

Proposal to the North Dakota High School Activities Association (NDHSAA)

Submission Date: 9/23/2025

Proposal to Amend NDHSAA Constitution & By-Laws

Article XIV – Amateur Rule

Section III – Interpretations

Interpretation No. 18

Current Language (Art XIV, Sect III: 18):

Q: May a (a) cross-country runner or (b) track and field participant enter a community road race during the respective high school season in each of the sports?

A:

- (a) No
- (b) Yes

A road race has been interpreted as being the same as cross-country, but not the same as track and field competition.

Proposed Amendment:

Amend Interpretation No. 18 to permit local school districts to determine whether a cross-country runner may participate in a community road race during the cross-country season.

Proposed New Language:

Q: May a (a) cross-country runner or (b) track and field participant enter a community road race during the respective high school season in each of the sports?

A:

- (a) **At the discretion of the local school district, a cross-country runner may be allowed to participate in a community road race during the cross-country season.**
- (b) Yes

A road race has been interpreted as being similar to cross-country, but not the same as track and field competition. However, **participation by cross-country athletes in community road races during the cross-country season shall be governed by local school policy.**

Rationale:

1. **Local Control:** This amendment respects and reinforces the authority of local school districts to make context-specific decisions about student participation in community events.
 2. **Community Engagement:** Participation in community road races can strengthen ties between student-athletes and their local communities.
 3. **Flexibility:** Allows schools to assess and manage risk, scheduling, and competitive integrity based on local considerations.
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