Official ITS Cross Country Rules

All general rules of cross country apply as governed by the National Federation of State High School Associations (N FHS), unless otherwise noted below.

Adopted: 7-17-2019
Amended: 6-22-2020

1. MEET COURSE AND EQUIPMENT

1.1. <u>Facilities</u>: Coaches, runners and fans are expected to demonstrate appropriate respect for the various meet locations by following the rules displayed at each site.

1.2. <u>Course Dimensions:</u> The course dimensions shall vary based on each division.

1.2.1. *A-League:* The course will be 5,000 meters (3.2 miles).

1.2.2. *B-League:* The course will be 4,000 meters (2.48 miles).

1.2.3. *C-League:* The course will be 3,000 meters (1.86 miles).

1.2.4. *D-League*: The course will be 2,000 meters (1.24 miles).

1.3. <u>Course Set-Up:</u> The course shall be clearly marked. In case of a discrepancy in the course markings, directional flag markings take precedence over any other course markings. The race course must have the following features:

1.3.1. *Marking the General Course:* The course measurements shall be along the shortest possible route a runner may take. The course should be at least 3 feet wide at its narrowest place. There shall be no ground obstructions that would cause tripping, turned ankles, etc. and no overhead objects such as tree branches lower than 8 feet above the ground.

1.3.2. *Signs and Flags:* Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines will be marked on the ground with a material not injurious to the eyes or skin. Small survey flags may be used in lieu of painted lines or survey chalk.

1.3.3. *Painted Boundary Lines:* An alternative method of marking the course would be painted boundary lines for both inside and outside and/or the use of natural or artificial boundary markers. In such case, the course will need to use directional flags and/or directional sign posts.

1.3.4. *Starting Line:* A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams. (I.E. Width of the number of teams multiplied by a minimum of 3 feet.)

1.3.5. *End of Course*: At the end of the course, a straightaway with a minimum of 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet 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.

1.4. <u>First Aid Kit</u>: The host site or ITS staff shall provide a first aid kit. Essential supplies include ice packs, bandages and gauze wrap.

2. **RUNNERS AND TEAMS**

2.1. <u>Divisions</u>: Runners will be divided into age appropriate divisions as defined as follows. Inter Tribal Sports reserves the right to adjust or combine divisions as participation dictates.

2.1.1. *A-League:* 18 years and younger

2.1.2. *B-League:* 14 years and younger

2.1.3. *C-League:* 11 years and younger

2.1.4. *D-League:* 7 years and younger (5 years and under with approval of the parent and tribe)

2.2. <u>Runner Eligibility</u>: All runners must be of the appropriate age on the day of the first official meet of the season. If a runner's birthdate falls on opening day, they are considered the older age for that day and rest of the season. Those turning older during the season will be eligible to continue playing for the division with which they began the season. Runners may not play down to lower age divisions but may play up with parental consent.

2.2.1. *18-Year-Old Participant:* **All 18-year-olds are required to have a background check in order to participate as a player.**

2.2.2. *A & B League Eligibility:* The cross country program is open to all communities of each participating tribe/tribal organization. However, some restrictions have been placed on individuals that play in the A & B League. The following summarizes those restrictions as outlined in the Eligibility Policy 100.1 and Registration Policy 100.2 (see policy for more details)

2.2.2.1. Runners must self-identify as Native American or

2.2.2.2. Be an immediate family member of a tribal member (child, stepchild, foster child, sibling, step-sibling, half-sibling, etc.) or

2.2.2.3. Live on the reservation or

2.2.2.4. Attends a school on a reservation. NOTE: In order to participate in the A & B-League under the on-reservation school student provision, any non-native youth must have previously participated in at least one sport in two different calendar years.

Teams may lodge a protest of ineligible runners with the site supervisor and then must complete a formal protest form within 24-hours of the meet. Teams found in violation of the eligibility rule will be subject to forfeiture of meet and non-credit for all other eligible runners for each game in which the infraction occurred.

2.3. <u>Rosters:</u> In order for a runner to participate, the tribe/organization must submit their team and

runner paperwork to the ITS office by the published due date. Runner additions and deletions can be made throughout the season, but all appropriate paperwork must be submitted in order for a new runner to be eligible to participate in the meet. *(See Eligibility Policy 100.1, Registration Policy 100.2, and Game Cancellations and Forfeiture Policy 600.6)*

2.4. Runner Equipment: Runners must wear athletic shoes.

    2.4.1. *Eye Glasses:* Runners that wear eye glasses must secure them with a safety strap

2.5. Illegal Runner Equipment: Runners will not be permitted to wear any item that may cause a safety concern. This includes but is not limited to jewelry such as rings, bracelets, necklaces, ear rings or other body jewelry; open toe shoes; and hard splints or casts. The runner must remove the illegal items prior to the start of the race.

