2020 NFHS CROSS COUNTRY RULE CHANGES

CROSS COUNTRY COURSE MARKINGS

8-1-1 Cross Country Course
ART. 1 . . . The cross country course shall be 2,500 to 5,000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course.

The course shall be clearly marked using one or more of the following methods:

a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.
b. The use of natural or artificial boundary markers.
c. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that a runner may take.

FLAG DESIGNATIONS

- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.

ART. 2 . . . In case of a discrepancy in the course markings, directional flag markings cones and course markings take precedence over any other course markings.

Rationale: The reorganization of the rule defines that a course should be clearly marked with any or all of the methods listed in the rule.
CROSS COUNTRY COURSE

8-1-3 Cross Country Course
ART. 3 . . . The race course should include the following features:

a. Signs and flags at least 6 feet above the ground 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 (one meter) wide at its narrowest place. No narrow section should be longer than 10 feet (3 meters) long. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.

b. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. At least 90% of the course should be a yielding surface such as grass or wood chips.

c. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.

d. At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.

e. At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the chute. This funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) 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. See diagrams of chutes.

NOTE: For large meets, the use of multiple chutes is recommended. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of finish chutes.

Rationale: This rule change will not eliminate courses that may be used for smaller meets with limited numbers of participants. The additional language for a suggested straight away at the start provides a recommendation for a minimum distance at all meets.

PROVIDING AID

8-6-1e Disqualification and conduct
ART. 1 . . . A competitor is disqualified who:

a. Receives assistance from another competitor to complete the race.

1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.

NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

Rationale: When no advantage is gained by a competitor helping a distressed or injured competitor, the competitor assisting should not be penalized for exhibiting good sportsmanship providing neither they nor their team gamin an advantage as a result of providing assistance.
Adopted the portion of NFHS Track & Field/Cross Country Rule 8-2-3 (page 64) that permits Leagues and/or Conferences to modify the scoring system when less than five (5) competitors are available in a dual meet competition.

- Just to be clear “Modified scoring” in a CC Meet can only be done in our State if a League/Conference/District in advance of the first legal playing date approves to use the modified scoring procedure due to the fact the teams in their league/conference have less than 5 runners making up their team.

- Two schools cannot just decide to use it halfway through or at the end of the season due to low numbers unless that decision was made by the league/conference before the start of the regular season. Finally, modified CC scoring is only for regular season Meets and NOT invitational/Legue championships/District Championships.

- If a team has less than 5 runners or both teams have less than 5 runners is the only time the “modified scoring” procedure would be used.

Scenarios:

- Team A has 4 runners and Team B has 4 runners – the Meet would be scored using the finishing places of the 8 runners only. (There would be 36 points to be awarded and there would be NO displacers.)

- Team A has 3 runners and Team B has 3 runners – the Meet would be scored using the finishing places of the 6 runners. (There would be 21 points to be awarded and there would be NO displacers)

- Team A has 4 runners and Team B has 3 runners – The 7 runners that run the race would be awarded places 1 thru 7 (NO Displacers). Team B would be credited with a ghost runners and would be awarded 8th place.

- Team A has 2 runners and Team B has 3 runners – the 5 runners that run and finish the race would be awarded places 1 thru 5 (No displacers). Team A would be credited with a ghost runner and be awarded 6 points for a 6th place finish.

- Team C has 6 runners and Team D has 4 runners – Assuming all of Team D’s runners finished ahead of Team’s C sixth runner that runner would be a displacer and Team D would be credited with a ghost runner that finished the race in 11th place. In any case Team C would have a displacer and the Team D would still need to be credited with a ghost runner in 11th place.

- Team E has at least 7 runners and Team F has 4 runners – Team E would have 2 runners that would be displacers and Team F would have a ghost runner that finished 12th added to their team score.
REMINDER!!

- A PIAA T&F/CC Official will be required for All Varsity High School Meets.
- It will be recommended that a PIAA Official be used during Jr. High/MS Meets, but NOT re-quired.

