

## KHSAA RULES AND REGULATIONS

### Governing Cross Country Meets

*(As Adopted by the Board of Control)*

*(Case situations refer to rulings and interpretations used to administer these provisions which can be found in the next section of the Handbook)*

#### I) Assignment of Schools to Regions

##### A) CLASSES

The Kentucky High School Athletic Association shall sponsor post-season competition in cross country and track for boys and girls, provided that fifteen (15) percent of the member schools declare intentions to participate in said competition. Member schools desiring to participate in KHSAA sponsored postseason competition shall notify the Association office prior to September 1. The state shall be initially divided into three classes based on a multiple-year average enrollment, with each class containing seven (7) regions. The Commissioner shall divide the state into geographic sections with the approval of the Board of Control.

As of August 1, 2009 and through the 2011-2012 school year, the alignment for boys' and girls' cross country and track is as follows —

##### **CLASS 1A (0-610 average students)**

REGION 1 - Ballard Memorial, Carlisle County, Christian Fellowship, Community Christian, Crittenden County, Dawson Springs, Fort Campbell, Frederick Fraize, Fulton, Fulton County, Heath, Hickman County, Livingston Central, Lyon County, Mayfield, Murray, Reidland, Russellville, St. Mary, Todd County Central, Trinity (Whitesville), University Heights

REGION 2 - Campbellsville, Caverna, Clinton County, Cumberland County, Glasgow, Green County, Hancock County, McLean County, Metcalfe County, Monroe County, Owensboro Catholic,

REGION 3 - Bardstown, Beth Haven, Bethlehem, Brown, DeSales, Evangel Christian, Fort Knox, Whitefield Academy, Holy Cross (Louisville), Kentucky Country Day, Kentucky School f/t Blind, Louisville Collegiate, Portland Christian, St. Francis, Walden

REGION 4 - Beechwood, Bellevue, Bishop Brossart, Calvary Christian, Covington Latin, Dayton, Heritage Academy, Holy Cross (Covington), Ludlow, Newport, Newport Central Catholic, Silver Grove, St. Henry, Villa Madonna, Walton-Verona, Williamstown

REGION 5 - Augusta, Bracken County, Burgin, Carroll County, Danville, Deming, Eminence, Frankfort, Gallatin County, Kentucky School f/t Deaf, Lexington Christian, Nicholas County, Owen County, Paris, Sayre, St. Patrick, Trimble County

REGION 6 - Barbourville, Berea, Harlan, Lynn Camp, Middlesboro, Model, Monticello, Oneida Baptist, Pineville, Red Bird, Somerset, Williamsburg

REGION 7 - Allen Central, Bath County, Betsy Layne, Buckhorn, Cordia, David School, Elliott County, Fairview, Hazard, Jackson, Jenkins, June Buchanan, Lee County, Menifee County, Owsley County, Paintsville, Phelps, Piarist, Pikeville, Raceland, Riverside Christian, Rose Hill, Shelby Valley, South Floyd, Wolfe County

##### **CLASS 2A (611 average to 1024 average students)**

REGION 1 - Caldwell County, Calloway County, Hopkins County Central, Hopkinsville, Logan County, Lone Oak, Paducah Tilghman, Trigg County, Union County, Webster County

REGION 2 - Adair County, Allen County-Scottsville, Breckinridge County, Butler County, Edmonson County, Elizabethtown, Franklin Simpson, Greenwood (beginning 2010-11), Hart County, LaRue County, Marion County, Taylor County, South Warren (beginning 2010-2011), Warren East, Washington County

REGION 3 - Atherton, Bullitt East, Central, Christian Academy, Collins (2010-2011), Fairdale, Henry County, Jeffersontown, Mercy Academy, Moore, North Bullitt, North Oldham, Presentation, Shawnee, Shelby County (2010-2011), South Oldham, Spencer County, Valley, Western

REGION 4 - Bourbon County, Covington Catholic, Franklin County, Harrison County, Highlands, Holmes, Lexington Catholic, Lloyd Memorial, Pendleton County, Western Hills