2.6. Uniforms: Uniforms consists of an ITS-issued uniform and a number and/or computerized transponders/chips.

    2.6.1. *ITS-issued Uniform*: Runners must wear the ITS-issued uniform in order to be eligible to run which includes jersey and shorts. If a uniform issue is noticed before the race begins, the runner shall be permanently removed from the race or given the opportunity to comply with the **100.4 League** uniform policy. Failure to do so will result in a forfeit. All uniform issues must be resolved before the start of the race; disputes will not be permitted after the race has started.

    2.6.2. *Number and/or Computerized Transponders/Chips*: A competitor shall wear the assigned contestant number and/or computerized transponders/chips during a race. The number and/or transponders/chips shall be worn, unaltered, for purposes of official timing and place finish. A runner not wearing the assigned contestant number and/or computerized transponders/chips or altering such items in a manner which interferes with the recording of place finish is a rule violation resulting in disqualification from the race.

3. RACE

3.1. Duration of Race: A race begins when the runners are called to the starting line for final instructions and is considered to be official and concluded when places have been determined and the results have been recorded.

    3.1.1. *Race Start:* The race will start at the scheduled start time unless the course is not yet available. There is no grace period for participants that are not ready to race at the scheduled start time. Once the teams have been called to the starting line by the official for final instructions, no further run-outs shall be permitted. The command shall be "On your marks." When all runners are ready, the starting device shall be fired or whistle. For an unfair start, the starter shall recall the runners by firing the starting device or whistle. If a runner falls

during the first 100 meters due to contact with another runner, the race shall be recalled by firing the starting device or whistle.

3.1.1.1. *Check-in Process:* Eligible runners will report to the clerk or the official for their race. Runners are responsible for reporting no later than 30 minutes before their race, obtaining a contestant number (if used) and knowing their time schedule. Runners who fail to report prior to the clerk of the course closing the entries in the running events shall not be allowed to participate in that event. Any runner that is not eligible to compete will not be allowed to run. (*See 2.2 Runner Eligibility and 2.3 Rosters*)

3.1.2. Race Finish:

3.1.2.1. *Stop Watch/Picture Finish*: A runner finishes a race when the torso of the runner breaks the plane of the finish line when using hand- or picture-based timing systems.

3.1.2.2. *Transporter/Chip Finish*: An alternate method is using computerized transponders/chips to record the finish of a runner. A bib transponder or two transponders/chips per runner, one attached to each shoe, must be used. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/chips.

3.1.2.3. *Video/Photography*: It is recommended a video or photograph, officially designated by the meet director, be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential. If the finish order determined by the transponder/chip is reversed through the use of the video system, the times shall also change.

3.2. Disqualification: A runner is disqualified when they false start, interfere with another competitor, is unsporting or uses unacceptable conduct, receives any assistance from any other person (not including providing liquids) and fails to complete the prescribed course that is defined by the legal marking system. If a runner is helping another runner who is injured or becomes ill and an appropriate health-care professional is not available, only the injured/ill runner is disqualified.

3.3. Multiple Team Rule: Runners are not permitted to run for multiple teams for the same tribe within the same division during the regular season.

3.4. Multiple Division Rule: Runners cannot move from 1 team to another during races scheduled to start at the same time, even if the first race has ended.

3.5. Late Arriving Teams: Late arriving teams will receive game day credit but will not be allowed to participate in the race.

3.6. Adverse Weather: *The following is a summary of the **600.2 Weather Condition Policy**, see the*

complete policy for additional details. Three days prior to the meet or event, the weather forecast will be checked at www.weather.gov to determine if cancellation of meet is a possibility. The National Weather Service's website will be the standard resource to access the forecast for the zip codes for the outdoor race sites. No later than 1:00 pm on the day before the scheduled meet, the weather forecast will be evaluated according to the criteria detailed in the policy, a final decision will be made, and all affected participants will be notified of any schedule changes via a phone call and email.

3.7. Protests: Race protests are only permitted for ineligible runners (see Rule 2.2.2.).

4. SCORING

4.1. Individual Scoring: All runners who finish the race shall be ranked and tallied in accordance with when they finished. (i.e. 1st place shall receive 1 point, 2nd shall receive 2).