STARTER/REFEREE DUTIES FOR CROSS COUNTRY MEETS

1. Report to the Meet site 30 to 45 minutes prior to the Start of the first race.
2. Find the location of the Starting line and Finishing line and make sure they are adequately marked or lined.
3. Review or become familiar as best you can with the layout of the course.
4. Meet with the home team coach to review how the course is marked and determine if there are any irregularities about the course you or the visiting team(s) should be aware, (#3 could also be done at this time) and verify the starting time(s) and which race will be run first (boys or girls) or if the races will be run at the same time.
5. Check in with the visiting coaches to make sure their athletes have had the chance to walk the course and if they will be warmed up and ready to start at the assigned starting time.
6. Meet with the Coaches and Captains 20 minutes before the start of the first race to answer ques-tions, review any special rules of the Course and read the Sportsmanship message and determine starting block assignments if use.
7. Fifteen minutes before the start of each race, check in the athletes at the starting line, check uni-forms and give your starting instructions and place the athletes at the starting line in the order agreed upon.
8. Start the race and watch for any infraction in the first 100 to 300 yards of the race and the last 100 to 300 yards of the race, if possible.
9. Be at the Finish line at the end of the race to pick any close finishes.
10. Review the order of finish as recorded on the scoring sheets and verify that the team score(s) are correct and that the displacers were properly recorded.
11. Sign, date and record the time you verified the final score and places on the Score Sheets.

OFFICIALS MANUAL

All officials could become aware of the contents of the Officials' Manual which can be found under the Officials heading at www.piaa.org.

This manual provides valuable information concerning many aspects of officiating as they relate to PIAA policies and procedures.
MODIFIED XC SCORING WHEN FEWER THAN 5 RUNNERS COMPETE FOR A SCHOOL

PIAA adopts NFHS Track & Field and Cross Country Rule 8-2-3 to permit Leagues and/or Conferences to modify the scoring system when less than five competitors are available in dual meet competition. The adoption by a league/conference is to be made prior to the first legal contest date (September 4).

NOTE: Two schools cannot mutually agree to use the adoption if the League/Conference has not adopted this provision. Modified scoring is permitted only in Regular Season dual meets and NOT invitationals/League Championships/District Championships.

The NFHS Track & Field and Cross Country Rules Book provides under Rule 8-2 the following:

ART. 1 ... Scoring shall be as shown in the following table:

<table>
<thead>
<tr>
<th>Place:</th>
<th>First</th>
<th>Second</th>
<th>Third</th>
<th>Fourth</th>
<th>Fifth</th>
<th>Sixth,</th>
<th>etc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Points:</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
<td>etc.</td>
</tr>
</tbody>
</table>

ART. 2 ... All competitors who finish the race shall be ranked and tallied in accordance with the above table. In cross country, up to seven team members retain their order of finish. Any team members beyond seven shall be disregarded and shall not displace any opposing runners. The team score then shall be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest 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. By state association adoption, a modified scoring system may be used.

The PIAA Adoption provides as follows: If teams do not have an equal number of competitors, the team with the fewer number of competitors will count a place(s) one more than the total number of runners towards their team score, up to a maximum of five places.

The following is a sample of how the scoring would occur if one of the teams has fewer than 5 runners: In this example, Gold HS only has three runners (the Gold 4th and 5th places are shown in parentheses).

<table>
<thead>
<tr>
<th>Sample Meet</th>
<th>Blue HS</th>
<th>Gold HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runner 1</td>
<td>3rd</td>
<td>1st</td>
</tr>
<tr>
<td>Runner 2</td>
<td>4th</td>
<td>2nd</td>
</tr>
<tr>
<td>Runner 3</td>
<td>6th</td>
<td>5th</td>
</tr>
<tr>
<td>Runner 4</td>
<td>7th</td>
<td>(11th)</td>
</tr>
<tr>
<td>Runner 5</td>
<td>8th</td>
<td>(12th)</td>
</tr>
<tr>
<td>Runner 6</td>
<td>9th</td>
<td></td>
</tr>
<tr>
<td>Runner 7</td>
<td>10th</td>
<td></td>
</tr>
<tr>
<td>Final Score</td>
<td>28</td>
<td>31</td>
</tr>
</tbody>
</table>

Blue would be declared the winner of this dual meet.
The following is a sample of how the scoring would occur if both of the teams have fewer than 5 runners:

In this example, Blue HS only has four runners and Gold HS has 3 runners (the Gold 4th place is shown in parentheses).

