



**3756 Delaware Avenue, Tonawanda NY 14217**  
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# **2020**

# **Cross Country**

# **Handbook**

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\*Subject to changes

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## 2020 Cross Country Calendar

First Practice .....	September 21
First Contest .....	October 2
MMHSAA All-Catholic meet.....	November 1

### MMHSAA Cross Country Advisory Committee

Committee voting privileges:  
 As per the MMHSAA Constitution "The representative members on each sport committee will be the coaches of the school participating and have only one vote per school. The Sport Chair may only vote when the vote is tied. A Sport Chair who also represents a school can serve in both capacities but will have only one vote." This committee can only make recommendations to the Athletic Director's Committee

## MMHSAA Chairpersons

Boys: Jonathan Kiefer

Girls: Rich Skrabucha

## School

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### Heat Index/ Wind Chill

**Heat Index / Wind Chill Procedure: (effective 2010)** In May 2010, the MMHSAA approved Heat Index and Wind Chill Procedures to be used in member school athletic programs. The Heat Index/ Wind Chill must be checked prior to any contest or practice.

### Definition of a Scrimmage

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS [MMHSAA Handbook Link](#) , (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the MMHSAA Handbook , (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

### Jewelry Rule (MMHSAA Rule)

- JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in a sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the MMHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. **Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country.** (Dec. 2010)

## Cross Country Rules

### Section 1 Course

Art. 1 **The cross-country run** shall be a course of 2500 meters to 5000 meters (1.5 to 3.1 miles) in length as determined by the games committee. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about one foot square and mounted on stakes which hold them six feet or more above the ground.

#### Flag Designations

A red flag indicates a turn to the left.

A yellow flag indicates a turn to the right.

A blue flag indicates a course straight ahead.

Art. 2 **In case of a discrepancy in course markings**, directional flag markings take precedence over any other course marking.

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

1. Signs and flags at least 6 feet above the ground should be 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 wide at its narrowest place.
2. No ground obstruction which might cause tripping or turned ankles. No overhead objects such as tree branches lower than eight feet above the ground.
3. A two-inch-wide starting line should be marked at the beginning of lengthy straightaway, wide enough to accommodate all teams; i.e., a width twice the number of teams multiplied by three feet.

4. At the end of the course, there should be a straightaway of at least 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.

## Section 2 Scoring

Art. 1 **Scoring shall be as shown** in the following table:

Place:	First	Second	Third	Fourth	Fifth	Sixth	etc.	Points:
	1	2	3	4	5	6	etc.	

- Art. 2 **All competitors who finish the race** shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the smallest number of points is the winner.
- Art. 3 **If fewer than five competitors of a team finish**, (or other number specified by the games committee) the places of all members of that team shall be disregarded and the team scores reranked.
- Art. 4 **Ties in team scoring** shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the faster sixth place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail.
- Art. 5 **If only five competitors of tying teams finish**, the team scoring shall be resolved by totaling the scores of the first four finishers.
- Art. 6 **The score of a forfeited dual meet** in cross country shall be 15 - 50.

## Track Rule 2-3 Correction of Errors

Art. 1 **Correction of clerical or team scoring errors** may be corrected up to 48 hours after the conclusion of the meet, unless another time period is specified in advance by the meet management.

## Track Rule 2-3 Correction of Errors -continued

- Art. 2 **Appeals regarding misapplication of rules**, must be filed within 30 minutes after the announcement of the results in that event. Any such appeal must be submitted in writing by the head coach to the referee or games committee. The referee shall render a decision after reviewing the appeal. Providing a jury of appeals has been appointed, the decision of the referee may be appealed.
- Art. 3 **Correction of meet results** involving an ineligible participant may be made at any time.

## Section 3 Officials

- Art. 1 The **games committee** or the meet director shall establish the length of the course, assign the teams to their starting positions, and provide the necessary meet facilities.
- Art. 2 **Referee** - The referee shall make final decisions concerning questionable points and shall disqualify any runner for violation of the rules.
- Art. 3 **Starter** - The command shall be, "On Your Marks", and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners with a second shot. If a runner falls during the first 100 meters due to contact with another runner, the race will be recalled by firing the pistol.
- Art. 4 **Clerk Of The Course** - The clerk shall place the teams in the proper positions on the starting line and give all needed instructions.
- Art. 5 **Finish Judges** - The finish judges stand outside the chute, and on the finish line and determine the order in which runners enter the chute. Their decision is final.
- Art. 6 **Chute Umpires** - The chute umpires supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all runners who cross the finish line are given their proper order as the contestants go through the chute.
- Art. 7 **Caller** - The caller calls the number of each contestant in the order of his proper place in the chute.
- Art. 8 **Checkers** - The checkers will keep a record of the competitors and their order of finish as announced by the caller. In case of conflict, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision. Checkers

sometimes use numbered cards. One of these with the number indicating the order of finish is handed to each competitor upon leaving the chute.

