



2025 STATE CROSS COUNTRY COACHES INFORMATION

1. **UNIFORM RULE 4-3:** Coaches are reminded to be sure their team is in compliance with the uniform rule before they report to the starting line.
 - a. **PENALTY:** (Articles 1, 2) For the wearing of an illegal uniform, when a violation is observed and noted by a meet official, the competitor shall be required to make the uniform legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor's violation and warning.
2. The wearing of decorative headwear while competing is prohibited. Headbands with the permissible manufacturer's logo and/or school name are permitted. Rubber bands, scrunchies, ribbons, and elastic bands are not considered jewelry and may be used in the hair.
 - a. **8-3-3 PENALTY:** A competitor 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. **CHIPS:** The NSAA State Cross Country Championships will use bib chips that are affixed to the back of the bib that your athlete has been assigned.
NFHS Rule 8-3-4: Computerized transponders/chips may be used to record the finish order of a runner in cross country. A bib transponder or two transponders/chips per runner, one attached to each shoe, is preferred. When transponders/chips are used, the official order of finish for the runners is that recorded by the transponder/ chips, unless meet management is also using an image-based timing system that indicates the order should be adjusted.
 - a. It is recommended an image-based timing system, officially designated by the meet director, be used to verify the order of finish in all cases proactively when desired by meet management and/or if there is a challenge to the finish order.
 - b. If the finish order determined by the transponder/chip is reversed using an image-based timing system, the times shall also reflect the change.
4. **WEARABLE TECHNOLOGIES:** The availability of wearable technologies that allow individuals to monitor a variety of body functions, including but not limited to, heart rate, blood pressure, pace and distance traveled are readily available and cost effective. Nearly all these wearable technologies can both transmit and receive collected data from other mechanisms. This data can be used to evaluate how the body is performing, and the user can adjust as needed based on that data.

This type of technology is being incorporated into watches, garments, shoes and jewelry and, in most cases, is nearly impossible to distinguish from the same item type that does not include the technology (e.g., Apple watch vs. traditional watch).

NFHS Track and Field and Cross Country Rules do not prohibit the use of wearable technologies, but Rules 3-2-8a and 4-6-5d state that no competitor may receive electronically transmitted data from a coach or other third party. If such communication is observed by an official, the competitor should be disqualified.

While preventative officiating helps to avoid issues in any event, it is obvious that those trying to police wearable technologies by restricting what can be worn by competitors is asking event officials to perform an impossible task. Restricting the wearing of a watch because it contains GPS capability is futile when the same technology is available in the shoe, the sports bra they have on or the ring they are wearing.

The market for wearable technology is forecasted by most sales and marketing experts to continue to grow. This massive expansion creates the potential for more coaches and athletes to be "connected" through some type of wearable technology. It is important that all involved (administrators, coaches, parents, student-athletes) understand the privacy and legal issues surrounding the sharing of personal biometric information. Discussions and steps should be taken to ensure that compliance with any Federal and State policies or laws are addressed appropriately.

5. **ATOMIZER:** The use of the atomizer must be prescribed by a physician. A letter or note from the doctor must be presented to the meet director/referee documenting the need of the athlete to use the atomizer during competition to ensure his or her safety. Without a doctor's statement, the athlete may only use the Inhaler prior to and after competition.

2025 NSAA Cross Country Championships Race & Awards Schedule

(Times listed below are approximate)

Girls Class D - 12:00 Noon	Girls Class B - 2:30 pm
Girls Class C - 12:30 pm	Girls Class A - 3:00 pm
Boys Class D - 1:00 pm	Boys Class B - 3:30 pm
Boys Class C - 1:30 pm	Boys Class A - 4:00 pm
Class D/C Awards - 2:00 pm	Class B/A Awards- 4:30 pm

