



355 Harlem Rd. West Seneca, NY 14224
716-821-7365 Fax: 716-821-7352

2011 Cross Country Handbook

Published: 7/5/11
Updated: 7/29/11 p.7

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

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

www.armorytrack.com
www.tullyrunners.com
www.section6runs.com

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FORMS

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

Varsity Roster Form
Federation Form
Opt out of State Travel

[All-WNY Scholar Athlete Form](#)

2011 Cross Country Calendar

The Section VI approved Cross Country Season is
August 22- November 27

First Practice	August 22
Committee Meeting date	Tuesday August 30
First Scrimmage.....	September 2
First Contest	September 2
Varsity Roster submitted to League Representative.....	October 1
Last day to move up 7 th & 8 th grade athletes*	See Page 9
(* Must be selectively classified)	
NYS Federation Nomination Form due.....	November 4
Deadline to Opt out of State Travel.....	November 4
<i>(requires signature of Superintendent, Principal and AD)</i>	
All WNY Fall Scholar Athlete form deadline.....	November 15
Committee Meeting date.....	Monday November 21

Section VI Championships

Friday November 4, 2011
Elma Meadows Golf Course

<u>Boys</u>	<u>Girls</u>
A 11:00 AM	A 1:00 PM
B 11:30 AM	B 1:30 PM
C 12:00 NOON	C 2:00 PM
D 12:30 PM	D 2:30 PM

State Cross Country Meet

Saturday November 12, 2011
Verona-Verona-Sherrill HS (Section 3)

New York State Federation Meet

Saturday November 19, 2011
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	Home	Cell
Boys	*Mike Janisch, Silver Creek	934-2603 x2175	363-7010	679-8421
	 press 8 to leave message then 2175#		

Girls	*Jim Zubler, Frontier	926-1720 x2331		432-9358
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Boys League Representatives		School	Home	Cell
ECIC	*Pete Szymanski, JFK	891-6407	681-8442	480-2333
Buffalo	*Dave Sardo, Hutch Tech	816-3888		
NFL	*Dick Bartha	Retired	773-7022	
NO	*Nancy Bennett, Akron	542-5037	937-1863	
CCAA	*Dave Nelson, Falconer	665-6624	386-6990	
At Large	Paul Hutzler	Retired	668-2326	
At Large	Loren Ratajczak	821-7582	549-5883	860-3475
At Large	Bob Ring, Olean		378-6970	

Girls League Representatives		School	Home	Cell
ECIC	*Walt McLaughlin, E. Aurora	687-2505	652-4917	289-1990
Buffalo	*Ken Hans, Leonardo da Vinci	816-4380	692-7276	
NFL	*Don Sauer, Grand Island	773-8820	941-1004	
NO	*Nancy Bennett, Akron	542-5037	937-1863	
CCAA	*Kathy Stamets, All/Lime	375-6606	585-268-9110	
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 17-18.

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](#) (p.111-113) , (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 2010-12 Rule Book page 110)

- No jewelry, which includes visible body piercing objects, shall be worn in any 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. Metal barrettes are permissible in Girls Gymnastics only.

NOTE: The sports of Bowling and Golf are exempt from this rule. **Wrist watches are permitted in cross country.**

Cross Country Rules

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.

2011 Cross Country Classification

NYSPHSAA approved a change in Cross Country from 5 classifications to 4 classifications effective fall 2011. The new cut-off numbers are listed below.

