I. Reminders:
   A. Eliminate enforcement of “The Jewelry Rule”;
   B. Although provided for under NFHS Cross Country Rule 8-2-3, PIAA elects NOT to adopt a modified cross country team scoring system;
   C. PIAA recommends that at least one PIAA-registered track and field and cross country official officiate ALL PIAA-member school cross country meets, at all levels (varsity, junior varsity, or otherwise) of competition; and
   D. Effective the 2019 PIAA-defined cross country season, PIAA requires at least one PIAA-registered track and field and cross country official officiate ALL PIAA-member senior high school varsity cross country meets.

II. Rule 3-2-1a PIAA modification, which “authorizes conferences or leagues to serve as the administrative body (The Games Committee”) and, as such, assumes responsibility for the proper conduct of a track and field or cross country meet.”

III. Rule 3-2-6 PIAA modification, which “provides for competition interrupted because of events beyond the control of the responsible administrative authority to be either continued from the point of interruption or terminated, by mutual agreement of the participating schools, with the existing team scores. All trials and marks, made up to either the point of interruption or the point of termination, shall stand.”

IV. Effective the 2018 PIAA-defined cross country season, implement the following simplification of NFHS Track and Field and Cross Country “Uniform Rule”:
   A. 4-3-1, which provides for “any visible garment worn under the uniform top and/or the uniform bottom to be considered a foundation garment. A foundation garment is not subject to logo/trademark/reference or color restrictions.”
   B. 4-3-1 PIAA modification, which “defines headbands, compression sleeves, and socks (without attachments) as ‘Foundation Garments’”;
   C. 4-3-2, which provides for “all relay and cross country team members to wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team”; and
   D. 4-3-2 NOTE, which provides for “the official having no uncertainty in determining that all members are from the same team.”
V. Rule 4-4 NOTE PIAA “Reasonable Accommodations” modification, which “requires evidence of written authorization from the PIAA Executive Director, or the Executive Director’s designee, before permitting a competitor to participate:

1. while wearing, for medical reasons, items such as, but not limited to a head covering and/or an insulin pump; or

B. while wearing attire, which “does not comply with uniform requirements, as set forth in the NFHS Track and Field and Cross Country Rules Book.”

NOTE: “Religious headwear is permitted, provided it is not abrasive, hard, or dangerous to the wearer and any other competitor and must be attached in such a way that it is unlikely to come off during competition.”

“Religious headwear does not need to comply with uniform requirements, as set forth in the NFHS Track and Field and Cross Country Rules Book.”

“Hijabs, turbans, and yarmulkes are acceptable religious headwear.”

VI. Rule 4-4-2 PIAA modification, which provides for an “appropriate health-care professional” to be either a licensed physician of medicine or osteopathic medicine (MD or DO).

VII. Effective the 2018 PIAA-defined cross country season, implement NFHS Cross Country Rule 8-1-1 thru 3, which “clarifies cross country course markings to better describe a legal course layout.”

VIII. Effective the 2018 PIAA-defined cross country season, implement NFHS Cross Country Rule 8-3-2 thru 6, which “clarifies, regardless of the system used to determine the place of runners, that the order of finish is based upon when a runner’s torso breaks the plane of the finish line.”

IX. Other 2018 PIAA Cross Country Information:

A. Saturday, September 22, 2018, 12th Annual PIAA Foundation Cross Country Invitational, Parkview Cross Country Course, Hershey, PA; and

B. Saturday, November 3, 2018, PIAA Cross Country Championships, Parkview Cross Country Course, Hershey, PA.
**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 Finish Line and make sure they are adequately marked and/or lined.
3. To the best of your ability, review or become familiar with the layout of the course.
4. Meet with the Home Team Head 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 made aware of (#3 could also be done at this time), verify the starting time(s), and verify 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 Team Head Coach(es) to make sure their athletes have had the opportunity to walk the course and if they will be warmed up and ready to begin at the scheduled starting time(s).
6. Meet with the Head Coaches and Team Captains 20 minutes prior to the start of the first race to answer questions, review any special rules of the Course, read the Sportsmanship Message, and determine starting block assignments, if applicable.
7. Fifteen minutes before the start of each race, check in the athletes at the starting line, check uniforms for conformity, give your starting instructions, and place the athletes at the starting line in the previously agreed upon order.
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 judge any close finishes.
10. Review the order of finish as recorded on the Scoring Sheets, verify that the team score(s) are correct, and verify that the displacers were properly recorded.
11. Sign, date, and record the time you verified the final score and places on the Scoring Sheets.

Example of a legal Foundation Garment:
Note: The foundation garment is at least 2 colors and the logo is larger than 2 ¼ square inches.
Examples of Legal and Illegal CC team/Relay team uniforms based on the rule change for 2019:

LEGAL
LEGAL if the wording on the waist of the shorts of the runner on the right is a school name or nickname, ILLEGAL if a manufacturer’s logo!

LEGAL
LEGAL

(Example of Uniforms purchased during different school years – dye lot of uniforms differ, but there is NO doubt the runners are members of the same Team. One of the main reasons for the change of the CC team/Relay Team uniform definition)
(Shorts differ slightly but NO doubt the athletes are representing the same team)