

## GYTOA Local Rules and Suburban League Coaches meeting

August 17, 2023

Austintown Fitch Cafeteria

Suburban League Procedures,  
Rule Changes, Points of Emphasis,  
Start, Scoring, Uniforms

## Schedule

- The league schedule is attached.
- Issues with conflicts – Week 3 at Austintown will be on Wednesday, Championship will be on Tuesday
- Other changes
- No rain dates are scheduled.

### Awards

- Same as in previous years
- Regular season Top 25 in each regular season race (HS & MS)
- Top varsity boys and girls teams at end of season
- Championship Meet
  - Top 5 varsity teams
  - Top 14 varsity runners - plaque
  - Next 7 – medal
  - Ribbons through 50th
  - Top 2 MS teams
  - MS – top 14 – medals
  - Ribbons through 50th

## Meet procedures

- Report on time for each race (10 minutes before scheduled start)
- NOTE START TIMES
- Turn in stickers on time – 10 minutes after next race starts
  - If you have a large roster, get top 7 in right away!
- **Runners who cannot complete the race in 30 minutes (20 min MS) may have an alternate finish area adjacent to the regular chute. We may not be able to time these athletes!**
- **Coaches who have a runner who will not finish in 30 minutes and will affect team scoring (top 5) must notify the finish officials ASAP. Those coaches are responsible to collect the finish label and give it to the official scorers promptly.**
- Suggestion: Print your own labels with athletes' names and school; our labels are 1" x 2 1/2"
- Scoring – x out stickers if less than 5/more than 7 runners
- Reporting results to newspapers – league responsibility
- Weather considerations – access to emergency help, availability of water at finish, potential for extreme heat

## Championship meet info

- **Tuesday, September 19**
- Canfield Fairgrounds
- Entry procedure – Milesplit – please make sure you have an account set up well in advance

## Expectations

- The league will provide each host site with:
  - Clerk, starter/referee, finish judge, timer (with printing stopwatch), 2 scorers, and a reporter, and will report results to newspapers
  - All necessary scoring material – posters, stickers
  - Ribbons for each race
  - League will report results to newspapers

Note: Officials will be responsible for bringing ribbons and scoring materials to each meet.

## Expectations

- Each host school is expected to provide:
  - Adequate parking directions, with helpers as needed
  - Safe, well marked and **measured** course
  - please send map to [jdaubenspeck@gytoa.com](mailto:jdaubenspeck@gytoa.com) to be posted on web site.
  - **Finish chute**
  - **Responsible personnel to distribute scoring stickers and place ribbons in the chute**
  - Adequate water in the finish area
  - Access to medical attention if needed (have appropriate phone numbers and cell phone ready)

## Expectations

- All coaches are expected to:
  - Know and teach the rules to their athletes, especially (but not only) the uniform rules
  - Be aware of weather conditions such as heat/humidity, and know your athletes' preparation for the conditions
  - Varsity coaches please communicate with middle school coaches and other members of your program
  - Pacing – educate parents/athletes
  - Holding hands during race
  - Spectator/parental interference with officials
  - Get your team to the starting line on time!**
  - Report dropped runners
  - Legibility of stickers
  - Get scoring stickers turned in promptly!** Complete and submit scoring stickers within 10 minutes after the start of the next race. Stickers submitted later than that may not be included in the scoring. We suggest printing small labels with each runner's name and school on them that can be stuck on the scoring sticker. This will save you and the scorers' time, and improve legibility.
    - Be good guests – police your teams' camps before leaving each site. Most host schools rely on public parks for their facility and your help and cooperation helps insure their future availability.
    - Emphasize good sportsmanship

## League Schools Hosting Invitationals

- Aug 26 McDonald Billy Goat Challenge
- Aug 31 Maplewood Oscar Grant Inv. (Trumbull Fairgrounds)
- Sept 9 East Palestine Rotary Inv
- Sept 9 Ray Sweeney Inv (Champion)
- Sept 16 Spartan Inv (Boardman)
- Sept 23 Jean Smith Inv (Lordstown)
- Sept 30 Clipper Inv (Columbiana)
- Oct 7 Jackson-Milton Inv
- Oct 7 Legends Inv (Maplewood – Trumbull Fairgrounds)
- Any additions or corrections?

## Tournament information

- Northeast District schools check at:
  - <https://www.ohsaa.org/Northeast-Sports-Tournaments/Cross-Country>
- East District schools check at:
  - <https://www.ohsaa.org/East-Sports-Tournaments/Cross-Country>
- Team count (for next year's assignments) is based on 5 finishing, NOT "5 on the line"

## State Rules Meeting and Manual

- Online state meeting required for tournament officiating
  - Via Myohsaa, just as for track
  - Should have been completed by August 16 without penalty, by Sept 4 with late fee
- Manual for Coaches and Manual for Officials are now available on line
  - <https://www.ohsaa.org/sports/cc>
  - Note: Scroll to bottom for officials' manual

## Starting commands

- Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start. **Remind runners to move back 3 meters before whistle command.**
- The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
- The starter slowly raises both arms overhead.
- When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race. The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.

## Breaking ties

- 6th man, or add top 4 runners
- Applies to all team places, not just first

### Note on weather conditions

We intend to provide opportunities for athletes to compete each week. If you feel the heat is excessive, it is up to you to decide whether any or all of your athletes participate.

