



### **2010 Cross Country Rules Information & Updates**

1. In 2010, **BOYS** run first. At all Regional and Final sites within a division, the **BOYS** race shall be run first.
2. In 2010, all LP Regional entries will 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 online entries is **Friday, October 22**.
3. 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 (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.
4. **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.
5. While jewelry is still prohibited in all track and field events under NF Rule 4-3-3, the first violation witnessed by an official will now result in a team warning. The observing official shall report to the meet referee, who will then notify the coach of the offending school. All subsequent violations will result in a disqualification of

the athlete(s) from the event. Please know that the penalty for illegal uniforms remains unchanged from past years.

6. NF Rules 4-3-3 and 9-6-7 were amended to allow additional means of hair control. Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than two inches, may be worn to control a competitor's hair. This rule was updated to reflect common practice in some states and achieve consistency throughout the rule's application. These items for hair control are not considered dangerous for the contestant and are not considered jewelry or adornment.