Class A (911 & up) 12 Schools

Niagara Falls	NFL	1716
Lancaster	ECIC	1498
Clarence	ECIC	1258
Lockport	NFL	1257
Orchard Park	ECIC	1244
Frontier	ECIC	1218
Jamestown	ECIC	1099
Kenmore West	NFL	1083
West Seneca West	ECIC	1049
Niagara Wheatfield	NFL	1001
Williamsville North	ECIC	998
North Tonawanda	NFL	994

Class B (470-910) 27 Schools

Sweet Home	ECIC	896
Hamburg	ECIC	874
Kenmore East	NFL	856
McKinley	Buffalo	855
Williamsville East	ECIC	810
Hutch Tech	Buffalo	798
Grand Island	NFL	780
West Seneca East	ECIC	735
Williamsville South	ECIC	723
Starpoint	ECIC	699
Iroquois	ECIC	675
Lake Shore	ECIC	673
Bennett	Buffalo	661
South Park	Buffalo	658
Amherst	ECIC	652
Riverside	Buffalo	638
Lewiston Porter	NFL	586
Pioneer	ECIC	584
Lafayette	Buffalo	584
Albion	NO	563
East Aurora	ECIC	536
Burgard	Buffalo	519
Depew	ECIC	510
Springville	ECIC	508
Buffalo East	Buffalo	507
Olean	CCAA	475
Dunkirk	CCAA	472

Have Dropped XCC

Maryvale	ECIC	553
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Class C (260-469) 23 Schools

Tonawanda	ECIC	467
Newfane	NO	467
Alden	ECIC	458
Medina	NO	443
Eden	ECIC	434
Buffalo Arts Academy	Buffalo	408
Fredonia	CCAA	383
Akron	NO	383
Royalton-Hartland	NO	382
JFK	ECIC	379
City Honors	Buffalo	358
Southwestern	CCAA	356
Emerson	Buffalo	355
Wilson	NO	352
Cleveland Hill	ECIC	345
Falconer	CCAA	321
Gowanda	CCAA	320
Charter/ Applied Tech.	NO	315
Allegany-Limestone	CCAA	307
**Ripley	CCAA	301
Leonardo da Vinci	Buffalo	277
OTC	Buffalo	276
WNY Maritime	Independent	266

Class D (0-259) 10 Schools

Barker	NO	254
Randolph	CCAA	231
Silver Creek	CCAA	227
Frewsburg	CCAA	225
*Sherman	CCAA	223
Intl Prep	Buffalo	221
Maple Grove	CCAA	204
MST	Buffalo	195
Franklinville	CCAA	182
Olmsted	Buffalo	173

* Combined schools 2011-12

* Clymer (110) with **Sherman** (113) = 223

** Westfield (221) with **Ripley** (80) = 301

Section VI Cross Country Championships

Elma Meadows – November 4, 2011

(see [page 2 for schedule](#))

Rosters:

A varsity team roster of the names of individuals must be turned into your league representative by **October 1** to be put into the computer for the Section VI Meet. All schools have the right to run a boys team and a girls team in the Section VI Meet. Please fill out 10 names if available. Please put an asterisk (*) next to the seven (7) most likely to run. Changes can be made the day of the Section VI 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:

The Elma Meadows Golf Course is the site for the Section VI Cross Country Finals. The course will be open for tour from 9:00 AM to 10:30 AM on **November 4, 2011** only. No one person or team is allowed to practice or run on the championship course previous to this time. There is no walking the course after 10:45 AM or during any one of the races. Failure to follow these rules may force Erie County to restrict our use of this fine facility. Please follow the rules and do not run on the course when golfers are on the course, stay off the greens and tees, and do not tear up the course.

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 Section6Runs.com.

Awards:

Award ceremonies will be broken up into class ceremonies following each of the races 6-10. 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 [here](#).

Recommendations For Grades 7 & 8 Runners:

In order to make this program more consistent across Section VI and to protect the health and safety of the young competitors, the Section VI Cross Country Committee makes the following recommendations:

1. All 7th and 8th grade runners that are not competing in Varsity or Junior Varsity competition will run a maximum race of 1.5 miles until **October 14** and a maximum of 2.0 miles thereafter.
2. All 7th and 8th grade runners who are moving to high school competition must do **prior to completion of 50% of their modified schedule**. These runners must pass the Selection Classification Test and the Medical Exam. Any runner who has moved up for a race may not move back down to 7th & 8th grade competition.

