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2018 Cross Country Handbook

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***Subject to changes**

www.nysphsaa.org
www.section6.e1b.org

FOR CROSS COUNTRY INFORMATION CLICK BELOW:
(note that you will be leaving the Section6 website)

www.milespit.com

www.tullyrunners.com

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FORMS

Available at www.section6.e1b.org
Under General Information, click on [Handbooks & Sport Forms](#)

Roster – see [Entry of Athletes for Sectionals page 9](#)

Federation Form <http://www.section6.e1b.org/CrossCountry>
Opt out of State Travel <http://www.section6.e1b.org/optout>

[All-WNY Scholar Athlete Form](#)

2018 Cross Country Calendar

The Section VI approved Cross Country Season is
August 13- November 25

First Practice August 13
First Scrimmage after 10 team / 8 individual practices
First Contest after 10 team / 8 individual practices
Entry window for Section VI Championships October 24 to October 29
NYS Federation Nomination Form due..... November 2
Deadline to Opt out of State Travel..... November 2
(requires signature of Superintendent, Principal and AD)
All WNY Fall Scholar Athlete form deadline..... November 15

Committee Meeting date at Akron HS Monday August 20, 6:30 PM

Section VI Championships

Friday November 2, 2018

Site: Bemus Point Golf Club

Girls

D..... 11:00 AM
A 11:35 PM
B 12:10 PM
C 12:45 PM

Boys

D..... 1:20 PM
A 1:50 PM
B 2:20 PM
C 2:50 PM

Award Ceremonies

Class D 2:20 PM
Class A 2:50 PM
Class B 3:20 PM
Class C 3:50 PM

State Cross Country Meet

Saturday November 10, 2018

Sunken Meadow State Park, Kings Park (Section 11)

New York State Federation Meet

Saturday November 17, 2018

Bowdoin State Park, Wappingers Falls
(near Poughkeepsie Section 1)

Section VI Cross Country Advisory Committee

Committee voting privileges:

As per the Section VI Constitution item 7.6, "The representative members on each sport committee will be appointed by each league and have only one vote per league. Other non-voting members may be selected by the Sport Chairperson. Federated sport representative members that are appointed by their division, league or school will have only one vote. The Sport Chairs of Federated Sports that have divisions will verify that among division representatives each participating league is represented. The Sport Chair may only vote when the vote is tied. A Sport Chair who also represents a league can serve in both capacities but will have only one vote." The voting members of the committee are indicated below with an asterisk.

Section VI Chairpersons	School	Cell
.....Boys *Ken Hans, Leonardo da Vinci.....	retired	208-6433
Girls *Nancy Bennett, Akron	542-5030 x5248	901-1837

Boys League Representatives	School	Home	Cell
ECIC *Pete Szymanski, West Seneca	681-8442.....	480-2333
Buffalo *Dave Sardo, Hutch Tech	816-3888	435-7251
NFL *Israel Martinez.....	278-5800.....	773-1664	628-0664
NO *Paul Dersarkissian, Barker.....	795-3201x 5229	860-7147
CCAA *Dave Nelson, Falconer.....	665-6624	386-6990
At Large Tim O'Donnell, Gowanda.....	270-7685

Girls League Representatives	School	Home	Cell
ECIC *Walt McLaughlin, E. Aurora	687-2505	652-4917.....	829-9282
Buffalo *Frank DiLeo, City Honors	866-3061
NFL *Israel Martinez.....	278-5800.....	773-1664	628-0664
NO *Paul Dersarkissian, Barker.....	795-3201x 5229	860-7147
CCAA *Kathy Stamets, All/Lime	375-6600x2229	498-8615
At Large Robert Rappole, Maple Grove	386-2097
At Large John Montalbo	Retired	434-8034

For the Section VI Meet, all of the above are members of an on-site Jury of Appeals along with the Referee of the Meet. Only cases of rules violations can be protested. In the case of an official's judgment, there can be no protest.

Heat Index/ Wind Chill

Heat Index / Wind Chill Procedure: (effective 2010) In May 2010, the NYSPHSAA approved Heat Index and Wind Chill Procedures to be used in member school athletic programs. The Heat Index/ Wind Chill must be checked prior to any contest or practice. The Heat Index/Wind Chill Procedures are on page 15-16.

Definition of a Scrimmage

A scrimmage is a practice that is a SIMULATED CONTEST. In scrimmages: (a) both squads use the same field simultaneously with both coaches making corrections and giving instructions, (b) GAME RULES MUST BE ALTERED – SEE SPORT SPECIFIC REQUIREMENTS [NYSPHSAA Handbook Link](#) , (c) no official score is kept, (d) time period(s) are defined in the Sport Standards section of the NYSPHSAA Handbook , (e) no admission is charged. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.