REGION 5 - Bell County, Boyle County, Casey County, Corbin, East Jessamine, Estill County, Garrard County, Jackson County, Knox Central, Madison Southern, McCreary Central, Mercer County, Rockcastle County, Russell County, Wayne County, West Jessamine

REGION 6 - Ashland Blazer, Boyd County, East Carter, Fleming County, Greenup County, Lawrence County, Lewis County, Mason

County, Morgan County, Rowan County, Russell, West Carter  
REGION 7 - Belfry, Breathitt County, East Ridge, Harlan County, Johnson Central, Knott County Central, Leslie County, Letcher County Central, Magoffin County, Perry County Central, Pike County Central, Powell County, Prestonsburg, Sheldon Clark

##### **CLASS 3A (above 1025 average students)**

REGION 1 - Apollo, Christian County, Daviess County, Graves County, Henderson County, Madisonville North Hopkins, Marshall County, Muhlenberg County, Owensboro

REGION 2 - Barren County, Bowling Green, Central Hardin, Grayson County, Greenwood (through 2010-11), Ohio County, John Hardin, North Hardin, Warren Central

REGION 3 - Bullitt Central, Butler, Doss, duPont Manual, Iroquois, Male, Meade County, Nelson County, Pleasure Ridge Park, St. Xavier

REGION 4 - Assumption, Ballard, Eastern, Fern Creek, Oldham County, Sacred Heart, Seneca, Shelby County, (through 2009-2010), Southern, Trinity (Louisville), Waggener

REGION 5 - Boone County, Campbell County, Conner, Cooper, Dixie Heights, Grant County, Notre Dame, Ryle, Scott, Simon Kenton

REGION 6 - Anderson County, Bryan Station, Henry Clay, Lafayette, Paul Laurence Dunbar, Scott County, Tates Creek, Woodford County  
REGION 7 - Clay County, George Rogers Clark, Lincoln County, Madison Central, Montgomery County, North Laurel, Pulaski County, South Laurel, Southwestern, Whitley County

##### B) ENROLLMENT CRITERIA

The basis for determining the schools to be placed in Class 1A, 2A, and 3A will be the average total enrollment in grades 9-12 of a coeducational school including all special education students for the four most recent years available for the entire membership at the time of classification. The Board of Control shall ensure that an upward adjustment is made for the enrollment of a school with less than a full high school course, and for schools enrolling boys only (double) or girls only (double).

##### C) CLASSIFICATION

Initial classification is based on enrollment data verified by the Kentucky Department of Education for the two years through the enrollment of the 2006-2007 school year.

- 1) The enrollment data used to determine the class boundaries shall be obtained from the Kentucky Department of Education or other verifiable sources in the case of non-public schools.
- 2) The classification shall be reviewed for complete revision to begin with the 2012-2013 school year.
- 3) The schools shall be placed in enrollment ranked order (after adjustment for single-sex schools)
- 4) If the ranking and division leaves two or more teams with equal enrollments at the dividing point for class division, the Board of Control shall determine which teams go into each class. First preference is to use enrollment data at levels other than the top four (4) grades to determine the class boundaries. If the enrollment data does not yield a clear conclusion, the teams going into each class shall be drawn by random chance by drawing by lot or by coin toss.

##### II) Dates and Sites for Meets

The Commissioner shall make the determination of the regional meet sites. Schools interested in hosting a regional meet shall submit their request through the defined site selection process as distributed by the Games Committee. The prospective host shall supply information relating to seating and parking facilities and such other information as may be requested by the Commissioner. The Commissioner's office may use a requested site selection plan as a guide, but is not bound by this plan in determining the sites. If a region is unable to resolve conflict over the plan, the Commissioner shall establish a plan. All meets will be held within the dates indicated on the Memorandum Calendar unless otherwise approved in writing by the Commissioner.

All hosts granted an event shall host at least one meet during the regional meet year with at least five schools entering competitors and using the electronic entry and results system. All host courses shall be properly marked per NFHS rules if the markings are not able to be affixed to the ground.