The state regulation **Modified Rule #13 on Promotion** states that the last day to move up modified athletes is **prior to completion of 50% of the athlete's modified schedule**. See page 133 in the 2010-2012 [NYSPHSAA Handbook](#)

3. 7th & 8th grade runners in this classification may only compete in a total of 10 meets during the season.
4. 6th grade students are not eligible to compete in this program.

Although this program is considered an extra curricular program for only 7th and 8th grade students and not a modified program by most schools, the Committee feels that the New York State Modified Rules regarding physical exams, number of practices before the first contest, and increasing the length of the course at mid season should be followed by all participating schools.

2011 NYSPHSAA Cross Country Meet

For date and location of State Meet, see Calendar on page 2.

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

State Class A	enrollment of	911 & up
State Class B	enrollment of	470 to 910
State Class C	enrollment of	260 to 469
State Class D	enrollment of	259 & 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.

A parental permission form and a Code of Conduct form must be completed and presented to the Sectional Chairman or his representative before the athlete will be permitted to travel with the team. These forms will be available at the Sectional Meet. The [Code of Conduct form](#) is also available on the NYSPHSAA website.

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 during the **2011-12 and 2012-13** (See the change to the Travel Policy page 15)

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 15)

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
Hamburg Sun.....	(x236) 649-4040
Jamestown Post Journal	(x248) 487-1111
Lockport Union Sun	(x6247) 439-9222
Niagara Gazette.....	(x2255) 282-2311
Tonawanda News.....	(x111) 693-1000

Television

Channel 2 WGRZ.....	849-2219
Channel 4 WIVB.....	879-4994
Channel 7 WKBW	840-7799
Super 7 Hotline	840-7795
Channel 13.....	558-8268
Time Warner Cable	488-4381

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.

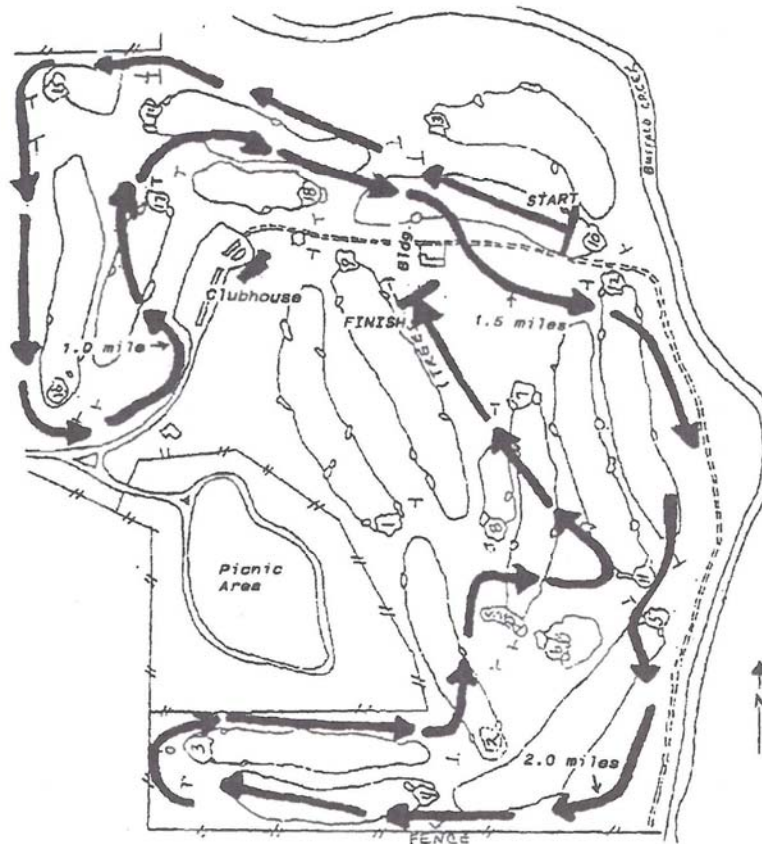
Any team or individual that would like to be considered for selection, please contact the League Representative before the Section VI Meet. **The final list of runners and teams who wish to go will be finalized the day of the Section VI Meet.** This list will be ordered as per the results of the Section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

This year's Federation Meet will be held as listed in the calendar on page 2 of this handbook. All boys will run in one race and all girls will run in another race (both team and individual runners).

