



2011 Cross Country Rules Information & Updates

1. In 2011, **GIRLS** run first. At all Regional and Final sites within a division, the **GIRLS** race shall be run first.
2. In 2011, all LP Regional entries will again be done in partnership between the MHSAA and MichiganCrossCountry.com. Each school entering a team must create a user account and upload your roster at **athletic.net** which is the entry site being used by MichiganCrossCountry.com. Please know that this is being provided free of charge to all schools. There are tutorial videos and information available at MichiganCrossCountry.com to walk you through this process. The deadline for LP Regional online entries is **Friday, October 21**. The deadline for UP Final online entries is Friday, October 14.
3. Wrist watches are no longer considered jewelry, and may now be worn by athletes during competition. **WRIST WATCHES ARE NOW LEGAL.**
4. At the 2011 MHSAA Cross Country & Track and Field Committee meeting, the following policy was adopted concerning jewelry protocols and penalties. In all competition, a general jewelry warning shall be issued to all coaches and athletes prior to competition. For MHSAA Regional and Final meets, this pre-meet warning will also appear in all printed materials with that meet's basic information. Once the race has begun, any competitor seen wearing jewelry by a meet official will be disqualified from that race. This administrative rule is allowed by the National Federation.

5. The qualification procedures for teams and individuals remain unchanged from previous years. For teams that qualify from the Regional run to the Final run, five runners must finish the Regional run for a school to receive a team score. The top three teams (1st, 2nd and 3rd place) will automatically qualify from the Regional to the Final run. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR. If a school finishes in fourth place in the Regional meet with four or more runners in the top 20 places and eight or more complete teams finish the race, that school will also qualify a team for the Final meet. For individual qualification to the Final meet, all medalist finishers who are not members of a qualifying team will qualify to the Final run, regardless if there are three or four qualifying teams. Medalist finishers are those athletes that finish in the top 15 places.

6. NF Rule 9-2-4: Resolving Ties

“Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.” All ties in team scoring must be broken using 9-2-4 in all MHSAA tournament events.