Jewelry Rule (NYSPHSAA Rule)

- JEWELRY RULE - No jewelry, which includes visible body piercing objects, shall be worn in a sport. Any piece of jewelry that is visible at the start of or during a contest is in violation of the NYSPHSAA Jewelry Rule. Religious medals must be taped to the body and under the uniform. Medical medals must be taped to the body so they are visible. Soft, pliable barrettes are permissible, body gems are not. The use of metal hair fasteners to secure hair is permissible in Girls Gymnastics. NOTE: The sports of Bowling and Golf are exempt from this rule. **Wristwatches are permitted in cross country and in practice only for track and field. Hair restraints, to control a competitor's hair, are permitted in track and field and cross country.** (Dec. 2010)

Cross Country Rules

New 2018

Rule Changes for 2018

Rule 4 – 3 – 1 has been clarified to state that for a uniform to be considered legal, the singlet and bottom or one-piece uniform shall be school-issued or school-approved.

Other Pertinent Data

- The sectional course will be available for inspection only on Friday November 2nd starting at 9:00 am. Only varsity teams will be participating.
- State Meet to be held at Sunken Meadow on November 10.
- Awards ceremonies will be broken up into class ceremonies following each of the races 5 -8. Committee members will be responsible for running each of the five award ceremonies.

Section 1 Course

Art. 1 **The cross country run** shall be a course of 2500 meters to 5000 meters (1.5 to 3.1 miles) in length as determined by the games committee. Measurement shall be along the middle of the course. The course shall be clearly marked. This may be by a wide line marked with a material which is not injurious to the eyes or skin, or by signposts with large directional arrows wherever the course turns, or by flags about one foot square and mounted on stakes which hold them six feet or more above the ground.

Flag Designations

A red flag indicates a turn to the left.

A yellow flag indicates a turn to the right.

A blue flag indicates a course straight ahead.

Art. 2 **In case of a discrepancy in course markings**, directional flag markings take precedence over any other course marking.

Art. 3 **The race course** should include the following features:

1. Signs and flags at least 6 feet above the ground should be 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 wide at its narrowest place.
2. No ground obstruction which might cause tripping or turned ankles. No overhead objects such as tree branches lower than eight feet above the ground.
3. A two inch wide starting line should be marked at the beginning of lengthy straightaway, wide enough to accommodate all teams; i.e., a width twice the number of teams multiplied by three feet.
4. At the end of the course, there should be a straightaway of at least 150 yards ending in a rope funnel with a mouth 15 feet wide. The finish line should be at the mouth of the funnel and 15 to 25 feet from the chute. This funnel should narrow to a rope chute about 30 inches wide and at least 100 feet 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.

Section 2 Scoring

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

Place:	First	Second	Third	Fourth	Fifth	Sixth	etc.
Points:	1	2	3	4	5	6	etc.

Art. 2 **All competitors who finish the race** shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the smallest 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.

Art. 4 **Ties in team scoring** shall be resolved by comparing the sixth place finishers from the tying teams. The team with the faster sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail.

Art. 5 **If only five competitors of tying teams finish**, the team scoring shall be resolved by totaling the scores of the first four finishers.

Art. 6 **The score of a forfeited dual meet** in cross country shall be 15 - 50.

Track Rule 2-3 Correction of Errors

- Art. 1 **Correction of clerical or team scoring errors** may be corrected up to 48 hours after the conclusion of the meet, unless another time period is specified in advance by the meet management.
- Art. 2 **Appeals regarding misapplication of rules**, must be filed within 30 minutes after the announcement of the results in that event. Any such appeal must be submitted in writing by the head coach to the referee or games committee. The referee shall render a decision after reviewing the appeal. Providing a jury of appeals has been appointed, the decision of the referee may be appealed.
- Art. 3 **Correction of meet results** involving an ineligible participant may be made at any time.

Section 3 Officials

- Art. 1 The **games committee** or the meet director shall establish the length of the course, assign the teams to their starting positions, and provide the necessary meet facilities.
- Art. 2 **Referee** - The referee shall make final decisions concerning questionable points and shall disqualify any runner for violation of the rules.
- Art. 3 **Starter** - The command shall be, "On Your Marks", and when all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners with a second shot. If a runner falls during the first 100 meters due to contact with another runner, the race will be recalled by firing the pistol.
- Art. 4 **Clerk Of The Course** - The clerk shall place the teams in the proper positions on the starting line and give all needed instructions.
- Art. 5 **Finish Judges** - The finish judges stand outside the chute, and on the finish line and determine the order in which runners enter the chute. Their decision is final.
- Art. 6 **Chute Umpires** - The chute umpires supervise the runners after they enter the chute and see that they are properly checked to prevent any irregularity in the order of finish. They see that all runners who cross the finish line are given their proper order as the contestants go through the chute.
- Art. 7 **Caller** - The caller calls the number of each contestant in the order of his proper place in the chute.
- Art. 8 **Checkers** - The checkers will keep a record of the competitors and their order of finish as announced by the caller. In case of conflict, if two are in agreement, their records are accepted. If agreement cannot be reached by at least two of the checkers, the referee makes the final decision. Checkers sometimes use numbered cards. One of these with the number indicating the order of finish is handed to each competitor upon leaving the chute.
- Art. 9 **Course Umpires** - The course umpires observe the activity of the runners. If any runner fails to run the proper course, or otherwise violates the contest rules, the umpires report the infraction to the referee.
- Art. 10 **Timers** - The timers record the times of the runners who finish. A timer may be assigned at a designated spot along the course to call elapsed time during the race.
- Art. 11 **Marshal** - The marshal and assistants shall keep the grounds free from all persons except officials, contestants, and others who have permits from the games committee.