6. **ARRIVAL:** Teams are not permitted to unload or load on University Drive in front of the main entrance to the Kearney Country Club. Safety is our main concern. We do not want any pedestrian(s) getting hit by an automobile on busy streets.
7. **TENTS:** Teams may not arrive until 10:00 to enter the Kearney Country Club or set up tents. Any tents that are put up before 10:00 will be removed. When using tents make sure that you are using short stakes and are not in the fairways of the golf course as to not puncture irrigation lines.
8. **SHUTTLES:** There will be shuttles available to transport drivers and fans to the Country Club. Shuttles will run from 10:00 A.M. to 6:00 P.M.
9. **PARKING:** The University has requested that schools and fans park their vehicles in specified areas only. Your cooperation and help in notifying your fans of the request will be greatly appreciated. The campus police are strictly enforcing the no parking on grassed areas. They will ticket your vehicle and have it towed. Vans may park West of the Sports Center. Buses may park at the Buckle and take the shuttle. Handicapped parking is available in Lot 20.
10. **PACKETS:** Packets will be available for pick-up at the Kearney Country Club on Thursday, October 23, from 4:00 to 5:00 P.M. and after 10:00 A.M. on Friday, October 24.
 - a. **PASSES:** Each participant that qualifies will receive a Coach/Participant pass. Each boys' team will receive (2) Coach/Participant passes and each girls' team will receive (2) Coach/Participant passes if they qualify as a full team. Schools that qualify individual runners will receive (1) Coach/Participant pass per gender.
 - b. **Contestants' Bib Numbers:** The numbers included in the packet must be pinned on the front of the competitor **to whom they have been assigned**. Put pins through the holes in the four corners of the number.
 - c. **Hip Numbers:** To be worn on the **left hip** and visible for our finish line cameras.
 - d. **Substitutions:** May be made on a team that has qualified for the state meet; however, substitution may not be made for a runner who qualified as an individual and his/her team did not qualify. **The maximum number of runners per school is seven in Class A, six in Classes B and C, and five in Class D.** Substitutions may be made when the packet is picked up. **Any substitutions after packet pick-up must be made on the course up to 30 minutes prior to the start of the race.**

11. **COURSE:** Teams will NOT be permitted on the course on Thursday. The course will be open to golfers so you will not be able to walk the course until after 10:00 A.M. Friday morning. The course will be opened to competitors at 10:00 A.M. on race day.
12. **FANS:** Admission is \$10.00 for adults and \$7.00 for students. Fans are reminded to stay off the course and away from the warm-up and competition areas. Footballs, frisbees and other items that interfere with the athletes' warm-up or competition are prohibited and may be confiscated. Bicycles and dogs will not be allowed anywhere on the country club grounds, except dogs assisting the handicapped.
13. Information for fans can be found by going to the [Championship Headquarters](#) section on the NSAA website under Sports > Cross Country.
 - a. This includes information on: parking, schedule, tickets, championship programs, apparel, hotels, restaurants, photos and meet results
 - b. Online Tickets may be purchased through GoFan. Online tickets must be on your phone, either through the app or your email for redemption – **NO PRINTED TICKETS ALLOWED**. For technical issues when purchasing tickets through GoFan, please contact GoFan Customer Support. For questions regarding tickets, please contact Megan Huber, mhuber@nsaahome.org.
14. **ATHLETES AT THE START:** There is a restricted area that is directly behind the starting line of the race. That area is designated as an athlete area and the portable toilets that are located within this area should be for participating athletes only.
15. **UMPIRES/OFFICIALS:** Umpires will be on the course. All rules of NFHS Track & Field and Cross Country will be enforced. **Coaches must report to the starter or finish clerk any runner who does NOT compete or does NOT finish the race.** Track and field false start rules apply to cross-country.
16. **WATER:** Water may be provided as long as it is not in a restricted area and that doing so does not cause interference with other competitors.
17. **TIMING MATS:** There will be two timing mats located at the one-mile and two-mile markers. Unofficial results will be available.
18. **FINISH:** There will be **NO CHUTE** where athletes will be held after the race. Please inform athletes of this to insure a safe finish area for everyone. DO NOT let your athletes stop at the line. **COACH YOUR ATHLETES TO RUN THROUGH THE FINISH LINE.** They will be directed from there.
19. **RESULTS:** Results will be posted online on the [NSAA website](#) under Sports > Cross Country.
20. **T-SHIRTS FOR SALE:** Cross Country T-shirts will be on sale at the Kearney Country Club on Thursday from 4:00 to 5:00 P.M. and on Friday beginning at 10:00 A.M. until they run out.
21. **NSAA STATE PARTICIPATION CERTIFICATES:** These are available on the [NSAA website](#) at the bottom of the Athletic Director AD login page. This will allow the athletes' names to be entered and certificates printed.
22. Please refer to your **2025 NSAA Cross Country Manual** for additional information on the State Cross Country Meet. It is available by clicking [HERE](#).