- Art. 9 **Course Umpires** - The course umpires observe the activity of the runners. If any runner fails to run the proper course, or otherwise violates the contest rules, the umpires report the infraction to the referee.
- Art. 10 **Timers** - The timers record the times of the runners who finish. A timer may be assigned at a designated spot along the course to call elapsed time during the race.
- Art. 11 **Marshal** - The marshal and assistants shall keep the grounds free from all persons except officials, contestants, and others who have permits from the games committee.

## Section 4 - Teams

- Art. 1 A cross country team shall consist of seven members unless otherwise agreed. In dual meets, a maximum of twelve members may be entered but only the first seven on each team shall enter into the scoring. In triangular and quadrangular or invitational meets, the games committee may determine the number of entries per team; but in no case, may it be more than 12.

## Section 5 - Uniforms

- Art. 1 **The complete cross-country uniform** consists of shoes, school issued shorts, and a full-length jersey. Uniform may consist of one-piece body suit if school issued. Any visible apparel worn under the jersey and shorts must be of a single (same solid) color. Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts, the jersey and shorts may have school identification. Also, a single manufacturer's logo or trademark, not to exceed 2" x 2" (1.5" x 1.5" square in 1996-97), is permissible per each item of uniform apparel. The American Flag may be worn on the uniform and shall not exceed 2" x 3". The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed-leg briefs are also acceptable for girl's competition. Shorts may vary in length and style, but must be of the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (French or high cut) and similar apparel may be worn under the track shorts, but not in lieu of them.
- Art. 2 **The waistband of a competitor's shorts** shall be worn above the hips.

### Section 5 – Uniforms - continued

- Art. 3 **A shoe** is a covering for the foot. It must have an upper and a definitely recognizably sole and heel. The upper foot must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges, or track spikes which are no longer than one inch. The use of ballet slippers, gymnastic slippers, or sweat socks does not meet the requirement of the rule.
- Art. 4 **Each team member shall wear the same color and design school uniform (jersey or trunks). When other visible apparel is worn under the uniform, it must be of a single (same solid) color but each undergarment worn by the competitor does not necessarily have to be the same color. If worn, by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.**
- Art. 5 A **competitor must wear** the assigned contestant number, when numbers are used.

The official New York State Track Interpretation for shirts which have lettering or designs, which are not objectionable, is that if the shirt is reversed or turned inside out and the lettering or design becomes invisible, the shirt will be legal. Designs must not show above the jersey without being reversed or turned inside out.

## Section 6 - Disqualification

- Art.1 **Any runner that false starts** shall be disqualified.
- Art. 2 **Any runner who interferes** with another runner shall be disqualified. Interference is any action by a competitor which unfairly changes the course or natural running rhythm of another runner during the race. This may include bumping, tripping, or running across a runner's path.

Art. 3 **Any participant who uses unsportsmanlike or unacceptable conduct** shall be disqualified.

Conduct that is unethical or dishonorable which includes action and/or language which will bring discredit to the individual and his/her school, disrespectfully addressing an official, using profanity, taunting, criticizing an opponent or an official, or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.

Art. 4 **A runner shall be disqualified** if he or she is aided by a coach, teammate, or anyone connected directly or indirectly with the competitor or team concerned. Such aid includes:

- (a) Running alongside of a runner or being stationed at a point near the course for the purpose of aiding or coaching the competitor during the race.
- (b) Runners join hands or grasp each other at any time during the race.
- (c) A runner uses an aid during the race.

Art. 5 **Competitors who fail to complete** the prescribed course that is defined by a legal marking system shall be disqualified.

Art. 6 **Any contestant who competes** with an illegal uniform as described in Rule 5 shall be disqualified.

## Track and Field & Cross Country Rules Changes - 2020

**4-6-5g, 8-6-1e:** 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. **Rationale:** The committee believes when no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship.

**5-3-3 & 4, 5-10-6 thru 11:** Clarifies that in the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters. **Rationale:** In the 4x100-meter relay and 4x200-meter relay, and other relays with legs of 200 meters or less, each exchange zone will be 30 meters long. All exchange zones for races in excess of 200 meters will remain at 20 meters.

