



2025
Cross Country Handbook

*Subject to changes

FOR CROSS COUNTRY INFORMATION CLICK BELOW:

www.armorytrack.com www.tullyrunners.com

Forms

Federation Form <http://www.section6.e1b.org/CrossCountry>

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2025 Cross Country Calendar

The MMHSAA approved Cross Country Season is
August 21 - November 19

First Practice	August 18
First Scrimmage	August 25
First Contest	August 25
Entry window for MMHSAA Championships	October 27 to October 31
MMHSAA All-Catholic meet	November 8
NYS Federation meet	November 22
All WNY Fall Scholar Athlete form deadline	TBD

Maximum Number of contests: unlimited

Practice Requirements: Number of practices to represent school: 6 (individual)

Nights rest between contests: 2 nights

Individual contests limitation per day: 3.1 miles or 5000 meters in length

Scrimmage limitations per day: 1 scrimmage

Meets per week: A maximum of two (2) meets per week (Monday–Sunday) shall be permitted.

MMHSAA Championships

Wednesday, November 8, 2025

Site: Como Park

Girls	Boys
JV 9:45 AM Varsity 11:15 AM	JV 9:00 AM Varsity 10:30 AM

The race schedule is subject to change as determined by the Executive Committee.

New York State Federation Meet

Saturday November 22, 2025

Bowdoin State Park, Wappingers Falls
(near Poughkeepsie Section 1)

MMHSAA Meet Appeals

For all MMHSAA Meets, all of the head coaches in attendance are members of an on-site Jury of Appeals along with the meet Officials. Only cases of rules violations can be protested. In the case of an official's judgment, there can be no protest.

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) **RACE RULES MUST BE ALTERED**, (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 will abide by the national governing body jewelry rule (i.e., NFHS, NCAA, USA Softball, USTA, USAG, etc.) followed by NYSCHSAA. (July 2022)

Hair adornments, including beads, may be worn provided they are secured and do not present a safety hazard to the player, teammates, or opponent(s). (May 2022)

Rule Change

IAABO HAIR ADORNMENTS (3-5-4D)

(1) **LEGAL**

(2) **LEGAL**

(3) **LEGAL**

(4) **LEGAL**

➤ Hard items, including, but not limited to, beads, barrettes, bobby pins, and other adornments in the hair that are securely fastened close to the head and do not present an increased risk to the player and teammates or opponents are allowed.

(5) **LEGAL**

(6) **ILLEGAL**

(7) **ILLEGAL**

(8) **ILLEGAL**

Head coverings worn for religious reasons are permitted and shall not be made of abrasive or hard material and must fit securely. (September 2022)

Cross Country League Rules

Girl's Rule for the start line: The start line for league meets will be divided into 3 equal boxes and all members of a team must start within the box assigned to that school for each meet. Each school is allowed 7 on the start line and all others must be inside the box. Boxes will be assigned.

Track & Field and Cross Country Rules Changes - 2025

November 07, 2024

5-7-6: Adjusts the recall distance to within the first 50 meters. **Rationale:** Starters oversee recalling races in track and field events. 50 meters is sufficient in calling a fair start. Athletes are accelerating and are up to racing speed well before the 100-meter mark. In addition, the current recall distance is problematic depending on the number of officials on the track and location of field events that may obstruct the view of the 100-meter distance around the entire curve. **5-10 and 11:** Reorganizes Sections 10 and 11 for ease of use.

Rationale: Reorganization of Sections 10 and 11 concerning relay races and infractions. The change moves all infractions into Section 11 (Relay Infractions) for ease of use by officials.

5-13-3: Clarifies how to determine if an infraction occurred when an athlete leaves the track on a straightaway. **Rationale:** Provides guidance to the meet referee as to when an athlete leaves the track on a straightaway and whether or not a competitor should be disqualified.

