

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
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 with the following exception. EXCEPTION: Teams and Individuals may practice on the Meet of Champions course on the campus of Nashua South and Mines Falls only once the week between divisional meets and the Meet of Champions. No team or individual may practice without permission of the Nashua Athletic Department and without supplying a Certificate of Insurance from their own school district. Shirts must be worn at all times.”
11. Considering the negative outcome associated with dehydration, it is important that all coaches educate parents and student-athletes about developing a season long hydration plan. Coaches should ensure that student-athletes have access to water prior to, during, and after practices and meets and encourage all to hydrate whenever they feel it is necessary.
12. National Federation Rules are in effect.