

Section One Cross Country Booklet 2021



Girls Co-Chairpersons

Dan Doherty

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Boys Co-Chairpersons

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Committee Members

Conf 1 AD Maureen Myers, John Jay EF

Conf 2 AD Tom Baker, Hendrick Hudson HS

Conf 3 AD Jamie Block, Valhalla HS

Other Members

Jeff Dempsey, Suffern HS

Rosalind Galino, Lakeland/Panas HS

Chris Barry, Irvington HS

Jim Agnello, Bronxville HS

Steve Arnett, Arlington HS

IMPORTANT INFORMATION

Pre-Season Coaches Meeting Wednesday 9/1/21 7pm (Zoom)

First Practice permitted August 23rd, 2021

First Scrimmage/Game permitted after 6 days

Last day to play November 4, 2021

Maximum # of Contests 16

Maximum # of Meets/Week 2

Minimum Nights Rest 2

Rules NFHS

Tie Breaker 6th runner

POSTSEASON

The dates/times and format of play for the Section One Tournaments are subject to change at the discretion of the sports chairperson due to inclement weather. Dates of the postseason tournaments are based on the dates of the NYSPHSAA championships.

SECTIONAL CHAMPIONSHIPS

November 6th, 2021

Bowdoin Park

NYSPHSAA CHAMPIONSHIPS

November 13th, 2021

Chenango Valley State Park

ELIGIBILITY - Submit the Sport Verification form by Monday 11/1/21

NYSPHSAA Handbook

#26 Representation Rule

Minimum Number of Contests To be eligible for sectional, intersectional or state competition, a team must have completed in **six (6)** school scheduled contests which occurred on **six (6)** different dates during the season.

Team/Individual and Individual Sports: An individual must also have represented their school in **six (6)** scheduled contests during the season to be eligible. These required contests must occur on **six (6)** different dates and must be conducted prior to the conclusion of the team's regular schedule.

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PARTICIPATION RULES

- Uniform Rule:** Outerwear School issued, matching
Under Garments Tights, bicycle shorts, shirts, and sports bras
Uniforms can not be altered.
Shorts: Waistband around waist is now allowed
- Jewelry:** No jewelry, chains, or religious or medical alert medallions may be taped to the body. No body piercing whatsoever. The wearing of watches is allowed.
Medical alert medallions should be pinned to the inside of the uniform.
- Inhalers:** For use during race: Doctor's note to Referee; must be taped to runner's hand.
- Sportsmanship:** Officials will be reading a statement regarding trash talking, baiting, taunting, etc. prior to races. Violations receive no warning but instant punishment. In Cross Country, that can only mean disqualification. Be certain to apprise your runners of this.

CROSS COUNTRY RULES - NFHS

Please see the NYSPHSAA sports specific webpage for all applicable [Rules Changes](#)

HIGHLIGHTED 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 racecourse 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 that 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 a 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.

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CROSS COUNTRY RULES Continued

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 that 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 re-ranked.

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 finishers 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 typing 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 of 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.

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 4: TEAMS

Art. 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.

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CROSS COUNTRY RULES Continued

SECTION 5: UNIFORMS

Art. 1 - The complete Cross Country uniform consists of shoes, school issued shorts, and a full-length jersey. 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 girls' 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, bodysuits, and abbreviated briefs (French or high cut) may be worn as the track uniform.

Art. 2 - The waistband of a competitor's shorts shall be worn above the hips.

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.

Art. 5 - A competitor must wear the assigned contestant number, when numbers are used.

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 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 anytime during the race.
- C. A runner uses an aid during the race.

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CROSS COUNTRY RULES Continued

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.

PROTEST PROCEDURE

1. For the Section One Meet, the entire Sports Committee Membership (see page 1) are members of an on-site Jury of Appeals along with the Referee of the Meet.
2. Only cases of rules violations can be protested. In the case of an official's judgment, there can be no protest.

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SECTION ONE CHAMPIONSHIP MEET

Date: Saturday, November 6th, 2021

Site: Bowdoin Park – Wappinger Falls, NY

Time Schedule:

10:00AM	GIRLS CLASS B
10:30AM	GIRLS CLASS C
11:00AM	GIRLS CLASS D
11:30AM	GIRLS CLASS A
12:00PM	BOYS CLASS B
12:30PM	BOYS CLASS C
1:00PM	BOYS CLASS D
1:30PM	BOYS CLASS A

Course: 5000 meters, mostly dirt trails; waffle flats or spikes recommended

Awards: Medals: 1 – 10 in each race
Plaques: Team Champion and runner-up in each race

Entries: Girls Individual Sport Verification Forms must be emailed to Dan Doherty at dohertyd@optonline.net and Boys Forms to Rich Clarke at rclark@scarsdaleschools.org no later than Monday 11/1/21. If this form is not submitted, your team will not be permitted to race!