6-2-2f (NEW): Offers officials guidance when warning competitors their time limit is about to expire. **Rationale:** This change gives athletes notification that their time limit is about to expire. Additionally, the change brings officiating practices in line with other rules codes while still giving the games committee options for using flags, signal clock or verbal signals.

6-2-2 CHART: Defines field event time limits for all competitors. **Rationale:** The change to the table and additions of the notes helps clarify the time limits of all competitors throughout the entire competition in field events.

6-3-2 NOTES 1: Clarifies the starting height in a jump-off with athletes at varying heights.

Rationale: Aligns language in rules book with current situations and interpretations. Gives directions to officials and event judges for the starting height in a jump-off when athletes exit the

event at varying heights due to passes. The jump-off will begin at the next height in the progression after the tying height.

6-8-2: Further defines an active flight and continuing flight. **Rationale:** The change clarifies the definition of an active flight (five-alive) and continuing flight (straight through) for vertical jump competitions.

6-9-22: Establishes a standard placement of the high jump crossbar and standards. **Rationale:** The change creates a standard distance for the placement of the high jump crossbar and standards.

2025 Editorial Changes

3-1-1c, 3-2-7, 3-2-8, 3-4-2, 4-3-1b, 6-10-6

2025 Points of Emphasis

1. Managing Vertical Jump Landing Systems: A Guide for Track and Field Officials
2. Excused Athletes
3. Time Limits in Vertical Jumps
4. False Starts

Course

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.
 - a. Flag Designations
 - i. A red flag indicates a turn to the left.
 - ii. A yellow flag indicates a turn to the right.
 - iii. A blue flag indicates a course straight ahead.
2. In case of a discrepancy in course markings, directional flag markings take precedence over any other course marking.
3. The race course should include the following features:

- a. 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.
- b. Ground obstruction, which might cause tripping or turned ankles, should be avoided whenever possible. No overhead objects such as tree branches lower than eight feet above the ground.
- c. 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.
- d. 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.

Scoring

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.			
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.
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.
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.
5. If only five competitors of tying teams finish, the team scoring shall be resolved by totaling the scores of the first four finishers.
6. The score of a forfeited dual meet in cross country shall be 15 - 50.

Track Rule 2-3 Correction of Errors

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.
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.

3. Correction of meet results involving an ineligible participant may be made at any time.

Officials

When possible, the following positions will be assigned. During the regular season, we will use only 2 officials and team coaches are expected to assist the officials.

1. The games committee or the meet/course director shall establish the length of the course, assign the teams to their starting positions, and provide the necessary meet facilities.
2. Referee - The referee shall make final decisions concerning questionable points and shall disqualify any runner for violation of the rules.
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.
4. Clerk Of The Course - The clerk shall place the teams in the proper positions on the starting line and give all needed instructions.
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.
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.
7. Caller - The caller calls the number of each contestant in the order of his proper place in the chute.
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.
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.
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.
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.

Teams

A cross country team shall consist of seven members unless otherwise agreed. In dual meets, 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.

Uniforms

Slight differences in design of uniform do not negatively impact the identification of a relay or cross country team. The expectation of this rule is that cross country team members can be clearly identified as representing the same school. Please consult your rule book for the complete rule.

1. Underlined portions in the rules that follow indicate the new rule changes.
 - The rule for relay teams and cross country teams reads: “All relay and cross country team members must wear uniforms clearly identifying, through predominant color, school logo, and color combinations of all outer garments worn as a uniform, that members are from the same team. Note: The official should be able to observe that all members are from the same team.”
 - (The official shall have no difficulties in determining that all members are from the same relay team.)
 - Items worn under the uniform of relay and cross country team members no longer have any restrictions and don't have to match.
 - All relay and cross country team members' uniforms (shirts or one-piece uniforms) must have the same school identification (i.e., school name, school nickname, or school logo.)
 - Ensure that the uniform bottoms of all relay and cross country team members are all either with vertical stripes or all without stripes (similar design). The number of stripes do not have to be the same.
2. 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.
3. 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.

