



2021
Cross Country Handbook

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*Subject to changes

FOR CROSS COUNTRY INFORMATION CLICK BELOW:
www.armorytrack.com www.tullyrunners.com

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FORMS

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

[All-WNY Scholar Athlete Form](#)

2021 Cross Country Calendar

The MMHSAA approved Cross Country Season is
August 23- November 26

First Practice	August 23
First Scrimmage	August 30
First Contest	August 30
Entry window for MMHSAA Championships	October 28 to November 2
MMHSAA All-Catholic meet.....	November 7
NYS Federation meet.....	November 20
All WNY Fall Scholar Athlete form deadline	November 14

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

Sunday, November 7, 2021

Site: Como Park

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

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

New York State Federation Meet

Saturday November 20, 2021

Bowdoin State Park, Wappingers Falls

(near Poughkeepsie Section 1)

MMHSAA Cross Country Advisory Committee

Committee voting privileges:

“The representative members on each sport committee will be the coaches of the schools participating and have only one vote per school. An independent Sport Chair may only vote when the vote is tied. A Sport Chair who also coaches at a school can serve in both capacities but will have only one vote.” This committee only makes recommendations to the Athletic Director’s Council.

MMHSAA Chairpersons

Boys *

Girls * Rich Skrabucha rskrabucha@nardin.org

For the MMHSAA Meets, all of the coaches are members of an on-site Jury of Appeals along with the meet Referee. 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

- 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 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 - 2022

[track & field/cross country](#)

4-3-1b 5: Clarifies that garments with logos completely around the waistband on uniform bottoms are legal.

Rationale: The change would minimize issues related to logo/trademark reference on uniform bottoms. In the sport of track and field, uniform bottoms are increasingly being purchased by the athlete and not school issued. It is becoming more difficult to purchase some garments without the logo completely around the waistband. Allowing larger logos around the waistband has no bearing or impact on the race or event.

4-3-1b 8 (NEW): Clarifies that religious headwear is not considered a hair device.

Rationale: The NFHS Track and Field Rules Committee added this rule to clarify there is no need for prior authorization from the state association for religious headwear.

5-3-3: Clarifies when each exchange zone is to be used.

Rationale: Clarifies when each exchange zone is to be used based on the incoming runner.

6-2-7 (NEW): Clarifies that running in a direction other than how the event is conducted is prohibited in warm-ups with the exception of the high jump.

Rationale: Clarifies that running in the direction other than how the event is conducted is prohibited during warm-ups in horizontal jumps, pole vault and javelin and more clearly organizes warm-ups, competition, and conclusion of all field events.

6-9-9: Clarifies that an athlete is not penalized for a hat or sunglasses falling in the pit after they have made their mark.

Rationale: The change no longer penalizes the athlete for a hat or sunglasses falling in the pit after they have made their mark.

8-1-1a (NEW NOTE): Clarifies cross country course markings.

Rationale: The change states that other methods of marking a course should be used with a single wide line to help identify the turns and route of the course as a single wide line may not be the shortest route.

9-3-2 b, c (NEW): Clarifies when measurements for record attempts for vertical jumps needs to be taken.

Rationale: Putting all record information in one location and clarifying when measurements for record attempts at vertical jumps need to be taken.

2022 Editorial Changes

2-2-4, 3-2-3h, Rule 6, 6-5-1 Note, 6-9-1 Note (NEW) 2022

Points of Emphasis

1. Exchange Zones

2. Use of Electronic Devices
3. Adapted Athletes

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

1. 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: *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 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 10/28/21 until 11/2/21 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.

In Complete 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 7:30 AM 8:15 AM on November 7, 2021 There is no walking the course after 8:15 AM 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 trackqua.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.

