



Oregon School Activities Association

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2024 CROSS COUNTRY PLAN BOOK

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SEASON DATES

First Practice Date	August 19
First Contest Date.....	August 29
Cutoff Date	November 2
All State Championships.....	November 9

NFHS 2024 CROSS COUNTRY RULES

Order a NFHS 2024 Track & Field and Cross Country Rules Book from the [OSAA Corner Store](#) or contact the OSAA (503.682.6722) for information.

For more information about NFHS Cross Country Rules, visit <http://www.nfhs.org/activities-sports/track-fieldcross-country/>.

2024 RULES CHANGES

3-8-1	Permits the Games Committee to set requirements for each meet on the number of timing officials. Rationale: As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.
4-2-1 NOTE (NEW)	Permits state associations to set the participation limitations within their state, with six events being the maximum number. Rationale: Adds flexibility for state associations to determine the number of events best suited for their state.
5-3-1, 9-4-1 (NEW)	Removed and corrected information concerning track staggers. Rationale: Track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.
5-7-4c,d NOTE (NEW), 8-4-4 NOTE 2 (NEW)	Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired. Rationale: The change makes it clearer as to the definition of a false start and how it should be consistently officiated.
5-14-1, 2	Clarifies that displacement of any hurdle by hand is an infraction. Rationale: The change makes it clearer as to the definition of a false start and how it should be consistently officiated.
6-2-2d	Clarifies when a competitor enters a vertical jump for the first time, at any height, no matter the number of competitors left that this competitor is only permitted one minute for their attempt. Rationale: This clarifies in the vertical jumps how the rule is to be interpreted and adds additional support to the official's decisions when a competitor enters after the event has been started.
6-3-2b	Added language in vertical jumps when breaking ties and competitors withdraw from the competition/jump-off. Rationale: The addition offers guidance to officials when two or more tied competitors withdraw from the competition/jump-off at the same time.

6-3-2b NOTES (NEW)	Any athlete withdrawing from a jump-off concedes the higher place but retains their performance in the event. Rationale: The new note explains that an athlete withdrawing from a jump-off concedes the higher place but does not negate their performance in the event nor is it unsporting to simply withdraw in this scenario. The addition of the new note helps explain how to officiate these scenarios.
6-4-1, 6-5-1, 6-6-1	Permits athletes in the throws to apply tape to their fingers as long as the fingers are not taped together and all fingers can move independently. Rationale: The rules change offers flexibility to athletes to apply tape to their fingers or wear a wrist wrap as long as there are no artificial aids within the wrap such as hard plastic pieces to keep the wrist stiff.
8-1 and 8-5	Re-organization of the cross country course layout. Rationale: Offers guidance on the relay exchange zone for indoor track and field.

2024 NFHS EDITORIAL CHANGES

4-2-1, 4-6-5, 5-9-2

2024 POINTS OF EMPHASIS

Fair Starts

It is the starter's responsibility to ensure a fair and legal start and anticipate problems. The interval between the set command and the firing of the starting device should be approximately two seconds. After a starter gives the order "set," if any competitor is in motion, the starter shall not fire the starting device. Firing the starting device too soon doesn't allow athletes to get ready, and firing the starting device too slow also creates a situation of unfairness.

Starters may for any reason cancel a start by directing all competitors to "Stand Up." The following are some of the reasons that a starter may cancel a start in races with legs of less than 800 meters:

- Noise at the start line,
- Starting block problem,
- Obstruction on the track,
- Slow athlete getting set,
- Misfire of starting pistol,
- Hands on the line,
- Extraneous movement after the set command. In distance races the following are some of the reasons that a starter could halt or recall the start.
- Runners not steady,
- Toes on the line,
- Failure to come to the line in a timely manner,
- Impeding a position of another athlete,
- Fall during first 100 meters due to contact.

Starters play a huge role in fair, consistent and legal starts for student-athletes across all events.