Disqualification

1. Any runner that false starts shall be disqualified.

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.
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.
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 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.
5. Competitors who fail to complete the prescribed course that is defined by a legal marking system shall be disqualified.
6. Any contestant who competes with an illegal uniform as described in Rule 5 shall be disqualified.

MMHSAA Cross Country Championships

Entry of Athletes for All-Catholics:

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 [Milesplit](#), 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 MMHSAA championships. The window will be open from 10/28/24 until 10/31/24 or as determined by the MMHSAA. Select the athletes you are planning to enter in the meet.
4. Changes can be made on the day of the meet.

Incomplete Teams

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

Course

Como Park is the site for the MMHSAA Cross Country Championship Meet. The course will be open for tours from 12:30 PM to 1:15 PM on November 6, 2025. There is no walking the course after 1:15 PM on that day or during any of the races.

Start

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

Scoring

1. In compliance with the State Championship Meet procedures, individual runners and incomplete teams will not count in scoring to determine the Team Champion.
2. In case of a tie, the position of the sixth runner on each team is used to break the tie.
3. 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. (Shoe tags may be used if electronic scoring)
 - 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 <https://www.milesplit.com/>

Awards

Award ceremonies will follow at the discretion of the MMHSAA Executive Committee.

Selection of Officials

The MMHSAA Executive Committee will request that the WNY Track & Field and Cross-Country Officials Association (WNYTFCCOA) assign the best officials available to the MMHSAA meets. The officials will be assigned in ArbiterSports by the sub assigner for WNYTFCCOA.

2025 Federation Cross Country Meet

For date and location of Federation Meet, see Calendar.

1. Qualifying runners from MMHSAA include the first-place team plus the first five (5) individuals who are not part of the first-place team in each of the varsity MMHSAA Championship races. If any individual is unable to attend the Federation Meet, he/she must notify the Chairman immediately so that a replacement can be secured. Athletes who are injured or ill shall notify their Coach and the Chairman so that substitutions can be made.

2. A parental permission form and a Code of Conduct form must be completed and presented to the Chairman or his representative before the athlete will be permitted to travel with the team.
3. Runners are to bring complete uniforms to the Federation Meet. Each runner should bring both spikes and flats so that a choice can be made after viewing the course and considering the weather conditions.
4. MMHSAA will not provide meals or rooms while at the Federation meet. Meals and rooms will be the financial responsibility of the individual or individual schools. MMHSAA has reserved rooms for the event.
5. Coaches of winning individuals and teams are required to accompany athletes to the Federation Championships. Team coaches are acting as MMHSAA chaperones for the trip to the state meet. See the updated MMHSAA Policy on Travel to State Competition

MMHSAA Policy Contingency Plan for Championship Competition

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 canceled. Under NO CIRCUMSTANCES is a site contracted by MMHSAA available for practice when a meet is canceled. 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 MMHSAA 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 out.

Media

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

MMHSAA Policies

MMHSAA Policy on Travel to State Competition

- [Summary for Individual Sports](#)
- Member schools participating in state/federation competition will be responsible for all costs related to that participation.
- Supervision:
- One or more certified coaches are required to travel with the student athletes from their school and must be present on any MMHSAA contracted bus, where the athletes are housed, at the state competition site and all related events.

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. The winners will be honored by the Buffalo News. Click for the [selection criteria and on-line application](#)

Health Related Guidelines

MMHSAA AED

Although the New York State legislature may have not gone so far as to make Education Law Section 917 applicable to nonpublic schools, the MMHSAA believes that its member schools should observe the law's requirements as a "best practice" and therefore strongly encourages them to do so. For championship events that the MMHSAA hosts at neutral sites, there will be AED equipment present as well as people who know how to operate the equipment. For playoff matches at a member school, the member school is responsible for providing the AED. During the regular season it will be the independent responsibility of each school to ensure whether and how the school will observe these best practices relating to AED's.