Elma Meadows Section VI 5 Kilometer Course Records		
Boys Record		
2001 Peter Meindl	Orchard Park	15:38.6
Girls Record		
1997 Peggy Melonic	East Aurora	18:20.3

Elma Meadows 5 Kilometer Course Records		
Boys Record		
2001 Peter Meindl	Orchard Park	15:38.6
Girls Record		
1986 Denise Bushallow	Auburn	18:09.5

ELMA MEADOWS GOLF COURSE SECTION VI CROSS COUNTRY COURSE REVISED 1984 • 5 KILOMETERS



Top 25 Boys Teams on the Elma Meadows Course by Time (1-5)

	Team	Year	Class	Time
1.	Sweet Home	1986-State	A	83:44.5
2.	Sweet Home	1986	A	84:28.7
3.	Lockport	2004	AA	84:35.6
4.	Lockport	1987	A	84:36.1
5.	Frontier	1991	A	84:52.7
6.	East Aurora	1984	B	84:56.4
7.	Lockport	1991	A	85:16.5
8.	Lockport	1985	A	85:21.3
9.	Starpoint	1997	B	85:24.3
10.	East Aurora	1985	B	85:29.0
11.	Frontier	1990	A	85:31.1
12.	Grand Island	1985	A	85:39.5
13.	Bennett	1989	B	85:46.2
14.	Grand Island	1984	A	85:47.5
15.	Lockport	1986	A	85:49.3
16.	Lockport	1991-State	A	85:56.0
17.	East Aurora	2008	B	86:01.6
18.	Clarence	1989	B	86:05.2
19.	East Aurora	2007	B	86:06.1
20.	Clarence	1987	B	86:07.6
21.	Frontier	1987	A	86:08.7
22.	Lockport	1989	A	86:08.7
23.	Lockport	2003	A	86:18.6
24.	Clarence	1986-State	B	86:29.6
25.	Lockport	1984	A	86:30.5

Top 25 Girls Teams on the Elma Meadows Course by Time (1-5)

	Team	Year	Class	Time
1.	East Aurora	2007	B	96:20.7
2.	East Aurora	2009	B	97:25.2
3.	East Aurora	2008	B	98:27.0
4.	Clarence	1984	B	100:00.3
5.	East Aurora	2010	B	100:24.2
6.	Clarence	1998	A	100:35.7
7.	Starpoint	1997	B	101:16.4
8.	Clarence	1991-State	B	101:24.0
9.	Orchard Park	2003	A	101:49.4
10.	East Aurora	2004	B	101:50.7
11.	Clarence	1993	B	102:01.6
12.	Lancaster	2003	A	102:11.7
13.	Clarence	1999	A	102:25.3
14.	Frontier	1987	A	102:26.3
15.	Clarence	1995	B	102:27.0
16.	Clarence	1994	B	102:39.9
17.	Clarence	1997	A	102:41.1
18.	Clarence	1991	B	102:41.9
19.	Starpoint	1999	B	102:50.1
20.	Clarence	2003	A	103:04.5
21.	East Aurora	2002	B	103:07.0
22.	East Aurora	2003	B	103:10.4
23.	East Aurora	2001	C	103:25.7
24.	Allegany	1991	C	103:40.6
25.	West Seneca West	2007	AA	103:41.4