**6-2-6:** Clarifies that it is illegal to run backward or in the opposite direction (non-legal direction) on a horizontal jump, pole vault or javelin runway. **Rationale:** This change promotes a more organized and efficient warm-up period.

**6-3-2-b-4-a:** This change provides metric measurements for tie-breaking jump-offs for vertical jumps.

**Rationale:** The committee established appropriate metric increments for tie-breaking jump-offs in the vertical jumps.

**6-9-5:** The length of long jump and triple jump pits constructed after 2019 shall be at least 23 feet (7 meters).

**Rationale:** Clarifies the language of the 2019 rule change for long jump and triple jump pits and ensures pit measurements are within industry standards for safety.

**8-1-1:** Clarifies cross country course markings. **Rationale:** The reorganization of the rule states that a course should be clearly marked with any or all of the methods listed in the rule.

**8-1-3:** Clarifies cross country course layouts. **Rationale:** This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language provides a recommended minimum distance for straightaways at the start of all meets.

## 2020 Editorial Changes

**5-11-1:** A relay team shall pass their baton in accordance with the rules. **Rationale:** Clarifies that a team finishes the race with the same baton that it used at the start of the race.

## 2020 Editorial Changes

5-1-5, 6-8-10d

### 2020 points of Emphasis

1. Meet Administration
2. Exchange Zone
3. Assisting Injured Athletes

## MMHSAA Cross Country Championships

### Entry of Athletes for Sectionals: \*NEW\*

All entries for the MMHSAA Cross Country Championships will be done using yentiming.

1. If you do not have an account with yentiming, go to [www.yentiming.com](http://www.yentiming.com) click on Coach login, then click create an account. Fill in all required fields.
2. Login to your account and click roster. Click add athlete, fill in all required fields and click ok. Continue until you have all of your athletes added on to your roster.
3. Click meet entry. Click register for section 6 championships. The window will be open from 10/25/17 until 10/30/1. Select the athletes you are planning to enter in the meet.
4. Changes can be made on the day of the meet.

### Attention Coaches of Schools Who Have Complete Teams:

If your team is forced to compete in the All-Catholic Race with less than 5 runners, or your team finishes less than 5 runners in the Race, please notify the Meet Director as soon as you are aware of the situation.

### Start:

The Advisory Committee will draw for starting line positions prior to the meet.

### Scoring:

In compliance with the State Championship Meet procedures, individual runners and incomplete teams will not count in scoring to determine the Team Champion.

In case of a tie, the position of the sixth runner on each team is used to break the tie.

Each coach will be given an envelope at the meet containing:

A. Seven (7) numbers for the schools that have a complete team or appropriate numbers for those schools having individual runners.

B. Safety Pins. Numbers are to be placed on the front of the uniform jersey. Each runner has been assigned an individual number. Please check to see that the correct number is given to each competitor.

### Timing:

Official times will be recorded for all runners. All times will be posted online at [trackqua.com](http://trackqua.com)

### Awards:

Award ceremonies will be broken up into award ceremonies following the races

### Selection of Officials:

The MMHSAA Cross Country Committee will request that WNY Track & Field and Cross-Country Officials Association (WNYTFCCOA) that they assign the best officials available to the Sectional meets. The officials will be assigned in ArbiterSports by the sub assigner for WNYTFCCOA (Dick Pauly). ArbiterSports.com. Cross Country officials' rosters (N&S) are posted in Arbiter. Instructions for using Arbiter are on the Section 6 website, under General Info, click on Forms and Info, and look under "A" for Arbiter. Or click <http://www.section6.e1b.org/ArbiterInfo>

### MMHSAA Policy Contingency Plan for Sectional Competition (weather or illness)

1. Contests will be postponed only if a participating school is officially closed due to weather or illness.
2. It is the responsibility of the Athletic Director (or designee) to notify the Executive Director and the Sport Chairperson that the school has been closed due to weather conditions (or illness) as soon as he/she becomes aware of such action. Officials and the media will be notified by the Chairperson (or designee).
3. In the event that a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the School.
4. When a contest is at a non-school site: If the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility is closed, then the competition will be cancelled. ***Under NO CIRCUMSTANCES is a site contracted by MMHSAA available for practice when a meet is cancelled. Individual schools wishing to use a site for practice must follow standard rental procedures through their Athletic Director.***
5. The Sport Chairperson will notify the Executive Director of any postponements.
6. **PLEASE NOTE:** It is up to the individual leagues to recognize the potential for snow days, power outages, etc. that may cause cancellations and problems. The league should schedule their last league contest at least one or two days prior to the seeding meeting, allowing for a makeup league contest(s) prior to the seeding meeting if necessary. The storm in Feb. 2006 that closed schools the day before the seeding meeting bears this point out.