Concussion Management

MMHSAA has recommended that every school develop a written policy for concussion management and return-to-play protocol. Each school is responsible to follow the policy and guidelines set forth by their home school. (Refer to www.nysphsaa.org for a reference) In addition, in regards to officials, coaches shall note: "if a student exhibits signs and symptoms of a concussion, the official may remove the student from competition. The chief school medical officer shall determine when a student may return to play."

Athletic Trainers

MMHSAA recommends and supports the 'Best Practice' that every member High School has a Certified Athletic Trainer providing full-time access or coverage to the athletic program. It is the responsibility of each school to provide for their own athletic training needs for all of their school events. It is recommended that a physician be present at all football games. If the services of a physician cannot be obtained, coverage should be provided by persons qualified to give emergency care (e.g. physician assistants, emergency squads, athletic trainers).

Athletic Training Services Support Document

https://nysphsaa.org/documents/2021/9/10/Athletic_Training_Services_In_Secondary_Schools.pdf

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 officials/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 30 minute 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."

Sportsmanship 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 Philosophy

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-costs 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 Pledge

The New York State Catholic High School Athletic Association and the Monsignor Martin High School Athletic Association values sportsmanship and appreciates the effect that good spectator behavior has on our students and all those in attendance. We require that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements or actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. Additionally, spectators are reminded that the use of an artificial noise maker, objectionable, inappropriate, or abusive language directed at the umpires, players or coaches is unacceptable and will result in an ejection from the game. The playing field is an extension of the classroom. Please practice good sportsmanship. Please let the players play, the coaches coach and the officials officiate.

Reporting of scores and recording statistics

Scores will be reported using the MMHSAA Scores reporting form list below. Scores must be reported by the **COACH OF EVERY SCHOOL** immediately following **EVERY** league and non league meet. We will be using the MMHSAA Time Tracker to track league records and statistics.

All coaches are responsible for entering their own teams' players names, times and their meet scores:

[Girls Meet Scores](#)

[Girls Time Tracker](#)

[Boys Meet Scores](#)

[Boys Time Tracker](#)

APPENDIX

Concussions: The Invisible Injury

Student and Parent Information Sheet

CONCUSSION DEFINITION

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially, a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

FACTS ABOUT CONCUSSIONS ACCORDING TO THE CENTER FOR DISEASE CONTROL (CDC)

- An estimated 4 million people under age 19 sustain a head injury annually. Of these, approximately 52,000 die and 275,000 are hospitalized.
- An estimated 300,000 sports and recreation related concussions occur each year.
- Students who have had at least one concussion are at increased risk for another concussion.

In New York State in 2009, approximately 50,500 children under the age of 19 visited the emergency room for a traumatic brain injury and of those approximately 3,000 were hospitalized.

REQUIREMENTS OF SCHOOL DISTRICTS

Education:

- Each school coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management on a biennial basis, starting with the 2012-2013 school year.
 - School coaches and physical education teachers must complete the CDC course. (www.cdc.gov/concussion/HeadsUp/online_training.html)
 - School nurses and certified athletic trainers must complete the concussion course. <http://preventingconcussions.org>

Information:

- Provide concussion management information and sign off with any parental permission form.
- The concussion management and awareness information on the State Education Department's web site must be made available on the school web site, if one exists.

Removal from athletics:

- Require the immediate removal from athletic activities of any pupil that has or is believed to have sustained a mild traumatic brain injury.
- No pupils will be allowed to resume athletic activity until they have been symptom free for 24 hours and have been evaluated by and received written and signed authorization from a licensed physician. For interscholastic athletics, clearance must come from the school medical director.
 - Such authorization must be kept in the pupil's permanent health record.
 - Schools shall follow directives issued by the pupil's treating physician.