Section 4 - Teams

- Art. 1 A cross country team shall consist of seven members unless otherwise agreed. In dual meets, a maximum of twelve members may be entered but only the first seven on each team shall enter into the scoring. In triangular and quadrangular or invitational meets, the games committee may determine the number of entries per team; but in no case, may it be more than 12.

Section 5 - Uniforms

- Art. 1 **The complete cross country uniform** consists of shoes, school issued shorts, and a full length jersey. Uniform may consist of one-piece body suit if school issued. Any visible apparel worn under the jersey and shorts must be of a single (same solid) color. Undergarments visible under the jersey need not be the same color as undergarments visible under the shorts, the jersey and shorts may have school identification. Also, a single manufacturer's logo or trademark, not to exceed 2" x 2" (1.5" x 1.5" square in 1996-97), is permissible per each item of uniform apparel. The American Flag may be worn on the uniform and shall not exceed 2" x 3". The looser fitting boxer-type shorts are an approved short for boys and girls, while the closed-leg briefs are also acceptable for girl's competition. Shorts may vary in length and style, but must be of the same color for all team members. Bicycle shorts, thigh huggers, abbreviated thigh huggers, leotards, body suits, abbreviated briefs (french or high cut) and similar apparel may be worn under the track shorts, but not in lieu of them.
- Art. 2 **The waistband of a competitor's shorts** shall be worn above the hips.

- Art. 3 **A shoe** is a covering for the foot. It must have an upper and a definitely recognizably sole and heel. The upper foot must be designed so that it can be fastened securely to the foot. The sole and heel may contain grooves, ridges, or track spikes which are no longer than one inch. The use of ballet slippers, gymnastic slippers, or sweat socks does not meet the requirement of the rule.
- Art. 4 **Each team member shall wear the same color and design school uniform (jersey or trunks). When other visible apparel is worn under the uniform, it must be of a single (same solid) color but each undergarment worn by the competitor does not necessarily have to be the same color. If worn, by more than one team member (two or more), that apparel must be the same color, but not necessarily the same length.**
- Art. 5 A **competitor must wear** the assigned contestant number, when numbers are used.

The official New York State Track Interpretation for shirts which have lettering or designs, which are not objectionable, is that if the shirt is reversed or turned inside out and the lettering or design becomes invisible, the shirt will be legal. Designs must not show above the jersey without being reversed or turned inside out.

Section 6 - Disqualification

- Art.1 **Any runner that false starts** shall be disqualified.
- Art. 2 **Any runner who interferes** with another runner shall be disqualified. Interference is any action by a competitor which unfairly changes the course or natural running rhythm of another runner during the race. This may include bumping, tripping, or running across a runner's path.
- Art. 3 **Any participant who uses unsportsmanlike or unacceptable conduct** shall be disqualified. Conduct that is unethical or dishonorable which includes action and/or language which will bring discredit to the individual and his/her school, disrespectfully addressing an official, using profanity, taunting, criticizing an opponent or an official, or willful failure to follow the directions of a meet official are examples of unsportsmanlike or unacceptable conduct.
- Art. 4 **A runner shall be disqualified** if he or she is aided by a coach, teammate, or anyone connected directly or indirectly with the competitor or team concerned. Such aid includes:
- (a) Running alongside of a runner or being stationed at a point near the course for the purpose of aiding or coaching the competitor during the race.
 - (b) Runners join hands or grasp each other at anytime during the race.
 - (c) A runner uses an aid during the race.
- Art. 5 **Competitors who fail to complete** the prescribed course that is defined by a legal marking system shall be disqualified.
- Art. 6 **Any contestant who competes** with an illegal uniform as described in Rule 5 shall be disqualified.