SPORTSMANSHIP

Sportsmanship rules help officials, parents, coaches, and student-athletes develop and reinforce values that apply to the development of the whole person. Respect for others, honesty, fair play, learning, and understanding the rules are critical life skills that, when practiced, will enhance any individual's character. The absence of good sportsmanship jeopardizes one of the fundamental principles of participation in education-based athletics and complicates the team-building process. A sportsmanship priority is keeping winning and losing in perspective. Understanding that losing with dignity is an important lesson, everyone must learn and practice. A collaborative, working relationship should be a priority between officials, game administration, coaches, and student-athletes to promote good sportsmanship during a track meet. This includes treating people with respect and using appropriate language, actions, and language that build people up and values each person.

It is critical to remember that winning means you were the best version of yourself that day. The beauty of track and field is that one constantly tests themselves against one's best time, height, or distance. Continual improvement is a hallmark of successful student-

athletes, programs, teams, and coaches. This improvement also involves positive sporting behavior, a fundamental ingredient of education-based high school sports.

CROSS COUNTRY SAFETY

Training for Cross Country is unique in that there are so many options afforded to the runner(s) to accomplish their workouts. Not being limited to the track allows the runners access to parks, city streets, highways and country roads. However, each of these options creates safety concerns that all runners and coaches should keep in mind. Workouts and runs should be fun, relaxing, carefree experiences. Sadly, the need for runner safety tips is evidenced by a dramatic increase in pedestrian deaths in the United States, as well as eight reported running-related motor vehicle crashes resulting in nine deaths and two disabling injuries among middle school and high school cross country and track and field runners between 2011 and 2021.

It is critical that administrators, coaches and athletes promote and practice safety and risk minimization strategies as Cross Country runners share the road with vehicles and drivers that have become increasingly distracted on the roads. Some key safety measures that can be promoted by school coaches and others to their Cross Country runners include:

- Using sidewalks when available or run facing traffic.
- Stay alert and avoid wearing headphones and using electronic devices, including cell phones.
- Crossing roads at crosswalks and intersections, when available. If not, cross at a well-lit location.
- Avoid running when it is dark. If it is dark, wear bright, reflective materials and/or use a flashlight or head lamp.
- Follow the rules of the road.
- Avoid running along eastbound roads at sunrise or along westbound roads at sunset.
- Provide a safety orientation for first-year runners
- Run in pairs
- Never run against traffic lights
- Avoid running in higher traffic speed areas
- Run during lower traffic times if running along a road
- Avoid loitering along the road before and after runs

Coaches need to plan when developing a road route where stop lights, routes, and heavy traffic exist. Educating the athletes on where to go for safety in case of weather, emergency situations and hydration stops is crucial to athlete safety.

2024 RULES INTERPRETATIONS

2024 COMMENTS ON THE RULES

3-8-1	As technology continues to evolve in the sport of track and field and cross country, not all Fully Automated Timing systems require separate operators and evaluators. The change gives the Games Committee and meet management the ability to set timing official requirements for each individual meet.
5-3-1, 9-4-1 (NEW)	With the number of varying track sizes in the high school space the change clarifies that all track staggers are dependent on the geometry of each individual track, and a competent surveyor should determine the lane staggers.
5-7-4c, d NOTE (NEW); 8-4-4 NOTE 2 (NEW)	This change provides a clear definition of a false start and how it should be consistently officiated. Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.
8-1, 8-5	The rules change clarifies the course layout for ease of use by meet managers and additionally reorganizes section on teams into articles for easier reading.

Requests for rule interpretations or explanations should be directed to the OSAA. The NFHS will assist in answering rules questions from the state associations whenever called upon.

OSAA ADOPTED CROSS COUNTRY RULES AND INTERPRETATIONS

The 2024 NFHS Track & Field and Cross Country Rules Book will be used.

OSAA CROSS COUNTRY POLICIES

Effective outside Association Year.

1. [SUMMER POLICY](#)

See OSAA Executive Board Policy "SUMMER POLICY" in the OSAA Handbook, revised Fall 2017.

Effective during Association Year, outside the designated OSAA sport season.