SYMPTOMS

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time; however, in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

It is imperative that any student who is suspected of having a concussion is removed from athletic activity (e.g., recess, PE class, sports) and remains out of such activities until evaluated and cleared to return to activity by a physician.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Double or blurry vision
- Sensitivity to light and/or sound
- Nausea, vomiting, and/or loss of appetite
- Irritability, sadness, or other changes in personality
- Feeling sluggish, foggy, or light-headed
- Concentration or focusing problems
- Drowsiness
- Fatigue and/or sleep issues – sleeping more or less than usual

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from the nose

STATE EDUCATION DEPARTMENT'S GUIDANCE FOR CONCUSSION MANAGEMENT

Schools are advised to develop a written concussion management policy. A sample policy is available on the NYSPHSAA web site at www.nysphsaa.org. The policy should include:

- A commitment to reduce the risk of head injuries.
- A procedure and treatment plan developed by the district medical director.
- A procedure to ensure proper education for school nurses, certified athletic trainers, physical education teachers, and coaches.
- A procedure for a coordinated communication plan among appropriate staff.

- A procedure for periodic review of the concussion management program.

RETURN TO LEARN AND RETURN TO PLAY PROTOCOLS

Cognitive Rest: Activities students should avoid include, but are not limited to, the following:

- Computers and video games
- Television viewing
- Texting
- Reading or writing
- Studying or homework
- Taking a test or completing significant projects
- Loud music
- Bright lights

Students may only be able to attend school for short periods of time. Accommodations may have to be made for missed tests and assignments.

Physical Rest: Activities students should avoid include, but are not limited to, the following:

- Contact and collision
- High speed, intense exercise, and/or sports
- High risk for re-injury or impacts
- Any activity that results in an increased heart rate or increased head pressure

Return to Play Protocol once symptom free for 24 hours and cleared by School Medical Director:

day 1: Low impact, non-strenuous, light aerobic activity.

day 2: Higher impact, higher exertion, moderate aerobic activity. No resistance training.

day 3: Sport-specific non-contact activity. Low-resistance weight training with a spotter.

day 4: Sport-specific activity, non-contact drills. Higher-resistance weight training with a spotter.

day 5: Full-contact training drills and intense aerobic activity.

day 6: Return to full activities with clearance from School Medical Director.

Any return of symptoms during the return to play protocol, the student will return to previous day's activities until symptom free.

CONCUSSION MANAGEMENT TEAM

Schools may, at their discretion, form a concussion management team to implement and monitor the concussion management policy and program. The team could include, but is not limited to, the following:

- Students
- Parents/Guardians
- School Administrators
- Medical Director
- Private Medical Provider
- School Nurse
- Director of Physical Education and/or Athletic Director
- Certified Athletic Trainer
- Physical Education Teacher and/or Coaches
- Classroom Teachers

OTHER RESOURCES

- New York State Education Department
<http://www.p12.nysed.gov/sss/schoolhealth/schoolhealthservices>
- New York State Department of Health
http://www.health.ny.gov/prevention/injury_prevention/concussion/htm
- New York State Public High School Athletic Association, www.nysphsaa.org/safety/
- Center for Disease Control and Prevention, <http://cdc.gov/TraumaticBrainInjury>
- National Federation of High Schools www.nfhslearn.com – The FREE Concussion Management course does not meet education requirement.
- Child Health Plus
http://www.health.ny.gov/health_care/managed_care/consumer_guide/about_child_health_plus.htm
- Local Department of Social Services – New York State Department of Health,
http://www.health.ny.gov/health_care/medicaid/ldss/htm
- Brain Injury Association of New York State, <http://www.bianys.org>
- Nationwide Children's Hospital - Concussions in the Classroom,
<http://www.nationwidechildrens.org/concussions-inthe-classroom>
- Upstate University Hospital – Concussions in the Classroom,
<http://www.upstate.edu/pmr/healthcare/programs/concussion/classroom.php>
- ESPN Video – Life Changed by Concussion
<http://espn.go.com/video/clip?id=7525526&categoryid=5595394>
- SportsConcussions.org, <http://www.sportsconcussions.org/ibaseline/>
- American Association of Neurological Surgeons
[http://www.aans.org/Patient%20Information/Conditions %20and%20Treatment/Concussion.aspx](http://www.aans.org/Patient%20Information/Conditions%20and%20Treatment/Concussion.aspx)
- Consensus Statement on Concussion in Sport – Zurich,
<http://sportconcussions.com/html/Zurich%20Statement.pdf>