2021 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 three (3) 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 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 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

Travel to State Competition

1. Summary for Individual Sports
 - a. Member schools participating in state/federation competition will be responsible for all costs related to that participation.
2. Supervision
 - a. 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.
3. Transportation for Cross Country and Track & Field
 - a. The MMHSAA office will contract bus transportation for the athletes.
 - i. A school may choose to have its athlete(s) travel to state competition on the MMHSAA contracted bus. The following rules apply:
 1. The athlete (and coach) must use the lodging and meals if pre-arranged.
 2. The athlete must remain with the MMHSAA contingent until the completion of the athlete's competition. The athlete can only be released by the athlete's coach and will not be released prior to completion of competition.

- a. When competition is completed, the athlete may be released to parents/coach for return home on alternate transportation if the athlete's school and coach release the athlete. It is suggested that the school use a release form.
3. The coach must remain with the MMHSAA contingent until the completion of the athlete's competition and until the athlete is released.
4. A school may choose to have its athlete(s) travel to state competition in an alternate manner under the following stipulations:
 - a. A school that opt-outs of MMHSAA transportation will be responsible for arranging their own lodging unless prior arrangements are made with the league
 - b. The request to opt-out of travel on the MMHSAA bus must be submitted in writing to the MMHSAA office by the 11/10/21, otherwise the school will be responsible for any costs.
 - c. The school must submit all required release forms to the Sport chair by the specified date.
 - d. The school must arrange for the athlete to rendezvous with the school coach (or designee) at a predesignated time and place prior to the competition.
5. Transportation expenses will be billed to MMHSAA and then charged back to the schools participating

Lodging:

MMHSAA will be responsible for reserving a block of rooms for all athletes. Each school will determine the number of rooms needed for their school. Schools that opt-out of MMHSAA transportation are responsible for registering their own athletes and coaches. They may register for the remaining rooms in the reserved block until the rooms are exhausted or choose their own lodging. Schools will be responsible for the cost of athletes' meals at the competition.

Regulations Regarding Senior All-Star & Outside Agency Contest

1. All Senior All-Star and Outside Agency contests MUST be approved by the MMHSAA. In addition, Senior All-Star contests must be approved by the 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. The winners will be honored by the Buffalo News. Click for the [selection criteria and on-line application](#)

MMHSAA AED Policy

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 events that the MMHSAA hosts, there will be AED equipment present as well as people who know how to operate the equipment. During the Cross Country 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.

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 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.”

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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 requires that game administrators, school administrations and officials enforce a ZERO TOLERANCE POLICY for athletes, coaches, and spectators. They will not tolerate negative statements of actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately. Spectators are reminded that "The fee paid to gain admission to this Monsignor Martin High School Athletic Association event does not entitle you to:

- a. berates officials;
- b. question the coach;
- c. make negative comments toward either team;
- d. display inappropriate behavior

The playing field is an extension of the classroom. Please practice good sportsmanship."

This announcement stands as the official warning and the ZERO TOLERANCE POLICY is posted at the entrances to today's game. Let today's contest reflect mutual respect between all participants and spectators. Negative statements of actions between opposing players, especially abusive language, trash talking, taunting, or baiting of opponents. If such comments are heard or actions seen, a penalty will be assessed immediately. Spectators are reminded that berating of officials; the making of negative comments toward either team; or displaying inappropriate behavior are evictable offenses.

The playing field is an extension of our classrooms. Please practice good sportsmanship."

This announcement stands as the official warning of the ZERO TOLERANCE POLICY. Let today's contest reflect mutual respect between all participants and spectators

Reporting of scores and recording statistics

Scores will be reported using the MMHSAA Scores reporting form list below. Scores must be reported by the winning team immediately following the meet. We will be using the MMHSAA Time Tracker to track league records and statistics. All coaches are responsible for entering their own teams times as soon as possible following their league and non-league games.

[Girls Meet Scores](#)

[Girls Time Tracker](#)

[Boys Meet Scores](#)

[Boys Time Tracker](#)

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
- 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
R E C O M M E N D E D	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.
REQUIRED	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. 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.
- 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. Approved May 1, 2010; Updated July 27, 2017