



PARTICIPATING SCHOOL TOURNAMENT INFORMATION 2021 MHSAA CROSS COUNTRY

1. TOURNAMENT FORMAT

The MHSAA LP Cross Country tournament is conducted in four equal Divisions for boys and girls. Each school is assigned to one of nine Regional meets in each Division as determined by MHSAA staff and the site selection committee. Regional assignments will be posted on the MHSAA Web site and included in the fall "Tournament Notification Form" sent to each school and posted on the MHSAA Web site.

The UP Boys & Girls Cross Country Finals are conducted in 3 Divisions, with sponsoring Class "A", "B" and "C" schools divided into two divisions and sponsoring Class "D" schools comprising Division 3. There are no Regional qualifying meets in the UP tournament. Division assignments will be posted on the MHSAA Web site.

Dates

LP Regional Meets – October 29 or 3, 2021

LP Final Meet – November 6, 2021 @ Michigan International Speedway

UP Finals - October 23, 2021 hosted by Marquette HS @ Gentz's Homestead Golf Course

Team Qualifiers, Regional to Finals

Five runners must finish a Regional run for a school to receive a team score.

The top three teams (1st, 2nd, and 3rd) will automatically qualify from the Regional to the Final Run. THE MAXIMUM NUMBER OF TEAMS QUALIFYING FROM A REGIONAL CANNOT EXCEED FOUR.

If a school finishes fourth (4th) in the Regional meet with four or more runners in the top 20 places and eight (8) or more complete teams finish the race, that school will also qualify a team for the Final Meet.

The maximum number of runners to represent a qualifying team at the Final Meet is seven.

Individual Qualifiers, Regional to Final Meet

Cross Country Finals qualification will include a minimum of seven individual qualifiers from each Regional race. All individuals receiving a medal (top 15) will advance. If the number of individual medalists is less than seven, then the additional qualifiers (up to seven) will be taken from the individual runners following 15th place.

2. TOURNAMENT PROCEDURES

NUMBER OF COMPETITORS - A school may compete with a maximum of seven entries and a minimum of one entry. At least five individuals must finish in order to be considered a complete team. Only complete teams will be scored. Individuals on the Master Eligibility List may be used as substitutes for TEAM entries in the Final meet. There are no substitutes for those entered in the individual run in the Final meet.

UNIFORMS/NUMBERS- Each team member shall wear the same color and design school uniform (jersey and trunks). Each item of apparel may have a single manufacturer's logo/trademark no more than 2 ¼ square inches with no dimension more than 2 ¼ inches. Although members of teams must comply with this rule, boys teams and girls teams from the same school are not required to be attired alike. This rule applies equally to team and individual runs. Athletes may wear knit stocking caps, ski bands, baseball style billed hats or headbands during competition without regard to color and logo design. If more than one team member wears either ski band, baseball hats or a knit stocking cap or sweat band, they do not have to be the same solid color.

Each competitor shall be provided a number by the Meet Manager and is required to be worn on either the front or back of the jersey, according to meet director instructions.

JEWELRY – Athletes may now wear jewelry during competition without penalty. There is no need for prior authorization from the MHSAA for religious headwear. An athlete may wear religious headwear in XC competition.

Temporary body adornment is prohibited.

2021 MHSAA LP Regional online entry process

New users of athletic.net please follow the directions found there to create a user account at for your school.

Existing users please simply log into your account at <http://athletic.net> and go to your team homepage.

From your team homepage on athletic.net click on the link near the top left that says "Edit Athletes" and be sure that your varsity roster is complete, including proper grade for each athlete. You may upload your roster by importing or pasting from an excel spread sheet.

Prior to the Regional entry deadline again go to your team homepage on athletic.net and click on the Regional meet title on your calendar. A link will appear that says "register athletes". Click that and enter your top seven or ten (as determined by the Regional host) athletes in the Regional meet. When you have completed the entries on athletic.net, hit the "save entries" button. You may change the athletes entered up until the entry deadline which is Saturday, October 23, 2021 at 6:00 pm.

If you have any difficulties, please send an email to results@michigancrosscountry.com

3. OPT OUT POLICIES, ELIGIBILITY LISTS, ROSTERS

Schools must see that tournament managers receive an accurate Eligibility List by the Opt-Out Due Date. These forms are available at mhsaa.com. Failure to fulfill the above obligations by the specified Opt-Out Due Date will result in MHSAA penalties as stipulated in the MHSAA Handbook. For cross country, the LP Opt-Out Due Date is Friday, October 15, 2021 and for the UP the Opt-Out Due Date is Friday, October 8, 2021. Schools must notify the tournament managers by the Opt-Out Due Date if they DO NOT intend to participate in a previously assigned MHSAA tournament.