HEAT INDEX PROCEDURES

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) or THI using a Wet Bulb Globe Temperature Indicator on the field will be checked 1 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 WeatherBug app to your phone or log into www.weatherbug.com. Schools may also use a Wet Bulb Globe Temperature Indicator on the field that will be used.
- Enter zip code or city and state in the location section of the app or on-line or determine the THI by using a Wet Bulb Globe Temperature Indicator.
- If the Feels Like temperature (heat index) or the Wet Bulb Globe Temperature Indicator is in the recommended range (yellow – WeatherBug or green, yellow, orange, red – WBGT), the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator at halftime or midway point of the contest. If the Feels Like temperature (heat index) or Wet Bulb Temperature Indicator is in the required range (red – WeatherBug or black – WBGT), the contest will be suspended.

Please refer to the following chart when using Weather Bug app, to take the appropriate actions:

	Feels Like Temp(Heat Index) or Wet Bulb indicator under 79 degrees	Full activity. No restrictions
RECOMMENDED	Heat Index Caution: Feels Like Temp (Heat Index) or Wet Bulb indicator 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) or Wet Bulb indicator 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 (ex. 2hr practice = 2hr recovery time).
	Heat Index Warning: Feels Like Temp (Heat Index) or Wet Bulb Indicator 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 (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRE D	Heat Index Alert: Feels Like Temp (Heat Index) or Wet Bulb indicator 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Please refer to the following chart when using Wet Bulb Globe Temperature Indicator, to take the appropriate actions:

Cat 3	Cat 2	Cat 1	Activity Guidelines
< 82.0°F <27.8°C	< 79.7°F <26.5°C	< 76.1°F <24.5°C	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
82.2 - 86.9°F 27.9-30.5°C	79.9 - 84.6°F 26.6-29.2°C	76.3 - 81.0°F 24.6-27.2°C	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 4 min each.
87.1 - 90.0°F 30.6-32.2°C	84.7 - 87.6°F 29.3-30.9°C	81.1 - 84.0°F 27.3-28.9°C	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : Provide at least four separate rest breaks each hour with a minimum duration of 4 min each.
90.1 - 91.9°F 32.2-33.3°C	87.8 - 89.6°F 31.0-32.0°C	84.2 - 86.0°F 29.0-30.0°C	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice.
≥ 92.1°F ≥ 33.4°C	≥ 89.8°F ≥32.1°C	≥ 86.2°F ≥30.1°C	No outdoor workouts. Delay practice until a cooler WBGT is reached.



Fig. 2. Heat safety regions.

Use this link to determine the category of your location.

Link: <http://www.castlewilliams.com/wbgt-regions.html>

Approved May 1, 2010

Updated May 3, 2025

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.
- 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
R E C O M M E N D E D	Wind Chill Caution: 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.
	Wind Chill Watch: 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.
	Wind Chill Warning: 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.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

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.

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Updated July 27, 2016

Tornado Policy

- Tornado Watch-indicates tornados are possible. Event staff must continue to monitor the situation.
- Tornado Warning-Tornado siren sounds signaling tornado sighted or tornado indicated by radar

GUIDELINES/PROCEDURES

- If a tornado warning is initiated, immediate event delay shall be implemented, and all participants, spectators and athletic staff shall seek shelter immediately. Once inside a secure location, tune to local weather alert radio to be informed of the storm location, path and duration of tornado warning. • Warning may be extended, or a new warning issued at any time, so continue to monitor.
- Safe shelter from tornadoes inside the lowest building level, away from exterior walls/windows, with windows closed.

All Clear - tornado warnings will expire after duration specified by the National Weather Service and the site director will notify all involved that the warning has ended, and the event may resume.