



## Oregon School Activities Association

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To: Athletic Directors and Head XC Coaches  
From: Brad Garrett, Assistant Executive Director  
Subject: 2021-22 Cross Country Reminders

Included within this memo are several items specific to Cross Country that I would like you to review with your staff as we begin a new fall season and other reminders to share with coaches and administrators.

Changes to the Practice Model policy now require a minimum of 5 days of practice prior to first competition. See below for

### 1. Cross Country, Soccer, Volleyball

- 1) All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS's Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and diminish injury risk in any setting.
- 2) Students may participate in multiple practice sessions per day, but not on consecutive days.
  - a) Single Practice Session. No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
  - b) Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.).
- 3) One practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
- 4) A student may not practice or participate in a contest for more than six consecutive days without a rest day. A rest day must be complete rest – no organized team physical activity is allowed. Travel is allowed on a rest day.
- 5) ***A student shall become eligible to participate in a jamboree or interscholastic contest/meet after completing a minimum of five days of actual practice, unless the student participated in the immediately preceding season.***

### Highlighted 2021 NFHS Cross Country Rule Changes:

1. (See <https://www.nfhs.org/sports-resource-content/track-and-field-cross-country-rules-changes/> for complete list of changes)

## PROVIDING AID

### 4-6-5 g Disqualification and conduct

**Art. 5.** . . . It is an unfair act when a competitor receives any assistance. Assistance includes:

g. Competitor receiving assistance from another competitor to complete the race. Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

**NOTE:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

### 8-6-1e Disqualification and conduct

**ART. 1.** . . . A competitor is disqualified who:

- a. Receives assistance from another competitor to complete the race.
  1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

**NOTE:** Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.



Clarifies that a competitor should not be penalized for helping another competitor who is distressed or injured when no advantage is gained by the competitor who is assisting.

## CROSS COUNTRY COURSE MARKINGS

### 8-1-1 Cross Country Course

**ART. 1.** . . . The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course.

The course shall be clearly marked using one or more of the following methods:

- a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.
- b. The use of natural or artificial boundary markers.
- c. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.

**NOTE:** If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.

#### FLAG DESIGNATIONS

- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.

**ART. 2.** . . . In case of a discrepancy in the course markings, directional flag markings cones and course markings take precedence over any other course markings.



The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.



## CROSS COUNTRY COURSE

### 8-1-3 Cross Country Course

**ART. 3 . . .** The race course should include the following features:

- a. Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet (one meter) wide at its narrowest place. No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.
- b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. At least 90% of the course should be a yielding surface such as grass or wood chips.
- c. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.
- d. At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.
- e. At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the chute. This funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes.

**NOTE:** For large meets, the use of multiple chutes is recommended. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of finish chutes.



The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.