

2024 Cross Country Rules Changes

3-8-1 Permits the Games Committee to set requirements for each meet on the number of timing officials.

Rationale: As technology continues to evolve in the sports of track and field and cross country, not all FAT systems require separate operators and evaluators. The Games Committee may set requirements for each meet on the number of timing officials.

5-7-4c, d NOTE (NEW), 8-4-4 NOTE 2 (NEW) Extraneous motion before the device is fired does not necessarily require a false start to be charged unless the runner leaves their mark with hand or foot after the set command or leaves their mark with a forward motion without the starting device being fired.

Rationale: The change makes it clearer as to the definition of a false start and how it should be consistently officiated.

8-1 and 8-5 Re-organization of the cross country course layout.

Rationale: Clarifies the course layout for ease of use and re-organizes the rule. Section 5 on Cross Country Teams was broken into articles to increase ease of use of the rule.

2024 Editorial Changes

4-2-1, 4-6-5, 5-9-2, 8-5-3

4-6-5 (Editorial) It is an unfair act when a competitor receives any assistance. Assistance includes:

g. A downed competitor who receives assistance from another competitor, coach, official, or spectator to finish the race shall be disqualified. The individual providing the assistance shall **not** be disqualified for assisting a downed runner unless the assisting individual or their team gains an advantage.

2024 Points of Emphasis

1. Fair Starts
2. Sportsmanship
3. Cross Country Safety