CROSS COUNTRY NYSPHSAA SPORTS STANDARD

- 7.1 Rules: NFHS
- 7.2 Maximum Number of contests: 16
- 7.3 Practice Requirements:
Number of practices prior to first scrimmage: 10 (team), 8 (individual) Number of practices prior to first contest: 10 (team), 10 (individual)
- 7.4 Nights rest between contests: 2 nights
- 7.5 Individual contests limitation per day: 3.1 miles or 5000 meters inlength
- 7.6 Scrimmage limitations per day: 1 scrimmage
- 7.7 Waivers of NFHS Cross Country Rules:
None.
- 7.8 NYSPHSAA Cross Country Rules:
1. Interschool cross country runs shall not exceed 3.1 miles or 5000 meters in length.
 2. A maximum of two (2) meets per week (Monday–Sunday) shall be permitted.
 3. An individual competitor may participate in a maximum of sixteen (16) contests.
 4. Waiver of the NYSPHSAA Jewelry Rule to allow the wearing of a wristwatch. (Oct. 2008)
- 7.9 Cross Country Scrimmage Rules:
N/A
- 7.10 Cross Country Championship Week#:
Week #19

2018 Cross Country Classifications

Class A (830 & up) 13 schools

1	Niagara Falls	NFL	1523
2	Lancaster	ECIC	1373
3	Orchard Park	ECIC	1144
4	Clarence	ECIC	1085
5	Lockport	NFL	1038
6	Williamsville North	ECIC	1028
7	Frontier	ECIC	1024
8	Jamestown	ECIC	1020
9	Niagara Wheatfield	NFL	942
10	West Seneca West	ECIC	931
11	Kenmore West	NFL	892
12	Hutch Tech	Buffalo	868
13	Hamburg	ECIC	846

Class B1 (446-839) 12 schools

1	McKinley	Buffalo	823
2	Cleveland Hill-305 <i>Maryvale-501</i>	ECIC	806
3	North Tonawanda	NFL	791
4	Williamsville East	ECIC	770
5	Sweet Home	ECIC	758
6	Grand Island	NFL	714
7	Kenmore East	NFL	714
8	Williamsville South	ECIC	689
9	Emerson	Buffalo	655
10	Pioneer 554 <i>Holland 205</i>	ECIC	646
11	South Park	Buffalo	642
12	West Seneca East	ECIC	632

Class B2 (446-839) 11 schools

13	Amherst	ECIC	621
14	Starpoint	ECIC	610
15	Lake Shore	ECIC	567
16	Iroquois	ECIC	540
17	Intl Prep	Buffalo	520
18	Lewiston Porter	NFL	500
19	Charter/ Applied Tech.	NFL	498
20	East Aurora	ECIC	480
21	City Honors	Buffalo	461
22	Olean	CCAA	460
23	Dunkirk	CCAA	455

<u>Cleveland Hill</u>	Maryvale	Exec. 2/14/18	806 B
<u>Falconer</u>	Cassadaga Valley	Exec. 2/14/18	333 C
<u>Franklinville</u>	Ellicottville, West Valley	Exec. 2/14/18	208 D
<u>Fredonia</u>	Westfield	3/21/2018	437 C
<u>Maryvale</u>	Cleveland Hill	Exec. 2/14/18	806 B
<u>Newcomer</u>	Lafayette International	3/21/2018	323 C
<u>Pioneer</u>	Holland	Exec. 2/14/18	646 B
<u>Riverside</u>	Riverside Academy	3/21/2018	166 D
<u>Sherman</u>	Panama, Clymer	Exec. 2/14/18	180 D
<u>Silver Creek</u>	Forestville	Exec. 2/14/18	247 C

Class C1 (240-445) 12 schools

1	Albion	NO	444
2	Fredonia 371 <i>Westfield 167</i>	CCAA	437
3	Depew	ECIC	432
4	Springville	ECIC	421
5	Tonawanda	ECIC	396
6	Newfane	NO	395
7	Alden	ECIC	394
8	Medina	NO	377
9	Buffalo Arts Academy	Buffalo	372
10	Burgard	Buffalo	366
11	MST Prep	Buffalo	364
12	Falconer 258 <i>Cassadaga Valley 194</i>	CCAA	333

Class C2 (240-445) 13 schools

13	Akron	NO	326
14	Royalton-Hartland	NO	324
15	Newcomer 247 <i>Laf Int. 192</i>	Buffalo	323
16	Eden	ECIC	317
17	Olmsted	Buffalo	310
18	Southwestern	CCAA	308
19	Wilson	NO	296
20	JFK	ECIC	294
21	Gowanda	CCAA	276
22	Leonardo da Vinci	Buffalo	276
23	Allegany-Limestone	CCAA	272
24	MEC	Buffalo	252
25	Silver Creek 215 <i>Forestville 107</i>	CCAA	247

Class D (0-239) 13 Schools

1	Catt/Little Valley	CCAA	213
2	Holland	ECIC	205
3	Franklinville 149 <i>Ellicottville 149</i> <i>West Valley 51</i>	CCAA	208
4	Randolph	CCAA	197
5	Frewsburg	CCAA	195
6	Barker	NO	180
7	Sherman 108 <i>Panama 118</i> <i>Clymer 102</i>	CCAA	180
8	Lewis J. Bennett	Buffalo	174
9	Maple Grove	CCAA	174
10	Riverside Inst. 138 <i>Riverside Acad 97</i>	Buffalo	166

Section VI Cross Country Championships

(see [page 3 for schedule](#))

Entry of Athletes for Sectionals:

All entries for the section VI Cross Country Championships will be done using yentiming.