### Media

The complete list of Media by clicking on: [Media Link](#)

### MMHSAA Policies

*Regulations Regarding Senior All-Star & Outside Agency Contest*

1. All Senior All-Star and Outside Agency contests MUST be approved by MMHSAA. In addition, Senior All-Star contests must be approved by MMHSAA. The forms required are posted on the section website\*
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the MMHSAA Athletic Council for that sport. The calendar of approved season dates for all sports is posted on the section website\*
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests.
4. *A contestant **may participate in any approved senior all star athlete contest in the same sport during the school year.** (approved October 24, 2013, MMHSAA Executive Committee Meeting).*

**NOTE:** A Senior All-Star contest by MMHSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is NOT a MMHSAA All-Star contest.

## ALL-WNY Scholar Athlete

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the All-WNY Scholar Athlete in **Cross Country**. Applications must be completed on-line. Paperwork must be mailed or e-mailed into MMHSAA office before **November 14**. The winners will be honored by the Buffalo News. Click for the [selection criteria and on-line application](#)

## MMHSAA AED Policy

The game site-chairperson will be responsible for securing an AED for the certified trainer's use at all MMHSAA contests, and at the All-Catholic contests that are hosted by MMHSAA. The certified trainer will be provided by one of our member schools. MMHSAA will provide at all post-season contests held at **NEUTRAL SITES**. Note: If a school suffers loss or damage to an AED that is being used for post-season contests, MMHSAA will be financially responsible.

## *MMHSAA Thunder and Lightning Policy*

"Thunder and lightning necessitate that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning. If lightning and/or thunder is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, and car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

### **CLARIFICATIONS:**

**PRIOR TO CONTEST** If thunder/lightning is observed at the site of an outdoor contest by the officials / coaches 30 or fewer minutes prior to the scheduled start of that contest, the official / coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin a 30minute period void of any strike or boom must be observed.

**DURING THE CONTEST** If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which a boom or strike has not been observed. The rules of the particular sport shall determine whether the contest is 'official' or must be resumed at a later date."

## Heat Index Procedures

### Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked one hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download the WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com)
- Enter the zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

### Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (Heat Index) under 79 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	Heat Index Caution: Feels Like Temp (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks.  Monitor athletes for heat illness.  Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks.  Monitor athletes for heat illness.  Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session.  1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes.  Monitor athletes for heat illness.  Consider postponing practice to a time when Feels Like temp is much lower.  Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (e.g., 2hr practice = 2hr recovery time.) Lightweight and loose-fitting clothes should be worn.  For Practices only: Football Helmets should be worn. No other protective equipment should be worn.
	Heat Index Alert: Feels Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should be held only if air conditioned.
<b>REQUIRED</b>		Approved May 1, 2010; Updated, July 27, 2017

## Wind Chill Procedures

**Administration of Wind Chill Procedures:**

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into [www.weatherbug.com](http://www.weatherbug.com).
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

**Please refer to the following chart to take the appropriate actions:**

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
<b>R E C O M M E N D E D</b>	<b>Wind Chill Caution:</b>  Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated.  Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing.
	<b>Wind Chill Watch:</b>  Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated.  Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	<b>Wind Chill Warning:</b>  Feels Like Temp (wind chill) 9 degrees to 10 degrees	Stay adequately hydrated.  Notify coaches of the threat of cold-related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.  Consider postponing practice to a time when the Feels Like temp is much higher.  Consider reducing the amount of time for an outdoor practice session.
<b>REQUIRED</b>	<b>Wind Chill Alert:</b> Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.  Approved May 1, 2010; Updated July 27, 2017

**Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.**

# MMHSAA

## Sportsmanship Philosophy and Code of Conduct Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

## Code of Conduct

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a winning at all cost attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.

### \*\*\*\*\* Sportsmanship Statement Reminder \*\*\*\*\*

The following statement will be read over the public address system just prior to the pledge to the flag. If there is no public address system, the statement will be read to both teams by the site chairperson or his representative:

**“Welcome to MMHSAA (name of sport). Athletic competition can provide everyone with a sense of accomplishment and pride, if all of us - players, coaches and spectators -**

**abide by the rules of good conduct. We ask that you enjoy the performance of our outstanding athletes in a spirit of sportsmanship and appreciation of competition.”**