1. [PRACTICE LIMITATION RULE \(6A, 5A, 4A\)](#)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (6A, 5A, 4A)" in the OSAA Handbook, revised July 2022.

2. [PRACTICE LIMITATION RULE \(3A, 2A, 1A\)](#)

See OSAA Executive Board Policy "PRACTICE LIMITATION RULE (3A, 2A, 1A)" in the OSAA Handbook, revised July 2022.

Effective First Practice Date through End of HS Season.

1. [PRACTICE MODEL](#)

See OSAA Executive Board Policy "PRACTICE MODEL" in the OSAA Handbook, revised July 2021.

2. [PARTICIPATION LIMITATIONS](#)

See OSAA Executive Board Policy "PARTICIPATION LIMITATIONS" in the OSAA Handbook, revised December 2020.

3. [INTERRUPTED CONTESTS](#)

See OSAA Executive Board Policy "INTERRUPTED CONTESTS" in the OSAA Handbook, revised Fall 2015.

4. [ENDOWMENT GAMES](#)

See OSAA Executive Board Policy "ENDOWMENT GAMES" in the OSAA Handbook, revised September 2022.

[\(Endowment Game Application\)](#)

STATE CHAMPIONSHIPS INFORMATION

1. STATE CHAMPIONSHIPS POSTING TIMELINES <https://www.osaa.org/activities/bxc>

A. **District Meet Directors:** Detailed information regarding District Meet Director responsibilities, including the state championship entry form, will be posted on the OSAA website on Thursday, October 10. Each District Meet Director must submit all state championship entries electronically.

B. **Athletic Directors, Coaches and Spectators:** Detailed information regarding the Cross Country State Championships will be posted on the OSAA website on Thursday, October 17. It is essential that participating teams and individuals access this information prior to the state championships. Included will be information regarding ticket prices, parking, maps, how to submit souvenir program information, souvenir merchandise, etc.

2. STATE CHAMPIONSHIP LOCATIONS AND TIMES

A. **Finals.** All finals will be held on Saturday, November 9, Lane Community College, 4000 E 30th Avenue, Eugene, OR 97405.

B. **Race and Awards Schedule:**

10am 2A/1A Boys

10:35am ... 3A/2A/1A Girls

11:10am 3A Boys
Presentation of 3A/2A/1A Awards

11:45am 4A Girls
12:20pm 4A Boys
Presentation of 4A Awards

12:50pm – 1:40pm BREAK

1:45pm 5A Girls
2:20pm 5A Boys
Presentation of 5A Awards

2:55pm 6A Girls
3:30pm 6A Boys
Presentation of 6A Awards

Note: Individual medals will be presented to the top ten finishers at the conclusion of each race.

3. CHAMPIONSHIP QUALIFICATIONS

A. 6A Boys and Girls

- 1) **Team Automatic Qualifiers** – 14 teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top 14 across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top 14 individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

B. 5A Boys and Girls

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – Five additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

C. 4A Boys and Girls

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifier** – One additional team will qualify for the state championships. This team will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

D. 3A Boys

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their two allotted championship spots.

- 2) **At-Large Qualifiers** – Four additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

E. **3A/2A/1A Girls**

- 1) **Team Automatic Qualifiers** – Twelve teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their three allotted championship spots.
- 2) **At-Large Qualifiers** – **Four** additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

F. **2A/1A Boys**

- 1) **Team Automatic Qualifiers** – Eight teams automatically qualify for the OSAA Cross Country State Championships. These teams are based on league / special district meets on or before **Saturday, November 2**. Each league / special district determines how they select their two allotted championship spots.
- 2) **At-Large Qualifiers** – **Four** additional teams will qualify for the state championships. These teams will be determined by the At-Large Committee after district meets have concluded. [Seeding Criteria](#)
- 3) **Individual Automatic Qualifiers** – Any individual in the top seven across the line, not a member of a qualifying team, will qualify as an individual for the state championships. If all of the top seven individual qualifiers are members of qualifying teams, no additional individuals will qualify.
- 4) **Ties** – Any ties for final team or individual qualification spots shall be broken by the league / special district prior to submitting the official state championship entry to the OSAA.