1. If you do not have an account with yentiming, go to www.yentiming.com click on Coach login, then click create an account. Fill in all required fields.
2. Login to your account and click roster. Click add athlete, fill in all required fields and click ok. Continue until you have all of your athletes added on to your roster.
3. Click meet entry. Click register for section 6 championships. The window will be open from **10//24/18** until **10/29/18**. Select the athletes you are planning to enter in the meet.
4. Changes can be made on the day of the meet.

Attention Coaches of Schools Who Have Complete Teams:

If your team is forced to compete in the Sectional Race with less than 5 runners, or your team finishes less than 5 runners in the Sectional Race, please notify the Meet Director as soon as you are aware of the situation.

Course:

Bemus Point Golf Club is the site for the Section VI Cross Country Championship Meet. **The sectional course will be available for inspection only on Friday November 2nd , 2018 starting at 9:00 am.** There is no walking the course after **10:45 AM** on that day or during any of the races.

Start:

The Advisory Committee will draw for starting line positions prior to the meet.

Scoring:

In compliance with the State Championship Meet procedures, individual runners and incomplete teams will not count in scoring to determine the Sectional Class Team Champion.

In case of a tie, the position of the sixth runner on each team is used to break the tie.

Each coach will be given an envelope at the meet containing:

- A. Seven (7) numbers for the schools that have a complete team or appropriate numbers for those schools having individual runners.
- B. Safety Pins.

Numbers are to be placed on the front of the uniform jersey. Each runner has been assigned an individual number. Please check to see that the correct number is given to each competitor.

Timing:

Official times will be recorded for all runners. All times will be posted online at www.RightTimeResults.com

Awards:

Award ceremonies will be broken up into class ceremonies following each of the races 5-8. Committee members will be responsible for running each of the five award ceremonies.

Sectional patches awarded – team awards will be given as usual. Individual patches will be awarded to the top five runners in each race regardless of team affiliation. Orange patches will be awarded to any other individual runners who have qualified for the state meet and did not finish in the over all top five in each race.

Selection of Officials:

The Section VI Cross Country Committee will request that WNY Track & Field and Cross Country Officials Association (WNYTFCCOA) and the Southwestern NY Track & Field Officials Association (SNYTFOA) that they assign the best officials available to the Sectional meets. The officials will be assigned in ArbiterSports by the sub assigner for WNYTFCCOA (Dick Pauly) in cooperation with the SNYTFOA Assigner in ArbiterSports.com. Cross Country officials rosters (N&S) are posted in Arbiter. Instructions for using Arbiter are on the Section 6 website, under General Info, click on Forms and Info, and look under “A” for Arbiter. Or click <http://www.section6.e1b.org/ArbiterInfo>

2018 NYSPHSAA Cross Country Meet

For date and location of State Meet, see Calendar on page 3.

The meet will be conducted in four divisions based on the enrollment of the participating schools:

State Class A	enrollment of	850 &	up
State Class B	enrollment of	445 to	849
State Class C	enrollment of	261 to	444
State Class D	enrollment of	260 &	below

Qualifying runners from Section VI include the first place team plus the first five (5) individuals who are not part of the first place team in each of the eight Section VI Championship races.

If any individual is unable to attend the NYSPHSAA Meet, he/she must notify the Sectional Chairman immediately so that a replacement can be secured.

Athletes who are injured or ill shall notify their Coach and the Sectional Chairman so that substitutions can be made.

Coaches should have a copy of their schools medical form for their athletes with appropriate contact information.

Runners are to bring complete uniforms to the NYSPHSAA State Meet. Each runner should bring both spikes and flats so that a choice can be made after viewing the course and considering the weather conditions.

Meals: Section VI will provide for meals while at the State meet. *Meals will be the financial responsibility of Section VI.* (See the change to the Travel Policy page 13)

Coaches: Coaches of winning individuals and teams are required to accompany athletes to the State Championships. Team coaches are acting as Section VI chaperones for the trip to the state meet. See the updated Section VI *Policy on Travel to State Competition* (page 13)

The top 20 athletes in each race will win medals and the first place finisher will win a T-shirt.