Only schools which are members of the Association prior to January 1 of the year in which the tournament is held, and already having a suitable facility for hosting the meet shall be allowed to

apply, and only those competing in the current year will be allowed to vote for the region tournament location.

Schools interested in hosting a regional meet shall submit the meet information when requested by the Commissioner's office. The applicant shall verify that the facility meets any standards established by the Games Committee and shall supply data relating to seating and parking facilities and such other information as may be requested by the Commissioner. Member schools are not permitted to practice for, travel to or participate in an interscholastic athletic contest during the six-hour school day. No Cross Country meet should be scheduled at a time that would violate any part of the six-hour academic school day.

The Board of Control shall determine the site of the state finals after receiving the Commissioner's recommendation, and shall be guided by necessary hotel facilities, playing facilities, and community/area support.

### III) Tournament Managers

The Commissioner will appoint a manager for each of the regional meets, and shall serve as the manager for the state meet. The Commissioner may appoint as many assistant managers as deemed necessary to manage the event. It is the duty of each regional manager to notify all schools participating in the meet as to the time and place of the meet, to supply him or her with entry material and instructions, to invite their participation, and make all arrangements to conduct the meet. It is an explicit duty of each tournament manager to inform the association IMMEDIATELY as to the bracket / pairings / entries / results when requested by KHSAA staff and according to the time deadlines provided including the actual site of the tournament if it is not held at the school. The Board of Control has approved the policy that the receipts of a tournament can be assessed (a fine levied against the manager) for failure to comply with these provisions.

### IV) Eligibility to Enter Tournament Play

To be eligible to compete in the regional or state meet, a contestant shall be enrolled in the seventh (7th) grade or higher and be otherwise eligible by all KHSAA Bylaws.

To be eligible to compete in the regional or state meet, a contestant shall have competed in at least four meets involving a minimum of two schools on a team representing a member school during the regular season. Athletes competing in high school races (grades 9-12) and participating with a high school as a representative of that school irrespective of level of the meet, shall be allowed to count that meet toward the four meet minimum. Coaches should maintain and have available copies of all results for the regional manager to verify in case of a challenge to the required participation minimums by any athlete. Such individual meet verification (results) may be recorded on standard forms distributed by the Association in lieu of keeping individual results.

A meet shall not count toward the four (4) meet minimum for any athlete if it involves the athlete entering and participating in more than one race that has a distance of greater than 2,500 meters in any single day.

### V) Contestants

A school may enter any eligible student-athlete in the postseason region meet. All entries in KHSAA postseason play shall be done electronically using the Association designated software application.

The initial entry report for contestants in the region meet shall be submitted not later than 5:00 p.m. four (4) days prior to the regional meet.

A school may enter a total of ten (10) eligible individuals on a regional/state meet entry. From that list and only from that list, a school shall designate a maximum of seven (7) runners who may actually compete in the regional meet. A school not having enough runners to qualify as a team (five (5) runners) may enter less than five (5) runners as individual contestants in the regional meet.

Only in the case of documented medical emergency can these deadlines be waived or a substitution be allowed.

Each manager is responsible for the forwarding of the entries for the regional meet to all competing teams.

Any contestant whose name is on the ten person regional/state entry list may be a member of a qualifying team or declared for the State Meet for a qualifying team, however, substitutes for individual qualifiers in the state meet will not be allowed.

In regions with one (1) full team entering and reporting to the starting line at the region, that team shall advance to the State Meet.

In regions with two (2) or three (3) full team entering and reporting to the starting line at the region, two teams shall advance to the State Meet.

In regions with four (4) to six (6) full team entering and reporting to the starting line at the region, three teams shall advance to the State Meet.

In regions with seven (7) to nine (9) full team entering and reporting to the starting line at the region, four teams shall advance to the State Meet.

In regions with ten (10) to twelve (12) full team entering and reporting to the starting line at the region, five teams shall advance to the State Meet.