Additions or updates to the list (except transfer students who enroll after the dates in Regulation I, Section 9 [F]) may be accepted by the Tournament Manager if submitted and received prior to the start of competition for ANY team in the first level of that tournament to which the school is assigned.

Use of ineligible - Individuals or teams which are defeated by an ineligible opponent or teams which allowed one or more ineligible students to participate do not advance in MHSAA tournaments. If placements in MHSAA tournaments are vacated as a result of an individual being ineligible or a team allowing one or more ineligible students to participate, other individuals or teams neither advance to those placements nor receive awards for those places.

Coaching supervision - No individual or team may participate in an MHSAA Tournament event UNLESS ACCOMPANIED TO THE EVENT BY THE COACH, administrator or appointee of the school.

4. DRAW PROCEDURES – NA

5. TIME SCHEDULE

In 2021, girls run first. At the LP Regionals and UP Finals the first run will begin no earlier than 9 a.m. It is suggested that when there are two divisions, the division for smaller schools will compete first and will be followed by the same gender of the larger division, e.g. Boys Division 3 run, Boys Division 2 run, Girls Division 3 run, Girls Division 2 run. The length of the course at the Regional and Final meets will be 5000 meters.

6. AWARDS

LP - Regional - First place teams receive a trophy and 7 team medals. The top 15 individuals in each Division receive medals.

Finals – First and second place teams in each Division receive a trophy and 7 team medals. The top 30 finishers in each Division receive medals.

UP - Winner and runner-up schools in each Division at the Final Run will receive trophies provided three or more schools compete in a Division. Medals will be awarded to the first fifteen individuals in each Division at the

Final Run. There also will be seven medals awarded to members of the winning and runner-up schools in each Division. BY REPRESENTATIVE COUNCIL ACTION, ONLY MHSAA APPROVED AWARDS MAY BE PRESENTED.

Extra/Replacement Medal Order Form -

<http://www.mhsaa.com/Portals/0/Documents/AD%20Forms/medal%20form.pdf?ver=2008-08-26-110251-000>

7. LIMITS OF COMPETITION

Teams and individuals may have a maximum of 15 dates of competition during the regular season. MHSAA tournament dates do not count against season maximums. An athlete may not participate at more than one level on the same day.

8. FINANCES

Regional spectator admission is \$6 or \$10 per car load. Finals admission is \$8 which includes parking. Digital ticketing will be used which will require a service fee. More information on ticket costs and process will be available in the 2021 MHSAA XC Finals Information document published closer to the MHSAA tournament. Participating teams assume all costs at all levels of the MHSAA Tournament.

Schools qualifying individuals to the Final Meet will be provided admission for those qualifiers only. Each team and individual qualifier represented at the Regional or Final Meet will be provided admission for three other persons including the coach, manager or other support personnel.

9. OFFICIALS SELECTION/ASSIGNMENTS

The MHSAA and host schools will assign meet officials for all levels of the tournament.

10. PLAYING RULES/ADAPTATIONS

All National Federation Track & Field & Cross Country rules will be followed including scoring and ties. All contestants are expected to maintain their position in the chute until released or be subject to disqualification.

Games Committee- A Games Committee of five is to serve at all Regional Meets and is to be comprised of the Meet Manager and one official (other than the referee) and three coaches. This committee shall serve as Final authority. All Regional Cross Country Managers are to invite three area coaches to review his course layout prior to printing the map of the course and prior to competition. These three coaches are to meet, if possible, and review the course as a group. The names of these individuals are to be listed in the Regional information which is distributed to competing schools.

11. MEDIA

The MHSAA issues annual Tournament Media Passes to approved media.

Commercial photographers are never issued credentials and you are under no obligation to allow them access.

Multimedia Policies - Audio/Video/Still Photography Rights – The MHSAA owns the rights to all multimedia (audio-video-still images-Internet) at all levels of its tournaments. Still and video photography is allowed by individual spectators from the seating area of the venue unless the host school district or facility has a previously-existing policy which is more restrictive. The MHSAA has exclusive multimedia arrangements for its Final events.

MHSAA Handbook Regulation II, Section 14(A) reads as follows: "No school may sell or rent videos (DVD, tape or film) or sell still images of contests which are part of an MHSAA tournament without the permission of the MHSAA."

If a school wishes to authorize an individual(s) to create multimedia content, the principal or athletic administrator must contact the tournament manager for passes and access. Refer to the publication, [MHSAA Multimedia Regulations](#), for more information.

PARTICIPATING TEAM/SPECTATOR VIDEO STREAMING (POSTSEASON) - The broadcast and streaming rights of MHSAA post-season tournament events belong exclusively to the N-F-H-S Network, Bally Sports Detroit, the M-H-S-A-A, and those media outlets, which have pre-arranged to secure those rights.