Section VI Policy Contingency Plan for Sectional Competition (weather or illness)

1. Contests will be postponed only if a participating school is officially closed due to weather or illness.
2. It is the responsibility of the Athletic Director (or designee) to notify the Sport Chairperson that the school has been closed due to weather conditions (or illness) as soon as he/she becomes aware of such action. Officials and the media will be notified by the Chairperson (or designee).
3. In the event that a school is closed on the day its playoff contest is scheduled, the decision to play shall rest with the District Superintendent.
4. When a contest is at a non-school site: If the competition facility and the roads to that destination are open, then the competition will go on as scheduled. If either the roads or the facility are closed, then the competition will be cancelled. ***Under NO CIRCUMSTANCES is a site contracted by Section VI available for practice when a meet is cancelled. Individual schools wishing to use a site for practice must follow standard rental procedures through their Athletic Director.***
5. The Sport Chairperson will notify the Executive Director of any postponements.
6. **PLEASE NOTE:** It is up to the individual leagues to recognize the potential for snow days, power outages, etc. that may cause cancellations and problems. The individual leagues should schedule their last league contest at least one or two days prior to the seeding meeting, allowing for a make-up league contest(s) prior to the seeding meeting if necessary. The storm in Feb. 2006 that closed schools the day before the seeding meeting bears this point out.

Media

The complete list of Media is on page 10 of the Section VI Directory or on the Section VI website: [MEDIA LINK](#)

Newspapers

Bee Group	204-4904
Buffalo News.....	800-777-8610 ..Fax 849-4587
Jamestown Post Journal	(x248) 487-1111
Lockport Union Sun	(x6247) 439-9222
Niagara Gazette.....	(x2255) 282-2311

Television

Channel 2 WGRZ.....	849-2219
Channel 4 WIVB.....	879-4994
Channel 7 WKBW	840-7799
Super 7 Hotline	840-7795
Spectrum Tom Carroll tom.carroll@charter.com ..	585-362-3357

New York State Federation Qualification

To qualify as a team for the NYSPHSAA Federation Meet, a team must finish first in the State Meet in their class race or be one of the eleven next best teams determined by NYSPHSAA selection committee. The NYSPHSAA selection committee will oversee these selections to make sure that the best state teams will be selected.

To qualify as an individual for the NYSPHSAA Federation Meet, an individual must finish first or second in the State Meet in their class, or be one of the next twelve (12) fastest times in the State Meet deleting the possible team members, or be one of the two (2) individuals selected at the section level.

Any team or individual that would like to be considered for selection, please contact the League Representative before the Section VI Meet. **The final list of runners and teams who wish to go will be finalized the day of the Section VI Meet.** This list will be ordered as per the results of the Section VI Meet.

This year's Federation Meet will be held as listed in the calendar on page 3 of this handbook. All boys will run in one race and all girls will run in another race (both team and individual runners).

Section VI Policies

Section VI Policy on Travel to State Competition

For the complete policy click on #310 in the → [Policy Manual](#)

The following was approved by the Section VI Athletic Council (Jan 2013) Budget Line item (\$120,000) Encumbered for State Championships to cover the following costs for state competition. (Renewed until the Finance and Sectional Intersectional Committees recommend otherwise)

- 1) Transportation, lodging and meals for Cross Country, B&G Swim, Indoor and Outdoor Track and Bowling.

Member schools participating in state competition will be responsible for all costs related to that participation with exception of items 1, 2, 3 (above).

Section VI responsibility for member school participation in state championships is outlined below.

310.1 Supervision:

One or more certified coaches are required to travel with the student athletes from their school and must be present on any Section VI contracted bus, where the athletes are housed, at the state competition site and all related events.

310.2 Transportation:

Individual Sports Group 2: Bowling, C. Country, Ind. Track, Track & Field, Swimming

- a) The Section VI office will contract bus transportation for the athletes. There are two choices for the school:
 - 1) A school may choose to have its athlete(s) travel to state competition on the Section contracted bus. The following rules apply:
 - The athlete (and coach) must use the lodging and meals if pre-arranged by the Sportchair.
 - The athlete (and coach) must remain with the Section until the completion of the athlete's competition. The athlete will not be released prior to completion of competition.
 - When competition is completed, the athlete may be released to parents/coach for return home on alternate transportation if the Section release form is completed before the State Meet
 - 2) A school may choose to have its athlete(s) travel to State competition in an alternate manner under the following stipulations:
 - A school that opt-outs of Section transportation will be responsible for arranging their own lodging and meals.
 - The request to opt-out of travel on the Section VI bus must be submitted in writing to the sportchair and the Section VI office by the date specified in the sport handbook.
 - The school must submit all required release forms to the sportchair by the specified date.
 - The school must arrange for the athlete to rendezvous with the sportchair (or designee) at a pre-designated time and place prior to the competition.
- b) Transportation expenses will be billed to Section VI.
- c) Section VI will apply to the NYSPHSAA for the allowed reimbursement of \$1.35 per mile on the state grid (below)