<table>
<thead>
<tr>
<th>Sample Meet</th>
<th>Blue HS</th>
<th>Gold HS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Runner 1</td>
<td>3rd</td>
<td>1st</td>
</tr>
<tr>
<td>Runner 2</td>
<td>4th</td>
<td>2nd</td>
</tr>
<tr>
<td>Runner 3</td>
<td>6th</td>
<td>5th</td>
</tr>
<tr>
<td>Runner 4</td>
<td>7th</td>
<td>(8th)</td>
</tr>
<tr>
<td>Runner 5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Runner 6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Runner 7</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Gold** would be declared the winner of this dual meet.

If a team has less than 5 runners or both teams have less than 5 runners, this is the only time the “modified scoring” procedure may be used.

**Additional Scenarios with Both Teams having Fewer than 5 Runners:**

- Team A has 4 runners and Team B has 4 runners – the Meet would be scored using the finishing places of the 8 runners only. (There would be 36 points to be awarded and there would be NO displacers)
- Team A has 3 runners and Team B has 3 runners – the Meet would be scored using the finishing places of the 6 runners. (There would be 21 points to be awarded and there would be NO displacers)
- Team A has 4 runners and Team B has 3 runners – The 7 runners that run the race would be awarded places 1 thru 7 (NO Displacers). Team B would be credited with a ghost runner and would be awarded 8th place.
- Team A has 2 runners and Team B has 3 runners – the 5 runners that run and finish the race would be awarded places 1 thru 5 (No displacers). Team A would be credited with a ghost runner and be awarded 6 points for a 6th place finish.

**Additional Scenarios with One Team having Fewer than 5 Runners:**

- Team C has 6 runners and Team D has 4 runners – Assuming all of Team D’s runners finished ahead of Team’s C sixth runner that runner would be a displacer and Team D would be credited with a ghost runner that finished the race in 11th place. In any case Team C would have a displacer and the Team D would still need to be credited with a ghost runner in 11th place.
- Team E has at least 7 runners and Team F has 4 runners – Team E would have 2 runners that would be displacers and Team F would have a ghost runner that finished 12th added to their team score.
**2020 PIAA ADOPTIONS AND MODIFICATIONS**

- Adopt the 2020 NFHS Track and Field Rules Book.
- Modify Rule 1-2-1, order of running events, exclusive of the 4x200 Meter Relay
- Modify Rule 2-2 to provide for a tiebreaking procedure for track and field dual meets
- Modify Rule 3-2-6, to provide for Contests interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated with the existing Team scores
- Modify Rule 4-2-4c, to authorize District Committees to permit more than three contestants from the same school to be entered, but not participate, in individual events in their respective qualifying meets
- Modify Rule 5-5-7 to permit the fastest section to be run first in meets with 4 or less schools
- Pursuant to Rule 6-5-3 NOTE, adopt the PIAA Pole Vault Verification Form

**PIAA SPORTSMANSHIP MESSAGE**

**This message shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial ethnic background of any party.**

*PIAA requires all registered sports’ officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today’s contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today’s contest.*

The proper procedure is head coaches and captains MUST attend the pre-game reading of the sportsmanship message. Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Track and Field Rules.

The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.
PIAA BY-LAWS: ARTICLE XIII, SECTION 8

Section 8. Disqualification From Next Contest(s).

General Rule. Preamble

Sportsmanship is a core principle in interscholastic athletics. Actions which are unethical and/or intended to demean, embarrass, intimidate or injure opposing contestants, teams, spectators and/or officials are considered unsportsmanlike and will not be tolerated since they are contrary to the purposes of PIAA and convey lessons incompatible with the reason why high school sports exist.

