

GYTOA Local Rules and Suburban League Coaches meeting

August 14, 2025

Austintown Fitch Cafeteria

Suburban League Procedures,
Rule Changes, Points of Emphasis,
Start, Scoring, Uniforms

Schedule

- The league schedule is available at gytoa.com.
- Championship will be on Tuesday, Sept 16
- No rain dates are scheduled.

Awards

- Same as in previous years
- Regular season Top 25 in each regular season race (HS & MS)
- Top varsity boys and girls teams at end of season
- Championship Meet
 - Top 5 varsity teams
 - Top 14 varsity runners - plaque
 - Next 7 – medal
 - Ribbons through 50th
 - Top 2 MS teams
 - MS – top 14 – medals
 - Ribbons through 50th

Meet procedures

- Report on time for each race (10 minutes before scheduled start)
- NOTE START TIMES
- Turn in stickers on time – 10 minutes after next race starts
 - If you have a large roster, get top 7 in right away!
- Runners who cannot complete the race in 30 minutes (20 min MS) may have an alternate finish area adjacent to the regular chute. We may not be able to time these athletes!
- Coaches who have a runner who will not finish in 30 minutes and will affect team scoring (top 5) must notify the finish officials ASAP. Those coaches are responsible to collect the finish label and give it to the official scorers promptly.
- Suggestion: Print your own labels with athletes' names and school; our labels are 1" x 2 ½"
- Scoring – x out stickers if less than 5/more than 7 runners
- Reporting results to newspapers – league responsibility
- Weather considerations – access to emergency help, availability of water at finish, potential for extreme heat

Championship meet info

- **Tuesday, September 16**
- Canfield Fairgrounds
- Entry procedure – Milesplit – coaches please make sure you have an account set up well in advance

Expectations

- The league will provide each host site with:
 - Clerk, starter/referee, finish judge, timer (with printing stopwatch), 2 scorers, and a reporter, and will report results to newspapers
 - All necessary scoring material – posters, stickers
 - Ribbons for each race
 - League will report results to newspapers

Note: Officials will be responsible for bringing ribbons and scoring materials to each meet, as well as reporting results to newspapers

Expectations

- Each host school is expected to provide:
 - Adequate parking directions, with helpers as needed
 - Safe, well marked and **measured** course. Please include a 3 meter line behind the start line.
 - please send map to jdaubenspeck@gytoa.com to be posted on web site.
 - **Finish chute**
 - **Responsible personnel to distribute scoring stickers and place ribbons in the chute**
 - Adequate water in the finish area
 - Access to medical attention if needed (have appropriate phone numbers and cell phone ready)

Expectations

- All coaches are expected to:
 - Know and teach the rules to their athletes, especially (but not only) the uniform rules
 - Be aware of weather conditions such as heat/humidity, and know your athletes' preparation for the conditions
 - Varsity coaches please communicate with middle school coaches and other members of your program
 - Pacing – educate parents/athletes
 - Holding hands during race
 - Spectator/parental interference with officials
 - Get your team to the starting line on time!**
 - Report dropped runners
 - Legibility of stickers
 - Get scoring stickers turned in promptly!** Complete and submit scoring stickers within 10 minutes after the start of the next race. Stickers submitted later than that may not be included in the scoring. We suggest printing small labels with each runner's name and school on them that can be stuck on the scoring sticker. This will save you and the scorers' time, and improve legibility.
 - Be good guests – police your teams' camps before leaving each site.
- Most host schools rely on public parks for their facility and your help and cooperation helps insure their future availability.
 - Emphasize good sportsmanship

League Schools Hosting Invitationals

- Aug 24 McDonald Billy Goat Challenge
- Aug 29 Maplewood Oscar Grant Inv. (Trumbull Fairgrounds)
- Sept 7 East Palestine Rotary Inv
- Sept 7 Ray Sweeney Inv (Champion)
- Sept 14 Spartan Inv (Boardman)
- Sept 21 Jean Smith Inv (Lordstown)
- Sept 21 YSU Meet #1 at Metroparks Farm (Columbiana)
- Sept 28 YSU Meet #2 at Metroparks Farm (Columbiana)
- Oct 5 Legends Inv (Maplewood – Trumbull Fairgrounds)
- Oct 8 Hill-Man XC Adventure (Newton Falls)
- Oct 12 Clipper Inv (Columbiana)
- Conference Meets
- Oct 1 EOAC Meet ?
- Oct 1 MVAC ?
- Oct 8 NAC Meet ?
- Oct 12 Northeast 8 Meet (South Range)
- Oct 12 AAC Meet ?