310.3 Lodging:

Individual Sports: The sportchair will be responsible for reserving a block of rooms for all athletes (4 per room). The block will include rooms for coaches (2 per room) for individual sports in Group 1 (see 310.2). For individual sports in Group 2, the block will be increased by 50% to allow for coaches. (e.g.: If XC needs a block of 40 rooms for athletes and supervisors, they will now reserve a block of 60 rooms) When the qualifiers have been

determined, the sportchair will register all athletes and coaches who are using Section transportation from the block of reserved rooms. Schools that opt-out of Section transportation are responsible for registering their own athletes and coaches. They may register for the remaining rooms in the reserved block until the rooms are exhausted or choose their own lodging. Schools will be responsible for the cost of athletes' meals at state competition with the exceptions indicated in item 1, 2, 3.

310.4 **Meals:**

Schools will be responsible for the cost of athletes' meals at state competition with the exceptions indicated in items 1, 2, and 3. For some individual sports, the Section will facilitate meal handling by paying meal expenses and invoicing the schools per participating athlete. This plan, if used, will be listed in the sport handbook. *Updated March 2018*

Regulations Regarding Senior All-Star & Outside Agency Contest

(updated October 2013 NYSPHSAA Executive Committee)

1. All Senior All-Star and Outside Agency contests **MUST** be approved by Section VI. In addition, Senior All-Star contests must be approved by NYSPHSAA. The forms required are posted on the section website*
2. All Senior All-Star and Outside Agency contests must be conducted within the season dates approved by the Section VI Athletic Council for that sport. The calendar of approved season dates for all sports is posted on the section website*
3. Only seniors who have completed their secondary school eligibility in that sport may compete in these contests.
4. *A contestant **may participate in any approved senior all star athlete contest in the same sport during the school year.** (approved October 24, 2013, NYSPHSAA Executive Committee Meeting).*

NOTE: A Senior All-Star contest by NYSPHSAA standards, is one in which an athlete's participation is based solely on outstanding performance as a member of a high school team. If open-tryouts are held, the contest is NOT a NYSPHSAA All-Star contest.

*www.section6.e1b.org Click on *Forms Scroll down to Senior All Star*, or call the Section office 821-7581.

ALL-WNY Scholar Athlete Cross Country Team

Coaches and Athletic Directors are encouraged to nominate athletes for selection to the All-WNY Scholar Athlete **Cross Country** Team. Applications must be completed on-line. Paperwork must be mailed or e-mailed into Section VI office before **November 15**. The team will be honored by both Section VI and the Buffalo News. Click for the [selection criteria and on-line application](#)

Section VI AED Policy

(Effective Feb. 2003)

The game site-chairperson is responsible for securing an AED for the certified trainer's use at all sectional contests and at all regional and state contests that are hosted by Section VI. The certified trainer will be provided by an orthopedic group contracted by Section VI for post-season contests held at **NEUTRAL SITES**.

Note: The Section is financially responsible for a member school's AED that was lost or damaged during use for a post-season contest. *Updated March 2018*

Section VI Thunder and Lightning Policy

(Adopted 1/20/99 - revised 3/03, 11/04)

"Thunder and lightning necessitates that all contests be suspended. The occurrence of thunder and/or lightning is not subject to interpretation or discussion - thunder is thunder, lightning is lightning. If lightning and/or thunder is observed, all outdoor activities will be suspended immediately. Players and spectators shall be directed to report to a shelter, a building normally occupied by the public or if a building is unavailable, participants should go inside a vehicle with a solid metal top (e.g. bus, van, and car). The officials and responsible authorities shall make every reasonable effort to resume and complete the contest, with full consideration of the weather and site conditions (as they affect safety and playing conditions). The official/coaches shall wait 30 minutes from the time the last boom is heard and/or the last strike is seen before starting or resuming play.

CLARIFICATIONS:

PRIOR TO CONTEST If thunder/lightning is observed at the site of an outdoor contest by the officials / coaches 30 or fewer minutes prior to the scheduled start of that contest, the official / coaches and the responsible school authorities shall not permit the contest to begin. Before the contest can begin a 30-minute period void of any strike or boom must be observed.

DURING THE CONTEST If thunder/lightning is observed at the site of an outdoor contest by the officials during the playing of the contest, the official/coaches shall immediately cease play for 30 minutes. Play may not resume until there has been a period of at least 30 minutes in which a boom or strike has not been observed. The rules of the particular sport shall determine whether the contest is 'official' or must be resumed at a later date.”