1. Mandatory Disqualification. One Game Suspension

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a contest by a state high school association recognized and/or registered official in that sport for unsportsmanlike conduct or flagrant misconduct is disqualified from coaching and/or participating for the remainder of the day and in all contests on the next contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the coach and/or contestant was previously disqualified. For a coach, participation in the next contest includes any contact by the coach with members of the team, including other coaches, between the time that the team arrives at the contest site and the conclusion of the last contest of the day. The principal must direct the coach not to attend all of the contest(s).

2. Supplemental Disqualification. Two Game Suspension

Any coach and/or contestant who, while coaching or competing for a PIAA member school, is ejected from a contest by a state high school association recognized and/or registered official and a component of the ejection is confronting, contacting or addressing a coach, contestant or official using foul or vulgar language, ethnic or racially insensitive comments or physical contact will be disqualified from competition for the remainder of the day and for the next two (2) contests including all contests on the next two (2) contest days of the same level (varsity, junior varsity, or otherwise) of competition from which the coach and/or contestant was previously disqualified. For the purposes of this provision, the jurisdiction of the official(s) to apply and enforce this rule begins upon the official's arrival at the contest site and ends when the official (or the last of the team of officials) leaves the contest site. The contest site is defined as premises on which the competition surface is located and includes the entirety of the premises and parking areas.

When the Supplemental Disqualification implicates a contestant, and in addition to the two (2) contests disqualification, the contestant may not return to competition representing the contestant’s school until the contestant completes the NFHS Sportsmanship program at NFHSLearn (online) and provides a certification of completion of this program to the student’s principal and the principal submits the certification to the PIAA District Sport Chairman. A coach disqualified under this provision may not return to competition representing the coach’s school until the coach completes the NFHS Sportsmanship program and Teaching and Modeling Behavior program at NFHSLearn (online) and provides a certification of completion of these two programs to the coach’s principal and the principal submits the certification to the PIAA District Sport Chairman.

A disqualification under B. above supersedes a disqualification under A. above. A PIAA District Committee may, at its discretion, convene a hearing to address any and all disqualifications and may provide additional penalties as warranted by the circumstances.

**Note to officials: the enforcement of the rules as written and the use of the mechanics when ejecting personnel from a contest cannot be stressed enough. PIAA cannot defend the lack of enforcement of sportsmanship rules nor the failure to use approved mechanics with regard to these ejections.**
EXAMPLES OF DISQUALIFICATION PROVISION
OF ARTICLE XIII, SECTION 8

The Supplemental Ejection is not designed for violations of “Rules of the Game”
The one game sit out penalty still remains for those actions that do not fit the Supplemental Ejection policy
PIAA Board of Directors has given officials an additional tool to use, if warranted, to curb bad behavior.
This could aid in the recruitment and retention of officials.
Officials should not concern themselves with the penalty. School administration will handle that.

A few examples:

**Situation:** After the basketball has concluded and the officials are in the locker room varsity head coach Jones begins to bang on the door and use profanity toward the officials.

**Ruling:** The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Jones who must sit out the next two varsity contests. The crew chief must also make contact with Coach Jones athletic director immediately or immediately after leaving the contest site to inform them that the Supplemental Disqualification was issued on Coach Jones.

**Situation:** After the softball game has concluded and the umpires are at their cars loading their equipment into their vehicle trunks, junior varsity coach Smith walks up to them and begins to use vulgar language toward the umpires.

**Ruling:** The crew chief must inform junior varsity coach Smith that he is being assessed a Supplement Disqualification. The crew chief must file the Supplemental Disqualification report within 24 hours on Coach Smith who must sit out the next two junior varsity contests.

**Situation:** Prior to the girls’ varsity lacrosse contest as one of the officials are getting out of their vehicle in the parking lot a player approaches the official and says, “Hey ref try not to f!@#ing suck tonight.”