Section VI Boys Top 50 Times on 5 Kilometer Course at Elma Meadows

Place	Name	Grade	School	When	Time
1.	Peter Meindl	12	Orchard Park	A-STATE-01	15:38.6
2.	Joe Dunlop	12	Grand Island	B-91	15:48.3
3.	Joe Dunlop	12	Grand Island	B-STATE-91	15:49.7
4.	Charlie Kern	12	Sweet Home	A-STATE-86	15:52.1
5.	Peter Meindl	11	Orchard Park	A-00	15:56.9
6.	Todd Witzleben	12	Orchard Park	A-98	16:00.2
7.	Kerry Fly	12	Lockport	A-86	16:00.7
8.	Peter Meindl	12	Orchard Park	A-01	16:02.0
9.	Charlie Kern	11	Sweet Home	A-85	16:04.1
10.	Charlie Kern	12	Sweet Home	A-86	16:07.8
11.	Ron Markezich	12	Williamsville North	A-84	16:08.7
12.	Brendan Cameron	11	Kenmore West	A-98	16:08.7
13.	Trevor Cable	12	Frewsburg	D-00	16:09.2
14.	Chris Cronk	11	Lancaster	A-87	16:09.7
15.	Guy McCrea	12	Lockport	A-87	16:10.6
16.	Kerry Fly	12	Lockport	A-STATE-86	16:10.9
17.	Bill Chase	12	Franklinville	C-STATE-91	16:12.9
18.	Nolan Swanson	12	Sherman	C-93	16:12.9
19.	John Huber	11	Starpont	B-98	16:12.9
20.	Mike Ryan	12	Starpont	B-97	16:13.9
21.	Kerry Fly	11	Lockport	A-85	16:14.9
22.	Kyle Pawlaczyk	12	Hamburg	A-00	16:16.9
23.	Dan Giza	12	Lancaster	A-03	16:17.2
24.	Nick LaRosa	10	Frontier	A-91	16:17.3
25.	Mike Deren	11	Frontier	A-03	16:17.5
26.	Jacob Mays	12	Traditional	C-STATE-86	16:18.8
27.	Chuck Laderer	12	Starpont	B-03	16:19.0
28.	Joe Whalen	12	Hamburg	A-08	16:19.4
29.	Mike Drake	11	Allegany	C-86	16:19.8
30.	Dennis Webster	10	Clarence	B-85	16:20.8
31.	Kevin Wiley	12	Amherst	B-91	16:21.0
32.	Mike Dobmeier	12	Wmsv. North	AA-05	16:21.2
33.	Dustin Thomas	10	Franklinville	C-97	16:21.3
34.	Charlie Kern	10	Sweet Home	A-84	16:21.4
35.	Nolan Swanson	10	Sherman	C-STATE-91	16:22.9
36.	Nick LaRosa	10	Frontier	A-STATE-91	16:23.4
37.	Evan Tsembelis	11	Grand Island	A-07	16:24.7
38.	Jesse Rappole	12	Maple Grove	D-00	16:25.0
39.	Dan Field	12	East Aurora	B-02	16:25.0
40.	Joe Dunlop	11	Grand Island	B-90	16:25.6
41.	Chris Cronk	12	Lancaster	A-88	16:25.7
42.	Jason Quast	12	Lockport	A-98	16:25.8
43.	John Kralisz	12	East Aurora	B-84	16:26.0
44.	Mike Garrett	12	Clarence	B-STATE-86	16:26.3
45.	Jim Bapst	12	Iroquois	B-85	16:26.9
46.	Jesse Rappole	11	Maple Grove	C-98	16:27.2
47.	Kevin Wiley	11	Amherst	B-90	16:27.4
48.	Jim Dunlop	11	Grand Island	A-86	16:27.6
49.	Drew Perilli	10	Lockport	AA-07	16:27.7
50.	Dave Whittman	10	East Aurora	B-84	16:28.7

Thanks to John Montalbo for the original list.