Teams participating in MHSAA Tournaments are prohibited from streaming live video of any portion of an event over the Internet - including using social media platforms or any other method.

Likewise, individual spectators are also prohibited from live streaming video through any means.

Participating schools are responsible for informing their students, parents and other fans of this policy and to assist the MHSAA upon request in enforcing it. Participating schools are asked to help promote where their

particular game may be viewed when being streamed by the MHSAA, one of its television partners, or a media outlet, which has pre-arranged to secure such rights.

Only one stream per site is allowed.

Video Streaming (Regular Season) – Video streaming during the regular season is allowed by the home/host school through the NFHS Network, MHSAA contracted partners (Bally Sports Detroit, State Champs! TVB), or if a school is not a NFHS partner, through a school-controlled web page or app. If the home/host school chooses not to live stream, the visiting school would have the option of doing so.

Individual spectators or media outlets are prohibited from live streaming video through any means.

Only one stream per site is allowed.

Audio Streaming/Radio – Outlets are required to submit a broadcast application for postseason events with the MHSAA. Approval or denial emails will be sent to both the outlet and host school. Outlets are encouraged to check with the host school before applying to check on space/equipment needs.

There is no limit to the number of outlets that may stream audio – as long as the host can accommodate them.

In the regular season, outlets do not need to submit broadcast applications but need permission from the host school to provide an audio stream.

Drones - The use of drones (unmanned aerial vehicles) is prohibited at MHSAA tournament venues. It is recommended that this postseason policy extend to the regular-season. An exception to this policy may be made in specific cases for MHSAA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the MHSAA.

Press Box - Local schools hosting MHSAA Tournaments should plan to provide all working media wishing to cover an event appropriate working space in a facility which shelters them from the weather at outdoor events (such as a press box), and provides a counter/table space with ancillary accommodations such as electricity; and when available without additional expense to the local site – telephone and internet. More details on press box priority can be found on [page 21, Section N of the Multimedia Regulations](#).

Post-Game Interviews -- Coaches should also be readily available to meet with the media shortly after the conclusion of a contest. It is recommended that approximately five minutes after the game, managers provide a location other than the team locker rooms for post-game interviews with coaches and/or players the coach may wish to designate for interviews. Locker room access should never be allowed to media. Inasmuch as many media outlets are often on deadline following contests, interviews should be granted before any lengthy team meetings occur.

Videotaping- Competing schools may videotape games in which that school competes. The tape is not to be used to second-guess decisions made by game/meet officials. Schools wishing to videotape games at other sites may do so without securing advanced permission, but must tape from the stands unless press box space is available. Spectators may tape games from their normal seating area but are not to interfere with the view of other spectators or news media personnel covering the activity. A manager is not required to provide electrical hook-ups; or tripod space and may arrange spectator videotaping from a designated location(s). The tape may not be distributed, sold, rented, or loaned for commercial purposes.

Souvenir Program Policies - Teams winning Regional titles in selected sports must fill out and e-mail program information and a team photograph to the MHSAA office to be used in the souvenir program for the Semifinals and the Finals in the event the team qualifies for Final round play. Program information kits are available on the respective sports pages of the MHSAA Web Site. Those sports are as follows: Baseball, boys and girls basketball, girls competitive cheer, football, ice hockey, boys and girls soccer, softball, girls volleyball, team dual wrestling. Complete directions for filling out and submitting information and photographs is included with each kit. All program information and photographs must be submitted by e-mail.

Information for District/Regional/Quarterfinal Tournaments - Teams competing in MHSAA District, Regional and Quarterfinal tournaments shall provide, upon request, team rosters, photographs and other information as necessary, to local tournament managers so that a souvenir program may be assembled for the event.

Merchandising/Promotion Policies - Use of MHSAA Logo – The MHSAA logo and acronym are registered trademarks. MHSAA tournament trophy designs are also copyrighted. Use of these legally protected marks requires written permission of the MHSAA. Contact the MHSAA Communications Director for additional information.

12. SPORTSMANSHIP

When a student is disqualified during a contest for flagrant or unsportsmanlike conduct, that student shall be withheld by his/her school for the remainder of that day of competition and for at least the next day of competition for that team.

When a coach is disqualified during a contest for unsportsmanlike conduct, that coach shall be prohibited by his/her school from coaching for the remainder of that day of competition and from coaching at or attending at least the next day of competition for that coach's team.

Failure of the school for any reason to enforce this regulation will prohibit the school from entry in the next MHSAA tournament for that sport, or from the remainder of the current tournament if the disqualification occurs during an MHSAA tournament or during the last regular-season contest.

Disqualifications from one season carry over to the next season in that sport for undergraduates and coaches, or the next season in any sport for seniors. If the playing rules for a sport specify an additional penalty or more rapid progression, or use of such a progression for other violations, the playing rules apply.