**Ruling:** The official must immediately inform the player that a Supplemental Disqualification is being issued on them and they cannot play in today’s contest. The officials must then inform the head coach of the ejection and the fact that it is a Supplemental Disqualification. The ejecting official must file the Supplemental Disqualification report within 24 hours on the player who must sit out that night’s contest and the next two varsity contests.

**Situation:** After the volleyball match has concluded and the officials are walking through the school lobby to get to their cars a parent confronts the officials and uses profanity toward them.

**Ruling:** The officials must not engage the parent in discussion and should continue to their vehicle, if possible. Upon reaching their vehicles the crew chief must immediately contact the host school’s athletic director and inform them of what occurred. The officials do not retain jurisdiction under the Supplemental Disqualification in this instance. It does not apply to fans, only coaches and contestants. School athletic administrators must take action to prevent this type of occurrence in the future.

**Situation:** After the varsity football game has ended and the officials are gathering at the 40 yard line to proceed to the locker room, the head coach rushes on to the field and confronts the crew about calls made that evening.

**Ruling:** The crew chief must inform the head coach that he is being assessed a Supplemental Disqualification for his actions. The crew chief must file the Supplemental Disqualification report within 24 hours on the head coach who must sit out the next two varsity contests.

**Final Point:**

**Question:** On the new 2 game DQ is it going to be the officials’ decision if it’s a 2 game DQ or the PIAA’s after reviewing the report?

**Answer:** As with the previous 1 game DQ, it is always the decision of the official to eject but the actions of the player or coach will be the deciding factor whether the Supplemental DQ is used.

The official really has no decision to make. If the actions are what is listed in the Supplemental Disqualification then the penalty is 2 games, the decision will be made for them by the actions of the offender.

The official will not have the ability to choose between the two. The choice will be made for them.
PIAA BY-LAWS—ARTICLE XV; SECTION 5
RECOMMENDATION OF WRITTEN CONTRACT

PIAA member schools should enter into written (paper or electronic) contracts with the officials retained by the schools or assigned by an assignor to officiate regular season contests. The terms of such contracts must not violate the PIAA Constitution and By-Laws, Policies and Procedures and Rules and Regulations. Registered sports officials are independent contractors and therefore, are NOT employees of PIAA, the school, or the assignor.

OFFICIAL’S UNIFORM

Copied from the PIAA Official’s Manual:

Required Uniform Policy
a) Except where specifically modified by the Board of Directors, the acceptable official's uniform for any PIAA contest will be determined by the National Federation of State High School Association (NFHS).
b) All PIAA-Registered Sports Officials must wear identical uniforms during a contest.
c) The wearing of jewelry (except wedding bands and medical-alert bracelets) and wrist watches (except as a required timing device) is prohibited. Smoking and/or tobacco chewing is prohibited. Obviously, use of alcoholic beverages prior to game assignments is prohibited.
d) White soles around the shoe are not considered an accent mark and shoes with white soles cannot be worn as an approved uniform item.
e) Required uniform for PIAA-Registered Officials:

TRACK AND FIELD & CROSS COUNTRY
Shirt - White.
Slacks - Navy blue.
Note: Starters will wear an orange cap, orange shirt or orange jacket and/or orange sleeve.
PIAA Approved Officials Footwear

**LEGAL**

Shoes - Solid Black or Black with white accents with black laces. White soles around the shoe are not considered an accent mark.

**ILLEGAL**
OUTDOOR EVENTS: SPECTATOR DECORUM

The presence and/or the use of balloons, whistles, and/or portable listening devices (without earphones) are PROHIBITED! Persons using such items may be removed from the Contest. The use of pom-poms by cheerleaders and small portable listening devices with earphones is permitted. Spectators are prohibited from removing their shirts and/or using body paint while in attendance at District and InterDistrict Championship Contests and may be removed from the Contest for doing so. Principals and Athletic Directors shall inform and publicize these regulations to students. The failure of a school to so inform or publicize will not, however, prevent removal from the Contest for violations of this policy. The Principal, Athletic Director, Coaches, team physician, team trainer, players in uniform, managers, ball holders, and statisticians are the only persons permitted in the team box.