4. **STATE CHAMPIONSHIPS – INDIVIDUAL SPORT SUBSTITUTIONS**

See OSAA Executive Board Policy “STATE CHAMPIONSHIPS-INDIVIDUAL SPORT SUBSTITUTIONS” in the OSAA Handbook, revised Winter 2015.

OSAA GENERAL RULES AND POLICIES

RULES

Rule 3 – Contests – Sportsmanship – Crowd Control (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 3-Contests-Sportsmanship-Crowd Control” in the OSAA Handbook.

Rule 7 – Out-of-Season and Non-School Activities (OSAA Handbook, Rules)

See RULES - Athletic, Cheerleading and Dance/Drill “Rule 7-Out of Season and Non School Activities” in the OSAA Handbook.

EXECUTIVE BOARD POLICIES

1. **ADVERSE WEATHER CONDITIONS / AREA-WIDE EMERGENCY PROCEDURES**

See OSAA Executive Board Policy “ADVERSE WEATHER CONDITIONS/AREA-WIDE EMERGENCY PROCEDURES” in the OSAA Handbook, revised May 2020.

2. [**AIR QUALITY GUIDELINES**](#)
See OSAA Executive Board Policy “AIR QUALITY GUIDELINES” in the OSAA Handbook, revised February 2024.
3. [**ATTACHED AND UNATTACHED COMPETITION / EXHIBITION**](#)
See OSAA Executive Board Policy “ATTACHED AND UNATTACHED COMPETITION/EXHIBITION” in the OSAA Handbook, revised August 2012.
4. [**CERTIFICATION – ATHLETIC DIRECTORS AND COACHES**](#)
See OSAA Executive Board Policy “CERTIFICATION-ATHLETIC DIRECTORS AND COACHES” in the OSAA Handbook, **revised May 2024**.
5. [**CHARITABLE CAUSES**](#)
See OSAA Executive Board Policy “CHARITABLE CAUSES” in the OSAA Handbook, revised Fall 2012.
6. [**CONCUSSION MANAGEMENT**](#)
See OSAA Executive Board Policy “CONCUSSION MANAGEMENT” in the OSAA Handbook, revised Summer 2020.
[\(Medical Release – Return to Participation Following a Concussion\)](#) [\(Medical Release – Return to Learn Following a Concussion\)](#)
7. [**HAIR DEVICE / ADORNMENT**](#)
See OSAA Executive Board Policy “HAIR DEVICE/ADORNMENT” in the OSAA Handbook, revised Summer 2022.
8. [**HEAT INDEX**](#)
See OSAA Executive Board Policy “HEAT INDEX” in the OSAA Handbook, revised Fall 2014.
[\(Heat Index Calculator\)](#) [\(Heat Index Record\)](#)
9. [**LIGHTNING SAFETY GUIDELINES**](#)
See OSAA Executive Board Policy “LIGHTNING SAFETY GUIDELINES” in the OSAA Handbook, revised Fall 2018.
[NFHS Position Statements & Guidelines](#)
10. [**MORATORIUM WEEK**](#)
See OSAA Executive Board Policy “MORATORIUM WEEK” in the OSAA Handbook, revised May 2014.
11. [**NON-DISCRIMINATION POLICY**](#)
See OSAA Executive Board Policy “NON-DISCRIMINATION POLICY” in the OSAA Handbook, revised July 2019.
[\(Complaint Form\)](#)
12. [**SHARED FACILITIES**](#)
See OSAA Executive Board Policy “SHARED FACILITIES” in the OSAA Handbook, revised Fall 2015.
[\(Shared Facility Request\)](#)
13. [**WITHDRAWAL DURING A COMPETITION**](#) *(OSAA Handbook, Executive Board Policies)*
See OSAA Executive Board Policy “WITHDRAWAL DURING A COMPETITION” in the OSAA Handbook.