



9/24/2025

NFHS Cross Country Weekly Rule Interpretations

SITUATION 1: At a cross country meet with a single line defining the course, at a yellow flag, a competitor runs to the right of the flag rather than the left. The umpire on course reports the violation. The meet referee disqualifies the athlete. **RULING:** Correct Procedure. **COMMENT:** Yellow flags indicate a turn to the right on the course and runners must stay on the left side of the flag. Athletes that who fail to complete the prescribed course is disqualified. [8-3-3]



- A red flag indicates a turn to the left. Runners must stay on the right side of the flag.
- A yellow flag indicates a turn to the right. Runners must stay on the left side of the flag.
- A blue flag indicates a course straight ahead. Runners may run on either side of the flag.

SITUATION 2: In a regular season meet, a group of athletes on course that is marked with a single wide line only and meet management is using natural boundaries to indicate the correct course. The group makes a turn on the inside of the line and cuts the corner of rock on the course. The runners behind them make the same cut. Several coaches protest and the single referee does not disqualify the group because the course marking was unclear. **RULING:** Correct Procedure. **COMMENT:** When the use of a single boundary line and natural boundaries are unclear then flags or other markings should be utilized on a course. The referee and management should walk the course in advance to make sure all turns are clear. In absence of additional markings, the referee must rule on any irregularities. [8-1-3]

SITUATION 3: B1 is on course and as they are running utilize their medically prescribed inhaler they have been running with the entire race. The coach from Team A complains to the meet referee that this is an aid. The meet referee informs the coach there is no violation. **RULING:** Correct Procedure. **COMMENT:** The use of an atomizer (inhaler) during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid. [4-6-5]