

## 2024 Cross Country Rules Questions

**These are topics that will be addressed at the Cross Country Rules Review ZOOM. Coaches that do not attend the ZOOM can satisfy their Rules Review requirement by using their NHIAA admin login and take the quiz.**

1. For the State Cross Country Divisional Meets, “Each school may enter up to a MAXIMUM of \_\_\_\_\_ athletes. Changes will be allowed the day of the Divisional Meets and the Meet of Champions until just prior to the specific race by notifying Lancer Timing.
  - a. 5
  - b. 7
  - c. 10
  - d. 13

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country*

Correct Answer: b.

Note: It is recommended that each school enter 7 athletes when possible.

2. All members of a cross country scoring team (five, six, or 7 competitors) must following all competitor and uniform rules (4-3-1 through 4-3-3).
  - a. True
  - b. False

*NFHS 2024 Track and Field and Cross Country Rules Book*, Rule 8.6.3

Correct Answer: a.

3. Teams and individuals may practice on a host school’s course **only once** the week between the divisional championships and the Meet of Champions (MOC). Shirts must be worn at all times.
  - a. True
  - b. False

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country.*

Correct Answer: a

4. Before a cross-country team or individual competitor may practice on a host school's MOC cross country course, they must obtain permission from the host school's Athletic Department and also must provide a certificate of insurance from their own school district to the host school's Athletic Department.
- a. True
  - b. False

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country.*

Correct Answer: a

5. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
- a. True
  - b. False

NFHS 2024 track and Field and Cross Country Rules Book, Rule 4.3.3

Correct Answer: a

Note: This could lead to a disqualification. A warning will be given first.

6. The cross country course shall be measured:
- a. Along a route in the middle of the boundary line.
  - b. Along the shortest possible route the runner may take.
  - c. Along the longest route the runner may take.
  - d. Using an aerial map.

NFHS 2024 track and Field and Cross Country Rules Book, Rule 8.1.1

Correct answer: b

7. In cross country, a competitor must wear the assigned contestant number and/or computerized transponders/chips during competition. The numbers and/or transponders/chips must be worn, unaltered, for purposes of official timing and place finish.
- a. True
  - b. False

*NFHS 2024 Track and Field and Cross Country Rules Book*, Rule 8-3-3

Correct Answer: a.

8. A competitor not wearing the assigned contestant number and/or computerized transponders/chips will be disqualified.
- a. True
  - b. False

NFHS 2024 Track and Field and Cross Country Rules Book, Rule 8-3-3 Penalty.

Correct answer: a.

9. **The 2023** NFHS uniform rules for cross country and relay teams require which of the following:
- a. All uniform bottoms must be the same color.
  - b. All uniform tops and one-piece uniforms must be of the same colors and must contain the same school identification.
  - c. All uniform tops must have a similar design.
  - d. All of the above

***NFHS 2024 Track and Field and Cross Country Rules Book***, Rule 4-3-2

Correct answer: d

Note: The official shall have no difficulties determining that all members are from the same team.

10. To be eligible to compete in the State Divisional Cross Country Championships, the athlete must have participated in at least one (1) Cross Country meet during the regular season.
- a. True
  - b. False

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country, Points of Special Emphasis*

Correct Answer: True.

11. There are no restrictions on items worn under the uniform top and/or bottom for cross country team members.
- a. True
  - b. False

***NFHS 2024 Track and Field and Cross Country Rules Book***, Rule 4-3-1b7

Correct Answer: b

Note: There are no restrictions for items worn under a uniform top or bottom. It must be noted that cross country competitors are representing their school and that their visible undergarments should be school appropriate.

12. The use of an inhaler used to alleviate an asthmatic condition may be used during the cross country championships provided a physician's statement documenting the requirement is presented to the meet director or referee prior to the start of the race.
- a. True
  - b. False

***NFHS 2024 Track and Field and Cross Country Rules Book***, Rule 4.6.5 Note 1

Correct Answer: a

13. Head coverings worn for religious reasons:
- a. Are not considered hair devices.
  - b. Must "NOT" be made of abrasive, hard or unyielding materials.
  - c. Must be secured to the body and/or uniform.
  - d. All of the above.

***NFHS 2024 Track and Field and Cross Country Rules Book***, Rule 4.3.1b(8)

Correct Answer: d

14. When chip timing is being used, after athletes cross the finish line mats, it is not important for them to maintain their order of finish as they exit the finish area.
- a. True
  - b. False

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country, Finish Line Protocols*

Correct Answer: a

*Note: With a chip/transponder timing system with a camera back-up it is not important to keep finishers in their correct finish order. Finishers should clear the finish area as soon as possible.*

15. Schools requesting medical services from athletic trainers at the site must provide the necessary supplies for the athletic trainer at all regular-season and tournament events.
- a. True
  - b. False

*2024 NHIAA Policies and Procedures for Boys and Girls Cross Country, Points of Special Emphasis*

Correct Answer: a

16. The NFHS recommends that the starting line positions/ boxes be numbered from left to right facing the running area.
- a. True
  - b. False

***NFHS 2024 Track and Field and Cross Country Rules Book, Rule 8.1.4b***

Correct answer: a.

17. A cross country athlete may wear:
- a. A uniform top with multiple manufacturer's logos.
  - b. A uniform top with a 4-inch square trademark.
  - c. A one-piece uniform with multiple logos.
  - d. Uniform bottoms with a manufacturer's logo/trademark/reference larger than 2 ¼ square inches around the waistband.

***NFHS 2024 Track and Field and Cross Country Rules Book, Rule 4.3.1 b(5)***

Correct answer: d

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