FITNESS AND HEALTH CONDITION

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a check-up. It is part of good personal health maintenance to have an annual physical exam and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components along with proper nutrition will assist in developing one's optimum body composition.

The PIAA Sports Medicine Committee recommends that each registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators and fellow officials deserve no less. As importantly, officials owe good health habits to themselves and their families if for nothing more, than the health of it. If officials have any chronic health condition, officials are requested to share this information with on site medical personnel at their contest(s).

UNIVERSAL HYGIENE

PROTOCOL FOR ALL SPORTS

- Shower immediately after every competition and practice.
- Wash all workout clothing after each practice.
- Wash personal gear (knee pads and braces) weekly.
- Do not share towels or personal hygiene products (razors) with others.
- Refrain from full body (chest, arms, abdomen) cosmetic shaving.
INFECTIOUS SKIN DISEASES

Strategies for reducing the potential exposure to these infectious agents include:

- Athletes must be told to notify a parent or guardian, athletic trainer and coach of any skin lesion prior to any competition or practice. An appropriate health-care professional should evaluate any skin lesion before returning to competition.

- If an outbreak occurs on a team, especially in a contact sport, all team members should be evaluated to help prevent the potential spread of infection.

- Coaches, officials and appropriate heath-care professionals must follow NFHS or state/local guidelines on “time until return to competition.” Participation with a covered lesion may be considered if in accordance with NFHS, state or lock guidelines and the lesion is no longer contagious.

BLOOD-BORNE INFECTIOUS DISEASE

Strategies for reducing the potential exposure to these agents include following Universal Precautions such as:

- An athlete who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the activity (game or practice) until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to activity.

- Athletic trainers or other caregivers need to wear gloves and take other precautions to prevent blood or body fluid-splash from contaminating themselves or others.

- In the event of a blood or body fluid-splash, immediately wash contaminated skin or mucous membranes with soap and water.

- Clean all contaminated surfaces and equipment with disinfectant before returning to competition. Be sure to use gloves when cleaning.

- Any blood exposure or bites to the skin that break the surface must be reported and immediately evaluated by an appropriate health-care professional.

If you are in need of updating your officiating supplies, please be reminded that Officially Sports is the official vendor of PIAA Sport Officials’ Uniforms. Please give them your consideration for any purchases regarding officials’ supplies. If interested, you may provide them with your email address to send you their catalog, seasonal specials and discounted items that may be of interest and service to your avocation of sports’ officiating. Officially Sports may be contacted via email at sales@officiallysports.com, by calling 800-934-4555 or at www.officiallysports.com.
### CANCELLATION OF AN OFFICIAL’S CONTRACT BY A PIAA MEMBER SCHOOL

If a PIAA member school violates or cancels a contract with an official, the District Committee or the Board of Directors, in their respective jurisdictions, may require a school so violating or so canceling to pay to the offended official the fee or fees for the Contest or Contests which have been provided in the official contract. Failure of a PIAA member school to live up to the terms of the contract shall be considered a violation of the Constitution and By-Laws of PIAA.

**Comment:** It has been brought to our attention on numerous occasions that officials have lost assignments or games because a school or assignor has “double booked” the contest. Officials are reminded that unless there is a written contract executed between the parties, they have no claim to any type of reimbursement from the offending school(s). Many schools have made a “good faith” effort to the officials to get them an additional assignment in the future or offer a scrimmage to pick up the lost fees. However, officially, without a written, signed, properly executed contract between the official(s) and the school(s), there is no recourse for the officials. In this day of technology it is not very hard for assignors, or schools, to execute these contracts. This is part of an assignor’s responsibility. Officials should request contracts from their assignors or schools for both parties protection.