Section VI Girls Top 50 Times on 5 Kilometer Course at Elma Meadows

Place	Name	Grade	School	When	Time
1	Peg Melonic	10	East Aurora	B-97	18:20.3
2.	Peg Melonic	11	East Aurora	B-98	18:36.0
3.	Katherine Lusardi	12	East Aurora	B-07	18:36.1
4.	Angela Kudla	11	Starpoint	B-00	18:36.8
5.	Meredith Ford	12	Akron	C-STATE-91	18:42.4
6.	Lisa Cappello	12	Starpoint	B-99	18:45.1
7.	Laura Hribik	12	Orchard Park	A-95	18:50.2
8.	Lindon Wilcox	12	Albion	B-01	18:50.7
9.	Andrea Cappello	10	Starpoint	B-00	18:51.4
10.	Jenna Hulton	12	East Aurora	B-07	18:51.9
11.	Shannon Crane	11	Lancaster	A-03	18:54.1
12.	Marta McLaughlin	8	East Aurora	B-09	18:56.0
13.	Jenny Koeppel	9	Amherst	B-97	18:56.4
14.	Meredith Ford	12	Akron	C-91	18:57.4
15.	Catherine Phillips	12	East Aurora	B-09	18:58.5
16.	tie Kailey Harvey	12	Jamestown	AA-05	19:02.0
16.	tie Jenny Koeppel	10	Amherst	B-98	19:02.0
17.	Brenna Symoniak	11	Amherst	A-08	19:02.5
18.	Brenna Symoniak	10	Amherst	A-07	19:03.8
19.	Michelle Daniels	10	Orchard Park	A-97	19:03.0
20.	Jaime Wallace	10	Alden	B-07	19:05.0
21.	Meredith Ford	11	Akron	C-90	19:04.0
22.	Jodi Hudson	12	Iroquois	B-97	19:06.5
23.	Jenny Koeppel	12	Amherst	B-00	19:07.7
24.	Meredith Ford	10	Akron	C-89	19:09.2
25.	Kristen Weberg	12	East Aurora	B-08	19:11.1
26.	Beth Reed	9	Fredonia	B-91	19:11.5
27.	Marta McLaughlin	9	East Aurora	B-10	19:12.6
28	Erin Mullaney	11	Lockport	A-98	19:12.8
29.	Erin Kling	12	Jamestown	AA-08	19:13.2
30.	Maureen Meldrim	10	Clarence	B-STATE-86	19:13.7
31	Maureen Meldrim	11	Clarence	B-87	19:14.3
32.	Mary Pat Hickey	12	Clarence	B-84	19:14.7
33.	Kelsey Fraser	12	Lockport	AA-07	19:16.6
34.	Amanda Solly	12	W Seneca East	A-07	19:18.0
35.	Catherine Phillips	11	East Aurora	B-08	19:19.3
36.	Angela Kudla	12	Starpoint	B-01	19:19.3
37.	Lindon Wilcox	12	Albion	B-01	19:19.7
38.	Beth Reed	9	Fredonia	B-STATE-91	19:20.0
39.	Andrea Cappello	8	Starpoint	B-98	19:20.0
40.	Katie Niblock	12	Sweet Home	A-09	19:21.1
41.	Lisa Cappello	10	Starpoint	B-97	19:21.3
42.	Julie Moody	12	Kenmore West	A-85	19:21.4
43.	Angela Kudla	12	Starpoint	B-STATE-01	19:22.1
44.	Jackie Ekiss	10	Grand Island	A-86	19:22.3
45.	Allison Wilfong	12	Frewsburg	C-91	19:22.3
46.	Megan Hulton	11	East Aurora	B-09	19:22.7
47.	Shannon Crane	12	Lancaster	AA-04	19:23.1
48.	Kailey Sullivan	11	W. Seneca West	AA-05	19:24.6
49.	Catherine Phillips	10	East Aurora	B-07	19:25.1
50.	Jeanette Bonrouhi	12	Amherst	A-85	19:25.6

Thanks to John Montalbo for the original list.

Section VI Policies

Section VI Policy on Travel to State Competition

(Revised May 2011 for 2011-12 and 2012-13)

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

Summary for Individual Sports

The following was approved by the Section VI Athletic Council (May 2011) on a trial basis for 2011-12 and 2012-13: Section VI will use the newly established Dedicated Fund in the Fund Balance to cover costs for travel to state competition for the individual sports in Group 2 (listed below) and will discontinue year-end reimbursement to districts for these costs.

