

Cross Country

SPORTSMANSHIP & LEGAL UNIFORM VERIFICATION

The NFHS Track and Field Rules Book states "Prior to the meet, the referee shall, either by a meeting or written communication, address the following with all head coaches and team captains: (Rule 3-4-8)

- a. All team members are expected to exhibit good sporting conduct.
- b. The head coach shall verify verbally, or in writing, that all of his/her competitors are properly equipped (uniform and equipment) in compliance with these rules.
- c. Any special circumstances, procedures and information pertaining to the meet.

Therefore, the Executive Board has approved and recommended that all coaches will verify, in writing, that their contestants are legally equipped and uniformed according to NFHS rules and will compete in a sportsmanlike manner.

Printed Coach Name: _____

School: _____

Coach Signature: _____

Event: _____ Date: _____

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