Heat Index Procedures

Administration of Heat Index Procedures:

- Feels Like Temperature (Heat index) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 80 degrees (Fahrenheit) or higher.
- Download WeatherBug app to your phone or log into www.weatherbug.com .
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Feels Like temperature (heat index) at halftime or midway point of the contest. If the Feels Like temperature (heat index) temperature is 96 degrees (Fahrenheit) or more, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp(Heat Index) under 79 degrees	Full activity. No restrictions
R E C M M E N D E D	Heat Index Caution: Feels Like Temp (Heat Index) 80 degrees to 85 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider reducing the amount of time for the practice session.
	Heat Index Watch: Feels Like Temp (Heat Index) 86 degrees to 90 degrees	Provide ample water and multiple water breaks. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr
	Heat Index Warning: Feels Like Temp (Heat Index) 91 degrees to 95 degrees	Provide ample water and water breaks every 15 minutes. Monitor athletes for heat illness. Consider postponing practice to a time when Feels Like temp is much lower. Consider reducing the amount of time for the practice session. 1 hour of recovery time for every hour of practice (ex. 2hr practice = 2hr recovery time). Light weight and loose fitting clothes should be worn. For Practices only Football Helmets should be worn. No other protective equipment should be worn.
REQUIRED	Heat Index Alert: Feels Like Temp (Heat Index) 96 degrees or greater	No outside activity, practice or contest, should be held. Inside activity should only be held if air conditioned.

Approved May 1, 2010
Updated July 27, 2016



Wind Chill Procedures

Administration of Wind Chill Procedures:

- Feels Like Temperature (Wind Chill) will be checked 1 hour before the contest/practice by a certified athletic trainer, athletic director, or school designee when the air temperature is 39 degrees (Fahrenheit) or lower.
- Download WeatherBug app to your phone or log into www.weatherbug.com.
- Enter zip code or city and state in the location section of the app or on-line.
- If the Feels Like temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Feels Like (wind chill) at halftime or midway point of the contest. If the Feels Like (wind chill) temperature is -11 degrees (Fahrenheit) or lower, the contest will be suspended.

Please refer to the following chart to take the appropriate actions:

	Feels Like Temp (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Feels Like Temp (wind chill) 39 degrees to 20 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing.
	Wind Chill Watch: Feels Like Temp (wind chill) 19 degrees to 10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss.
	Wind Chill Warning: Feels Like Temp (wind chill) 9 degrees to -10 degrees	Stay adequately hydrated. Notify coaches of the threat of cold related illnesses. Have students and coaches dress in layers of clothing. Cover the head and neck to prevent heat loss. Consider postponing practice to a time when the Feels Like temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Feels Like Temp (wind chill) -11 degrees or lower	No outside activity, practice or contest, should be held.

Special Note: Alpine Skiing will be exempt from this policy and will follow the regulations of the host ski center where the practice or event is being held.

Approved May 1, 2010
Updated July 27, 2016

Section VI – NYSPHSAA

Sportsmanship Philosophy

The member school districts of Section VI believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.

We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute to the broad goals of education and to the quality of life of those involved.

We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Standards of Sportsmanship

1. A genuine interest in and enjoyment of interscholastic competition requires conduct that reflects the understanding that contests as a part of an overall school program are intended to be enjoyed. Behavior that reflects a use of the activities that exploit the program to serve other agendas or that reflects a winning at all cost attitude violates this standard.
2. Interscholastic competition provides valuable lessons and learning experiences that are not possible in the regular classroom setting. All involved must support the need to develop the ability to compete with enthusiasm and to accept winning with grace and losing with dignity.
3. Coaches, players, and fans should know that participation is an honor and privilege which requires them to conduct themselves in a manner that brings honor and pride to their school and community.
4. Respect for the cultural and ethnic diversity of one's opponents, their school, and community is a fundamental tenet of wholesome athletic competition. This standard suggests that planned activity is needed to demonstrate a warm and friendly welcome, mutual respect, and a genuine readiness to participate in a sportsmanlike manner.
5. Players should demonstrate both knowledge of the rules and respect for game officials and their decisions. Coaches and school officials have the responsibility to teach and encourage these attributes.
6. Readiness to participate regardless of one's role in a constructive and contributing fashion. Assign responsibility for action to all persons associated with high school sports according to their role. There are no violations to this standard, only success through thoughtful action or failure when the opportunity to act is denied.

***** Sportsmanship Statement Reminder *****

The following statement will be read over the public address system just prior to the Pledge of Allegiance. If there is no public address system, the statement will be read to both teams by the site chairperson or his representative:

“Welcome to Section VI (name of sport). Athletic competition can provide everyone with a sense of accomplishment and pride, if all of us - players, coaches and spectators - abide by the rules of good conduct. We ask that you enjoy the performance of our outstanding athletes in a spirit of sportsmanship and appreciation of competition.”

Bemus Point Golf Club Map