Member schools participating in state competition will be responsible for all costs related to that participation with exception of individual sports in Group 2 as indicated above for 2011-12 and 2012-13. Section VI responsibility for member school participation in state championships is outlined below.

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.

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 school will remain financially liable for each coach's seat and for each athlete's seat(s) on the contracted bus (see note below).
 - 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 \$1.30 per mile on the state grid (below) and deduct the reimbursement from the total transportation cost (see note below).
- d) The remaining balance for transportation expenses will be invoiced to the schools based on a cost per participating athlete (see note below).

NOTE: These items will not apply during the trial years 2011-12 and 2012-13

Lodging: 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.

Meals: Schools will be responsible for the cost of athletes' meals at state competition with exception of individual sports in Group 2 as indicated above for 2011-12 and 2012-13. 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.

Regulations Regarding Senior All-Star and Outside Agency Contests

(Updated April 2009)

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 no more than one approved senior all-star athlete contest in the same sport during the school year.

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.section.e1b.org Under General Information, Click on *Forms and Information*, or call the Section office 821-7365.

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 will be 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, at all post-season contests held at **NEUTRAL SITES**.

Note: If a school suffers loss or damage to an AED that is being used for post-season contests, the Section will be financially responsible.

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:

- Hourly RealFeel 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.
- STEPS TO OBTAIN HOURLY REALFEEL TEMPERATURE:
 1. Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
 2. Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. **DO NOT USE THE REALFEEL TEMPERATURE** on this page.
 3. Click onto **Hourly Forecast**, and you will be linked to a chart. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.
- If the Hourly RealFeel temperature (heat index) is 90 degrees or above, the athletic trainer, athletic director, or school designee must re-check the Hourly RealFeel (heat index) at halftime or midway point of the contest. If the Hourly RealFeel (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:

	Hourly RealFeel (Heat Index) under 79 degrees	Full activity. No restrictions
R E C O M M E N D E D	Heat Index Caution: Hourly RealFeel (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: Hourly RealFeel (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 RealFeel 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 recovery time).
	Heat Index Warning: Hourly RealFeel (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 the Hourly RealFeel 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: Hourly RealFeel (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 May 27, 2010



Wind Chill Procedures

Administration of Wind Chill Procedures:

- Hourly RealFeel 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.
- STEPS TO OBTAIN HOURLY REALFEEL TEMPERATURE:
 - Log onto **AccuWeather.com** by using the association website, www.nysphsaa.org, we recommend saving this site to your computer or phone.
 - Once you have entered the zip code for your practice or contest site you will see the home page for the local forecast. **DO NOT USE THE REALFEEL TEMPERATURE** on this page.
 - Click onto **Hourly Forecast**, and you will be linked to a chart. Please use the current hour RealFeel temperature for your zip code to take the appropriate action for your practice or contest.
- If the Hourly RealFeel temperature (wind chill) is 10 degrees or below, the athletic trainer, athletic director, or school designee must re-check the Hourly RealFeel (wind chill) at halftime or midway point of the contest. If the Hourly RealFeel (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:

	Hourly RealFeel (wind chill) above 40 degrees	Full activity. No restrictions
R E C O M M E N D E D	Wind Chill Caution: Hourly RealFeel (wind chill) 36 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: Hourly RealFeel (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: Hourly RealFeel (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 Hourly RealFeel temp is much higher. Consider reducing the amount of time for an outdoor practice session.
REQUIRED	Wind Chill Alert: Hourly RealFeel (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 May 27, 2010

Section VI – NYSPHSAA

Sportsmanship Philosophy and Code of Conduct Philosophy

1. We believe that interscholastic athletics is an important part of education and support the ideals and values embodied in good sportsmanship.
2. We believe that sportsmanlike behavior is essential if interscholastic competition is to contribute usefully and constructively to the broad goals of education and to the quality of life of those involved.
3. We pledge ourselves individually and collectively to encourage and support the development and maintenance of a sportsmanlike atmosphere for athletic competition.

Code of Conduct

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 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.

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

The following statement will be read over the public address system just prior to the pledge to the flag. 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.”