In regions with thirteen (13) or more full teams entering and reporting to the starting line at the region, six teams shall advance to the State Meet.

In addition, the top five (5) individuals not on a qualifying team shall advance from the regional to the state meet. Coaches of qualifying teams may secure other information about the state meet at the site of the regional meet or via the KHSAA web site.

### VI) Officials (Regular and Postseason)

It is strongly recommended that a KHSAA licensed official (Track and Field), be present at each Cross Country meet that counts toward the limit of meets in accordance with Bylaw 25. In any meet where more than four (4) schools are entering teams or individuals, there shall be a KHSAA licensed Track official. The fee shall be \$30 per race for the Meet Referee, who shall be a licensed KHSAA official. If additional referees are hired at the discretion of meet management, they shall receive the same fee.

Cross Country Regional meet assigned officials shall be paid \$35 per race plus the Board of Control approved travel allowances.

At the discretion and with the approval of the manager, the meet assigned referees shall be paid a mileage allowance for one car based on the mileage necessary. Additional postseason allowances for lodging, etc. shall be at the discretion of the tournament manager and shall be approved by the Commissioner.

The local management of the postseason cross country meets shall have the authority to hire and utilize all licensed officials necessary for properly conducting the meets.

For the State Cross Country meet, the Commission shall have the authority to hire and utilize all officials necessary for properly conducting the meets. Where possible, the Association will utilize KHSAA licensed track officials for the state meets. State Cross Country officials will be paid according to position in accordance with a scale approved by the Commission in advance.

Final approval for all selections to the region and state meets shall be made by the Commission.

### VII) Length of Course

The course will be approximately 5,000 meters for both boys and girls. All Cross Country races shall be a minimum of 2,500 meters and a maximum of 5,000 meters in order to count toward the applicable required minimum number of meets.

### VIII) Champion

All entrants from a school accumulate team points toward the team championship. A team, for scoring purposes in determining the team champion, shall consist of a minimum of five (5) participating members.

The team score shall be determined by totaling the places of the first five finishing contestants on each team. The scores of the individual contestants, those not on a team, shall be disregarded in computing the team score. The champion of each meet will be the team compiling the lowest total score, with teams with less than five contestants disregarded in the team competition.

### IX) Trophies and Awards

#### A) Region

- 1) Trophies will be awarded to the teams finishing first and second at the regional meets.
- 2) The first ten runners finishing will receive awards at the regional meet.
- 3) The Association will bear the costs of all trophies and medals at the region meets.

#### B) State

- 1) Trophies will be awarded to the teams finishing first, second, third and fourth at the state meet.
- 2) The ten individuals on the teams finishing first, second, third and fourth will receive awards at the state meet,
- 3) The first fifteen runners finishing in each race will receive awards at the state meet.
- 4) The Association will bear the costs of all trophies and medals at the state meet.

#### **X) Finances**

##### **A) Region**

- 1) The finances of the regional meet will be managed at the regional level.
- 2) The regional competing schools shall decide any distribution of net profit/loss, which shall be shared.

##### **B) State**

- 1) The Association will finance the state tournament.
- 2) Schools are responsible for the expenses of competitors participating in the state meet.

#### **XI) Games Committee (Track Rule 3) Rules for both Regular and Post-Season**

##### **A) Specifications for Cross Country Courses**

The specifications for recommended and required standards for cross country courses to be used in tournament play may be developed by Association staff and Advisory Committees and approved by the Board of Control.

##### **B) Participation Rules and Regulations**

National Federation Track and Field Rule 9 shall govern meets in Cross Country where appropriate and in particular where participant safety is ensured.

##### **C) Interrupted Races**

When lightning or other inclement weather, heat and humidity conditions or other events beyond the control of meet management cause the interruption of a race by the Meet Referee after it has begun, it shall be considered to be complete with respect to the counting against the maximum number of meets for a school or minimum number of required meets for an athlete. In addition, it shall be complete to the extent of the compensation for meet officials.