### Additional points...

- Course marking clarification
- Course obstacles
- Providing aid
- Jersey numbers - may have some with, some without
- Distance of races
- Water provided on course is permitted
  - Carrying of water is not allowed
- Scoring – by place only, but modified scoring is OK
- Lead vehicle – safe distance, clock on back secured
- Use of video prohibited, penalty for coaches and athletes
- Modified scoring (not being used in Suburban League)

### Modified scoring

- In accordance with NFHS Rule 8-2-3 the OHSAA has adopted modified scoring. Modified scoring is a scoring procedure that would allow teams with less than five runners to score in a regular season meet. It can only be used when approved by a meet's games committee and all participating schools have been notified in advance of the meet verbally, in writing, or in the contest contract. Modified scoring does not allow games committees to change/modify any other element of the scoring process. Modified scoring shall not be used in OHSAA tournament competitions. If modified scoring is used, it MUST follow the procedure outlined below:
  - After runners in excess of each team's allotted 7 athletes are removed and the remaining runners re-ranked, the next place in the ranking will be added to each team with 4 runners. The next 2 places will be added to each team with 3 runners, and so on to give each team 5 places to be scored. This means that all teams without 5 finishers shall be awarded the same position(s) for their next scoring position(s). Therefore, if there are 109 finishers (after removing those who are not in their team's top 7), ALL teams with fewer than 5 finishers will be awarded 110th place, ALL those with fewer than 4 finishers will also be awarded 111th place, etc. until 113th place is awarded to all teams having only one runner.

### Uniform rules

- Review OHSAA cross country manual, pp. 7-9 – it can be accessed [here](https://www.ohsaa.org/sports/cc) (https://www.ohsaa.org/sports/cc)
- Newer uniforms may look slightly different – ***same color, logo, general design***
- ***Tights having waist band with multiple logos are now legal if worn as uniform bottom***
- ***No waiver needed for headgear, other religious exceptions must be approved in advance – email Dustin Ware (dware@ohsaa.org) with details – he will send approval***
- Tucking in jerseys required ***in tournament – can be a games committee requirement***
- Removing uniform in competition area is illegal
- Waist band must be worn above hips (can be rolled)
- Jersey must cover waist band when athlete stands erect

### Uniforms (continued)

- Hats/gloves at referee's discretion –stocking cap or other headwear approved by the referee – hats with stiff bills are not permitted.
- Headbands
- Socks, sleeves – no restrictions
- Manufacturers' Logos – number and size limitations
- Knots in jerseys not allowed
- Pre-race meeting with referee constitutes everyone's warning!
- ***Jersey numbers no longer required!***
- ***No longer any restrictions on undergarments or jewelry***
- Atomizers (or other medical requirements) – doctor's note ***stating that it is required for competition***
- GPS watches are allowed to be worn, but GPS and communication capabilities cannot be used.
- Only warning is given by starter/referee immediately before the start, and violations after that warning warrant a disqualification.

### Additional Information

- Heat illness
  - Signs and symptoms
  - Immediate care
- Service animals
  - Only dogs are allowed
- Next meeting: Monday, August 29, 6:45 pm, Fitch cafeteria

## Suburban League Cross Country 2023 Schedule

Varsity Girls – 4:45; Varsity Boys – 5:20; Middle School Girls – 5:50; Middle School Boys – 6:10

### Week 1: Tuesday August 29

**Host: Girard**

Bloomfield  
Brookfield  
Champion  
Columbiana  
Girard  
Jackson-Milton  
LaBrae  
Lordstown  
Maplewood  
Mineral Ridge  
Newton Falls  
Southington  
Warren Harding

**Host: McDonald**

Badger  
Boardman  
Bristol  
Chaney  
Crestview  
East  
Fitch  
Hubbard  
Lakeview  
Liberty  
Lowellville  
Mathews  
Niles  
Struthers  
Warren JFK

**Host: East Palestine**

Beaver Local  
Canfield  
East Liverpool  
East Liverpool Christian  
Heartland  
Howland  
Leetonia  
Lisbon  
Mooney  
Poland  
Sebring  
Southern  
South Range  
Springfield  
Ursuline

### Week 2: Tuesday, September 5

**Host: Brookfield**

Bloomfield  
Bristol  
Fitch  
Howland  
Hubbard  
Jackson-Milton  
Lakeview  
Maplewood  
Mathews  
Niles  
Poland  
Southington  
Ursuline  
Warren Harding

**Host: Champion**

Badger  
Canfield  
Girard  
LaBrae  
Liberty  
Lordstown  
Lowellville  
Mineral Ridge  
Mooney  
Newton Falls  
Niles  
South Range  
Struthers  
Warren JFK

**Host: Boardman**

Beaver Local  
Chaney  
Columbiana  
Crestview  
East  
East Liverpool  
East Liverpool Christian  
East Palestine  
Heartland  
Leetonia  
Lisbon  
McDonald  
Sebring  
Southern  
Springfield

### Week 3: Tuesday, September 12

**Host: Niles**

Badger  
Bloomfield  
Bristol  
Brookfield  
Champion  
Hubbard  
LaBrae  
Lakeview  
Lordstown  
Maplewood  
Mineral Ridge  
Southington  
Warren Harding  
Warren JFK

**Host: Fitch (Wed.  
9/13)**

Boardman  
Chaney  
Girard  
East  
East Liverpool  
Howland  
Jackson-Milton  
Liberty  
Mathews  
McDonald  
Mooney  
Newton Falls  
Southern  
Ursuline

**Host: Columbiana**

Beaver Local  
Canfield  
Crestview  
East Liverpool Christian  
East Palestine  
Heartland  
Leetonia  
Lisbon  
Lowellville  
Poland  
Sebring  
South Range  
Springfield  
Struthers

Tuesday, September 19

Tuesday, September 26

Wednesday, September 27

Saturday, October 21 – District Meets

Suburban League Championship Canfield Fairgrounds

County Meets Trumbull – Maplewood; Columbiana – East Palestine

County Meet Mahoning - Fitch

Updated 7/25/2023