



October 1, 2025

NFHS Cross Country Weekly Rule Interpretations

SITUATION 1: A cross country runner for Team A is wearing a heart monitor during competition. The item is not being worn for medical reasons. The item sends a transmission of the heart rate to the coach for post-race analysis. **RULING:** Legal. **COMMENT:** Wearable technology may be worn as long as the coach does not communicate with the athlete during competition. [8-6-1]

SITUATION 2: The coach from Team B arrives at the course early to walk through it with their team. They find several obstructions, such as a fallen tree, in the course that they ask meet management to deal with prior to the race. Meet management refuses so the coach involves the meet referee. The obstacles are removed or marked prior to the running of the races. **RULING:** Correct Procedure. **COMMENT:** The course should include the following features: b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. Meet management should look at all natural barriers and man-made barriers that may cause a tripping, turned ankles or other risks. These are considered a hazard and are not permitted on the course. Running through bodies of water (creek, pond, lake etc.) is one such hazard. [8-1-2]

SITUATION 3: After being called to the starting line at a cross country meet for the starter's final instructions, all members of Team A run away from the starting line for a team cheer. The starter warns the team that if any further runouts occur before the start, those involved will be disqualified for unacceptable conduct. **RULING:** Correct procedure. **COMMENT:** Once teams have been called to the starting line by the starter for final instruction, no further run-outs shall be permitted. Any second violation shall result in a disqualification. [8-4-4]