##### **D) Additional Rules for Contests**

Additional rules, governed by State Association adoption provisions in the National Federation Playing Rules or otherwise developed by the Association may be implemented in contests played in Kentucky and will be distributed to the membership when relevant. Detailed and binding instructions, both for managers and participating teams, shall be published on the KHSAA web site.

##### **E) Starter's Pistol Specifications**

The starter's pistol, which shall be a 32 caliber (22 for indoor track), shall meet all district, local, state and federal regulations including possession ordinances and registration requirements.

##### **F) Uniform allowances per NFHS Track Rule 3**

All contestants in Cross Country shall adhere to National Federation Rule 4-3 as it relates to the uniform of the competitors. In addition, the Games Committee for the State Cross Country and Track Meets may, within the allowable limits of Rule 4-3, establish clarifications and enhancements to the uniform requirement to ensure equal treatment of all competitors.

At present, the Games Committee has addressed the following areas for consistent enforcement by meet officials and which are applicable to all contestants. **NOTHING ABOUT THESE REGULATIONS MANDATE A REQUIRED COLOR).**

- 1) **HEADS** - Hats are not allowed however the toboggan or stocking cap/wrap are permitted in cold or hot weather. All head gear and holders shall be checked by the Meet Referee to make sure they are secure. Anything worn on the head shall be secure, designed for the head, and without a visible manufacturer's logo or other decoration (other than the school name / nickname).
- 2) **TOPS** - If shirts are worn under the school issued jersey by more than one team member (two or more), that apparel shall be exactly the same single solid color on all who choose to wear the undergarments. It is not necessary that all team members wear them. No lettering or designs or decals will be allowed on undershirts anywhere with the exception of a single manufacturer's logo which shall adhere to the NFHS restrictions. The restrictions on undershirts do not include sleeve length. For

example one team member can wear long sleeves, one 3/4 sleeves and one short sleeves as long as they are the same solid color.

- 3) **BOTTOMS** - If leotards, body suits or bike shorts are worn under the school issued running trunks by more than one team member (two or more), that apparel shall be a single solid color and alike in color. Long underwear will not be accepted as a visible undergarment for either tops or bottoms. No lettering, designs or decals will be allowed on underpants anywhere, with the exception of a single manufacturer's logo which shall meet NFHS restrictions. The restrictions on pants do not include pants length. For example one team member can wear long pants, one 3/4 pants and one short pants as long as they are the same solid color.
- 4) **HANDS** - Gloves or socks may be worn on the hands during cold weather.
- 5) **FEET** - Shoes shall be worn. Shoes of different runners on the team do not have to be the same make and model. The use of ballet slippers, gymnastic or sweat socks does not meet the requirements of this rule.
- 6) **JEWELRY** - No jewelry will be allowed to be worn per NFHS rules. Religious or medical medals can be worn in compliance with NFHS rules. A religious medal shall be taped to the body and worn under the uniform. A medical alert piece of jewelry shall be taped to the body and should be visible. Wrist watches may not be worn during competition and are to be removed at or prior to the point of reporting to the Clerk. Violators of the watch restriction that are not detected by the Clerk or other meet officials shall be directed to immediately remove the watch and may not be otherwise penalized.
- 7) **BODY MARKINGS / TATTOOS** - A permanent tattoo that is not objectionable in the judgement of an official, would be allowed. A permanent tattoo that is objectionable in its content or form shall be covered. Anything non permanent including tattoos, face paint, etc. would not be legal if visible on any part of the body as it would be excessive body decoration.
- 8) **SPORTS BRA** - These items are considered foundation garments and are not to be considered as part of the uniform or undergarment rule.
- 9) **SUNGLASSES** - Unless prescribed by a medical doctor for the purpose of vision correction, sunglasses may not be worn during competition.

#### **XII) School Personnel to Accompany Team**

In accordance with Bylaw 20, each school having participants in a KHSAA event shall send a school designee to accompany the team. This person should be designated in writing by the Principal and approved by the local Board of Education.

*(Case situations related to this sport appear following the Tournament Rules section)*