Tournament information

- Remember there will be 4 divisions this year, not 3! Check your division assignments at the following:
- Northeast District schools check at:
 - <https://www.ohsaa.org/Northeast-Sports-Tournaments/Cross-Country>
- East District schools check at:
 - <https://www.ohsaa.org/East-Sports-Tournaments/Cross-Country>
- Team count (for next year's assignments) is based on 5 finishing, NOT "5 on the line"

State Rules Meeting and Manual

- Online state meeting required for tournament officiating
 - Via Dragonfly
 - Must be completed by August 18
- Manual for Coaches and Manual for Officials are now available on line
 - <https://www.ohsaa.org/sports/cc>

Starting commands

- Give a brief and concise review of the starting commands and procedures to be used for the start with all competitors immediately before the start. **Remind runners to move back 3 meters before whistle command.** (Should have a painted line.)
- The starter will hold the starting device and red flag parallel to the ground and give a long blast of the whistle. This is the signal for the runners to step up to, but not touch, the starting line and become motionless.
- The starter slowly raises both arms overhead.
- When all runners are set and motionless and the recall starters signal with a white flag, the starting device is fired and at the same time, the red flag is motioned downward, indicating the start of the race. The runners are observed for 100 meters for any reason to recall the race that would constitute an unfair start.

Breaking ties

- 6th man, or add top 4 runners
- Applies to all team places, not just first

Note on weather conditions

We intend to provide opportunities for athletes to compete each week. If you feel the heat is excessive, it is up to you to decide whether any or all of your athletes participate.

Additional points...

- All teams must submit rosters before the meet
- Verification forms are required for each meet
- Course marking clarification – consistent throughout course
- Course obstacles
- Providing aid
- Jersey numbers - may have some with, some without
- Distance of races
- Water provided on course is permitted
 - Carrying of water is not allowed
- Scoring – by place only, but modified scoring is OK
- Lead vehicle – safe distance, clock on back secured
- Use of video prohibited, penalty for coaches and athletes
- Modified scoring (not being used in Suburban League)

Modified scoring

- In accordance with NFHS Rule 8-2-3 the OHSAA has adopted modified scoring. Modified scoring is a scoring procedure that would allow teams with less than five runners to score in a regular season meet. It can only be used when approved by a meet's games committee and all participating schools have been notified in advance of the meet verbally, in writing, or in the contest contract. Modified scoring does not allow games committees to change/modify any other element of the scoring process. Modified scoring shall not be used in OHSAA tournament competitions. If modified scoring is used, it MUST follow the procedure outlined below:
- After runners in excess of each team's allotted 7 athletes are removed and the remaining runners re-ranked, the next place in the ranking will be added to each team with 4 runners. The next 2 places will be added to each team with 3 runners, and so on to give each team 5 places to be scored. This means that all teams without 5 finishers shall be awarded the same position(s) for their next scoring position(s). Therefore, if there are 109 finishers (after removing those who are not in their team's top 7), ALL teams with fewer than 5 finishers will be awarded 110th place, ALL those with fewer than 4 finishers will also be awarded 111th place, etc. until 113th place is awarded to all teams having only one runner.

Uniform rules

- Uniform rules can be found in the officials manual on pages 20 and 21 (espec. 21 for CC), and on pages 17-19 on the coaches manual (espec. Page 18 for CC). (<https://www.ohsaa.org/sports/cc>)
- Newer uniforms may look slightly different – same color, logo, general design
- Tights having waist band with multiple logos are now legal if worn as uniform bottom
- No waiver or prior approval is needed for any athlete who presents religious requirements for variations from the uniform rule.
- Tucking in jerseys required in tournament – can be a games committee requirement
- Removing uniform in competition area is illegal
- Waist band must be worn above hips (can be rolled)
- Jersey must cover waist band when athlete stands erect

Uniforms (continued)

- Hats/gloves at referee's discretion – stocking cap or other headwear approved by the referee – hats with stiff bills are not permitted.
- Headbands
- Socks, sleeves – no restrictions
- Manufacturers' Logos – number and size limitations
- Knots in jerseys not allowed
- Pre-race meeting with referee constitutes everyone's warning!
- **Jersey numbers no longer required!**
- **No longer any restrictions on undergarments or jewelry**
- Atomizers (or other medical requirements) – doctor's note **stating that it is required for competition**
- GPS watches are allowed to be worn, but GPS and communication capabilities cannot be used.
- Only warning is given by starter/referee immediately before the start, and violations after that warning warrant a disqualification.

Additional Information

- Heat illness
 - Signs and symptoms
 - Immediate care
- Service animals
 - Only dogs are allowed
- Next meeting: Monday, August 26, 6:45 pm, Fitch cafeteria