Any coach who is disqualified for unsportsmanlike conduct two or more times during a season, any player who is disqualified for unsportsmanlike conduct three or more times during a season, and any coach or player who is ejected for spitting at, hitting, slapping, kicking, pushing or intentionally and aggressively physically contacting an official at any time during that season, is not eligible to participate in the MHSAA tournament for that sport that season. If the tournament disqualifying ejection for that individual occurs during the MHSAA tournament, that player or coach is ineligible for the remainder of that tournament.

If a team is removed from competition in protest, the contest is forfeited to the opponent and the coach and principal of the removed team must appear before the Executive Committee to indicate why additional action should not be taken. The Executive Committee may also require the appearance of personnel from other schools and game officials.

If the coach is ejected from the contest and an assistant coach, or an assigned school representative is not available to continue as the coach the event is terminated and forfeited to the opponent.

When a contest is interrupted or it ends prematurely because of breakdown of proper sportsmanship and whether or not the on-site officials forfeit the contest to one team, one or both schools may be subjected to any or all, but not limited to, the following: censure, probation with competition, probation without competition, forfeiture, loss of privilege of revenue sharing, expulsion. In addition, it may be required of one or both schools that their coaches and administrators appear before the Executive Committee to indicate why additional action should not be taken.

13. WEATHER POLICIES, SUSPENSIONS, POSTPONEMENTS

When teams are delayed in arriving at tournament sites because of inclement weather, management is encouraged to consider delaying competition for a few hours and/or playing games/matches in brackets of teams/individuals that are present and prepared to participate. If, after a reasonable delay, fewer than 60% of the scheduled teams/individuals have not arrived, the tournament must be rescheduled. If 60% or more of the scheduled teams/individuals are present, the tournament is to be conducted on the day scheduled.

14. INJUNCTION, RESTRAINING ORDER, PROTESTS

If an injunction or restraining order is served or presented at an MHSAA tournament site and such purports to require the eligibility of or participation by a student or team which a school and/or the MHSAA has ruled to be ineligible under MHSAA regulations, the on-site tournament manager is to suspend the entire competition (team competition) or events in which that student is intending to participate (individual competition). If the meet has begun, it shall be completed.

Protests will not be reviewed by the MHSAA. All disputes must be decided at the site before the game proceeds. Game officials will make the final decision regarding game events. The Tournament Manager will resolve all next game concerns.

15. TOBACCO AND ALCOHOL POLICY

Use of alcohol or tobacco, including e-cigarettes or other smoking devices, is prohibited at MHSAA tournament events by players, coaches and spectators. Managers should stress in coaches meetings that they are not to use tobacco at the tournament venue.

16. YOUTH PROTECTION POLICY

During the MHSAA Tournament events, the MHSAA expects all designated managers, volunteer or paid staff assisting in the event, officials, or any other personnel to follow local school district policy and state statute regarding the mandatory reporting of child abuse, bullying, hazing and sexual harassment. A report of such activity shall be made to legal authorities and to the MHSAA Executive Director or his designee.

17. LOCKER ROOM PRIVACY POLICY

Using devices of any kind to capture or transmit images is strictly prohibited in locker rooms, dressing areas, training rooms, weigh-in rooms, showers, restrooms, or other areas where there is an expectation of privacy during MHSAA tournament events. Tournament managers or athletic directors that discover such use should move immediately to have the device removed and inform the head coach or athletic director of the identity and nature of the activity of the person involved.

18. SPECTATOR POLICIES

The following general policies apply to spectators at MHSAA Cross Country Tournament events. Tournament managers may also have additional school, facility or institutional restrictions and/or policies.

- Banners are allowed with Meet Manager approval.
- Noisemakers must be approved by the Meet Manager. Air horns and whistles are not allowed.
- Body paint is not allowed.
- Food/beverage coolers may be allowed with some restrictions with Meet Management approval.
- Recorded music may be played prior to the meet in the team area.
- Smoking is not allowed at the tournament site.
- Spectator Videotaping – Spectators may tape games from their normal seating area but are not to interfere with the view of other spectators or news media personnel covering the activity. A manager is not required to provide electrical hook-ups; or tripod space and may arrange spectator videotaping from a designated location(s).
- The policies of the local host site shall prevail with respect to pets/animals. In the absence of local host policy, animals or pets shall not be permitted to enter MHSAA tournament venues; including spectator and team areas. However, properly marked or documented service animals which are leashed or harnessed at all times may accompany spectators paying admission or attending with other approved team or school personnel. Individuals who bring service animals are asked to bring their own waste disposal bags and request special seating in advance of the event if this is needed.

19. RETURN TO ACTIVITY & POST-CONCUSSION CONSENT FORM -

<http://www.mhsaa.com/portals/0/documents/health%20safety/1617returntoplay.pdf>