### POLICY ON EYE SHADE

The use of eye shade must be worn as a single, solid stroke under the eye. There shall be no numbers, works, logos, symbols or other detail located in the eye shade. The eye shade shall not extend below the cheek bone and extend no further than the width of the eye socket. Player having eye shade that does not meet the standards are to remove it or comply with PIAA interpretation before participation in the game. If the player do not comply, the officials may impose unsportsmanlike conduct type penalties as determined by their respective rules code.

### COMMUNICABLE DISEASE AND SKIN INFECTION PROCEDURES

Proper precautions are needed to minimize the potential risk of the spread of communicable disease and skin infections during athletic competition. These conditions include skin infections that occur due to skin contact with competitors and equipment. The transmission of infections such as Methicillin-Resistant Staphylococcus aureus (MRSA) and Herpes Gladiatorum, blood-borne pathogens such as HIV and Hepatitis B, and other infectious diseases such as Influenza can often be greatly reduced through proper hygiene. The NFHS SMAC has outlined and listed below some general guidelines for the prevention of the spread of these diseases.

**OTHER COMMUNICABLE DISEASES**

Means of reducing the potential exposure to these agents include:

- Appropriate vaccination of athletes, coaches and staff as recommended by the Centers for Disease Control (CDC).
- During time of outbreaks, follow the guidelines set forth by the CDC as well as State and local Health Departments.

For more detailed information, refer to the Infectious Disease and Blood-borne Pathogens” and “Skin Disorders” sections contained in the NFHS Sports Medicine Handbook.
GUIDELINES ON HANDLING CONTESTS DURING LIGHTNING OR THUNDER DISTURBANCES

These guidelines provide a default policy to those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning or thunder. The preferred sources from which to request such a policy for your facility would include your state high school activities association and the nearest office of the National Weather Service.

PROACTIVE PLANNING
1. Assign staff to monitor local weather conditions before and during practices and contests.
2. Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
   A. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightning is a fully enclosed (not convertible or soft top) metal car or school bus.
3. Develop criteria for suspension and resumption of play:
   A. When thunder is heard or lightning is seen*, the leading edge of the thunderstorm is close enough to strike your location with lightning. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
   B. 30-minute rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed* prior to resuming play.
   C. Any subsequent thunder or lightning* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
   D. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning* should always take precedence over information from a mobile app or lightning-detection device.

* – At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.

4. Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.

5. Inform student-athletes and their parents of the lightning policy at start of the season.

Revised and Approved March 2018
T & F / CC CONTESTANT, COACH, OR TEAM PERSONNEL DISQUALIFICATION FORM

During the PIAA Track & Field Regular Season and Postseason, a disqualified track and field contestant, coach, and/or Team personnel shall not be permitted to participate for the remainder of the day and in all Contests on the next Contest day of the same level (varsity, junior varsity, or otherwise) of competition from which the contestant, coach, and/or Team personnel was previously disqualified. For a coach, participation in the next Contest includes any contact by the coach with members of the Team, including other coaches, between the time that the Team arrives at the Contest site and the conclusion of the last Contest of the day. The Principal must direct the coach not to attend all of the Contest(s), in accordance with ARTICLE XIII, Section 8, of the PIAA By-Laws. In addition, NFHS Track & Field Rules 3-2-8 Penalty 2, 4-4-4 Penalty, 4-6-1 & Penalty, 4-6-3 and 8-6-1c may also apply. The meet official must complete this form on-line, as soon as possible, but no later than 24 hours following the completion of the Contest in which the disqualification took place. This form can be found at www.piaa.org under the Officials Section – Officials’ Forms category.

<table>
<thead>
<tr>
<th>Name of Disqualified Player, Coach and/or Team Personnel</th>
<th>School</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Game</td>
<td>Location of Game/Tournament</td>
</tr>
<tr>
<td>Visiting Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Home Team</td>
<td>PIAA District</td>
</tr>
<tr>
<td>Name of Official Who Issued Disqualification</td>
<td>Level of Competition</td>
</tr>
</tbody>
</table>

**REASON FOR DISQUALIFICATION**

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**DATE OF REPORT**  
**OFFICIAL’S NAME** (person issuing DQ)  
**PIAA DISTRICT**