NOT** be worn on footwear due to safety concerns on the paved surfaces.
4. Competitor’s tags must be worn over the navel. (I)
5. Disqualification: this includes interference with another competitor by using the body, arms or hands to show exuberance at the finish line and affecting the finish or placement of another competitor. (VI)
6. Code of Conduct: this includes graffiti, spray painting, banners, signs, etc. (IX)
7. The NHIAA will charge a parking fee of \$10.00 per car at the Meet of Champions.
8. ATHLETIC TRAINERS – Schools requesting medical services are to provide the necessary supplies for the athletic trainer at all regular season and tournament events.
9. **By-Law Article XVIII Cross Country, Sect. 2: State Divisional Championships. For an athlete to compete in the State Championships, he/she must have participated in at least one Cross Country meet during the regular season.**
10. **By-Law Article I - Policy, Sect. 24: Practice at Tournament Sites (Modification):** “In the sport of Cross Country, the Divisional and Meet of Champions venues are available to teams for viewing any time prior to the championship meets.”

11. Athletes found to be wearing a watch during competition will be disqualified.