Rules: National Federation Rules apply. Pay particular attention to the uniform, jewelry, and sportsmanship rules. Remember, teams are allowed to race up to ten runners at Sectionals.

Parking: Park buses in the parking lot.

Admission: \$10.00 per car

NOTE: We are indebted to Bowdoin Park. Please do your part to leave the campus as you found it. Use the garbage receptacles; no basketball, football, etc. When races are in progress, you must stay within the roped-off spectator area.

IF YOU HAVE ANY QUESTIONS, PLEASE FEEL FREE TO CONTACT THE SECTION ONE SPORT CHAIRS.

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LEAGUES

2021-2022

CONFERENCE I

League A

Arlington
Carmel
John Jay EF
Roy C Ketcham

League B

Mamaroneck
Mt. Vernon
New Rochelle
Scarsdale

League C

Clarkstown So.
No. Rockland
Suffern

League D

Fox Lane
Ossining
Port Chester
White Plains

CONFERENCE II

League A

Clarkstown No.
Horace Greeley
Poughkeepsie
Ursuline

League B

Lakeland/Panas
Mahopac
Yorktown

League C

Ardsley
Eastchester
Edgemont
Harrison
Pelham
Rye

League D

Brewster
Byram Hills
John Jay CR
Somers

League E

Hen Hud
OLL
Peekskill
Sl Hollow

League F

Nanuet
Nyack
Pearl River
Tappan Zee

CONFERENCE III

League A

Blind Brook
Briarcliff
Pleasantville
Rye Neck
Valhalla
Westlake

League B

A. Magnus
Bronxville
Dobbs Ferry
Hastings
Irvington

League C

A. Hamilton
Children's Village
Clark-GA
Leffell
Woodlands

League D

Croton-Harmon
Haldane
No. Salem
Pawling
Putnam Valley

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CLASSIFICATIONS

Class A	Class B	Class C	Class D
Arlington Carmel Clarkstown North Clarkstown South Fox Lane Horace Greeley John Jay East Fishkill Lakeland/Panas Mahopac Mamaroneck Mount Vernon New Rochelle North Rockland Ossining Port Chester Roy C Ketcham Scarsdale Suffern Ursuline White Plains Yorktown	Ardsley Brewster Byram Hills Eastchester Edgemont Harrison Hen Hud John Jay Cross River Nanuet Nyack Our Lady of Lourdes Pearl River Peekskill Pelham Poughkeepsie Rye Sleepy Hollow Somers Tappan Zee	Albertus Magnus Blind Brook Briarcliff Bronxville Croton-Harmon Dobbs Ferry Hastings Irvington North Salem Pawling Pleasantville Putnam Valley Rye Neck Valhalla Westlake Woodlands	Alexander Hamilton Children's Village Clark-GA Haldane Leffell

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NYSPHSAA Championship Meet

The NYSPHSAA State Cross Country Meet will be held at Chenango Valley State Park, on **Saturday, November 13, 2021.**

The meet will be conducted in four divisions based on the enrollment of the participating schools:

State Class A	enrollment of 815 and up
State Class B	enrollment of 450-814
State Class C	enrollment of 255-449
State Class D	enrollment of 254 and under

Qualifying runners from Section One include the first place team plus the first five (5) individuals who are not part of the first place team in each of the Ten (10) Section One Championship Races.

If any individual is unable to attend the NYSPHSAA Meet, he/she must notify the Sectional Chairman immediately so that a replacement can be secured.

All qualifiers who travel to the NYSPHSAA State Meet are expected to run in the meet. Athletes who are injured or ill shall notify their Coach and the Sectional Chairman so that substitutions can be made.

Housing and travel details will be made available at the Sectional Meet.

Runners are to bring complete uniforms to the NYSPHSAA State 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.

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Individual Sport Verification

Due: Monday 11/1/21
submit to Section 1 Chair

Please verify below that each person listed on this roster has met the 6 contest minimum this sports season. Girls: Dan Doherty dohertyd@optonline.net

Boys: Rich Clark rclark@scarsdaleschools.org

School _____

Sport _____

Coach _____
(Name, Email, Cell)

Athletes Names

Athletes Names

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

Each athlete has participated in at least 6 contests during the regular season, which meets the NYSPHSAA minimum number of contests required.

Coach's Signature/Date

Athletic Director Signature/Date