4.2. Team Scoring: The sum of the top 5 runner's finishing positions will determine the team score. The team with the lowest total points is the team winner.

4.2.1. *Non-Eligible Teams*: Teams with runners that are not eligible for a given competition will be eliminated from team scoring for that competition (i.e. teams fewer than 5 runners, and individual runners). Non-Scoring declared members of complete teams shall retain their finished positions and thereby displace other runners.

4.2.2. *Tied Scores:* In the event of a tie between two teams, the lowest score of the teams' 6th place runner will determine the winner. If only five runners of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

5. CHAMPIONSHIPS

5.1. Championship Eligibility: In order to be eligible for play-offs, runners must race in at least 50% of the regular season scheduled meets. **Meet forfeiture credit, game day credit given to ineligible players that participate in a race, may not exceed 30% of the scheduled games per season.** Any team found to be playing with ineligible players will forfeit all games in which the ineligible player participated. **A registered player can receive one game day credit for every missed regular season meets they are scheduled to play due to participation in ITS sanctioned events. The ITS office must be informed of any players no later than one week after meets have been played.**

5.1.1. *Multiple Division Rule:* Runners will be permitted to participate in multiple divisions during championship play provided they qualify under Rule 6.1 & Rule 2.1. Adjustments to competition schedules will not be made to accommodate such runners.

5.1.2. *Multiple Team Rule:* For the purpose of championships, runners may only participate on the original team they were registered for.

5.2. Championship Seeding: Teams will be seeded in the championship tournament based on the regular season standings win percentage (www.intertribalsports.org). In the event of a tie, head to head record will serve as the primary tie breaker. If a tie still remains the tie breaker will be determined by fewest average points during the regular season. A coin toss will be the final tie breaker.

6. OFFICIATING

6.1. Meet Officials: Inter Tribal Sports will hire officials for regular season and championship meets for all leagues. In the event that hired officials are not present, ITS staff and/or community volunteers will referee. The official shall have full responsibility for the runners on the starting line and during the start.

6.2. Clerk of the Course: The clerk of the course shall be responsible for recording the name and number of each competitor and shall assign each runner to the proper starting position. They will give all necessary instructions concerning the rules governing the race. They shall be at the starting mark to make sure teams are in proper position on the starting line and give all needed instructions. They will also check and enforce uniform, visible apparel and shoe regulations.

6.3. Timers: The timers record the times of the competitors who finish. A timer may be assigned at a designated spot along the course to call elapsed times during the race.

6.4. Finish Judges: The finish judges stand outside the chute and on the finish line and determine the order in which competitors enter the chute. Their decision is final and without appeal except for possible action taken by the official.

6.5. Volunteers: **Volunteers 18 years or older are required to have a background check. Please see policy 300.1 Background Check for further information.**

7. CONDUCT AND SPORTSMANSHIP

7.1. Coach Conduct: Coaches are required to sign and adhere to the Coaches' Conduct Agreement.

7.1.1. Coaches' **Online Certification**: Coaches are required **to complete the online coach's certification form.**

7.1.2. Coach Certification: The following is a summary of the 200.2 Coach Certification Policy. Please see the complete policy for additional details. In order to be eligible to coach, head and assistant coaches must be in good standing and submit all required forms to be certified. Eligibility requirements include **but not limited to: background check, Coaches Online Certification, register online as a coach, agree to and abide by the 200.3 Coaches Conduct and Ethics Policy, and attend pre-season meeting/coaches clinic, if any. Coaches that complete the certification process shall receive an ID badge as specified by the 200.4 Identification Badge Policy. The ID badge must be clearly displayed at all times during league games. Coaches without ID badges will not be allowed to coach**

or be present in the immediate area of the playing surface or field (i.e. bench, dugout, or sideline).

7.2. <u>Runner Conduct:</u> Runners are expected to display good sportsmanship at all times. Trash talking, profanity, cheap shots, and fighting will not be tolerated. **Please see policy 100.5 Player Conduct for further information.**

7.3. <u>Fan Conduct:</u> Coaches and/or Board representatives are responsible for the behavior of their team's fans. Unruly or unsportsmanlike conduct by fans will not be tolerated and will result in a technical foul against the fans' team. In addition, fans may be subject to ejection from the facility. This may further result in forfeiture of the game or expulsion of team from the league.

7.4. <u>Board Review:</u> The Board Disciplinary Committee will review cases of poor sportsmanship and conduct issues and has the authority to issue penalties against runners and coaches at their discretion.