

GYTOA Local Rules Meeting

August 6, 2020

Austintown Fitch Cafeteria

Changes, Points of Emphasis, and
Other Key Topics



State Rules Meeting and Manual

- Online state meeting required for tournament officiating
 - Via Myohsaa, just as for track
 - Must be completed by Aug 23 without penalty (email, July 23)
 - About 25 minutes
- Manual for Coaches and Officials now available online
 - Ohsaa.org → Sports and Tournaments → Cross Country → menu on left side of page



Rule changes/Points of Emphasis

- Course marking clarification
- Providing aid
- Jersey numbers - may have some with, some without

Additional points...

- Distance of races
- Water on course
- Scoring – by place only, but modified scoring is OK
- Lead vehicle – safe distance, clock on back



Uniform rules

- Review OHSAA cross country manual, pp. 5-8 – it can be accessed [here](#).
- New uniforms that look slightly different – ***same color, logo, general design***
- ***Tights having waist band with multiple logos are illegal, if worn as uniform bottom***
- No waiver needed for headgear
- Religious exceptions must be approved in advance – email Dale Gabor (dgabor@ignatius.edu) with details – he will send approval
- Tucking in jerseys required ***in tournament***
- Removing uniform in competition area
- Waist band worn above hips
- Jersey must cover waist band



Uniforms (continued)

- Hats/gloves at referee's discretion – hat must be stocking cap
- 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 still not allowed



Covid-19 guidelines/recommendations

- General Recommendations:
- Social distancing of at least 6 feet should be maintained at all times. No hugging, shaking hands, or fist bumps for support/encouragement.
- Cross country meets should consider using staggered, wave or interval starts.
- Possible Rule Modifications:
 - 8-1-3a: Consider widening the course to at least 6 feet at its narrowest point.
- Finish:
 - Consider using finish corrals and FAT timing for larger meets as easier to distance at finish.
 - With no FAT timing system consider alternative means of finish place and time to address congestion at finish line.
 - Consider using image-based equipment at finish to assist with picking place to avoid congestion.
- Clean and disinfect frequently touched surfaces and exercise equipment.
- Pre and Post Game Ceremony:
 - Establish cross country specific social distancing meet protocols including the elimination of handshakes before and after the match.



Covid-19 guidelines/recommendations

- Recommendations for Officials:
 - Bring personal hand sanitizer. Wash hands frequently
 - Don't share equipment.
 - Follow social distancing guidelines:
 - Pre and Post Meet conferences
 - Clerking at the start line
 - Tabulations and posting of results
 - Consider using electronic whistle.
 - Do not shake hands and follow pre and post-game ceremony guidelines established by state associations.
 - Officials should adhere to all face mask requirements that the host site's county has set forth.



Additional Information

- Heat illness – pp. 13-14 of manual
 - Signs and symptoms
 - Immediate care
- Service dogs – p. 11 of manual
 - Only dogs are allowed
- State meet moved to The Fortress in Obetz, OH
- Suburban League decision
- District structure
- Next meeting: August 27, 6:45 pm, Fitch cafeteria

