

2017 Cross Country Rules Meeting

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Iowa High School Athletic Association

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Joint Cross Country Advisory Committee

Dale Otte (Chair)	Pella
Kirk Schmaltz	Ames
Sheryl Book	Westwood
Dan Sauser	Monticello
Eric Belby	Pleasant Valley
Brian Knapp	South Central Calhoun
Tim Sanderson (Official)	Keystone

1 new member to be determined this fall



Heat & Hydration

- **Take plenty of water breaks during practice.**
- **Use the information provided by the IHSAA and the IGHSAU.**
 - Heat and Humidity Gauge
 - Heat Index Chart
 - Urine Color Chart

Heat & Hydration

- **Heat-related deaths are preventable if specific steps are taken by coaches and administrators.**
 - Develop an Emergency Action Plan
 - Allow student-athletes to acclimatize to heat and humidity
 - Access to water should never be restricted
 - Student-athletes should be encouraged to take in fluids frequently before and after practices and games
 - Practices should be scheduled at times during the day that minimize exposure to heat and humidity

Heat & Hydration

- **Use the “BUDDY SYSTEM”**
 - Assign student-athletes a “Buddy” and have them monitor each other for signs and symptoms of heat related problems
- **Signs of Possible Heat Stroke**
 - Altered consciousness
 - Semi-consciousness, confused, irrational behavior
 - Combative
 - Headache, dizziness, weakness
 - Hot skin – with or without sweating
 - Increased heart and breathing rates
 - Nausea, vomiting or diarrhea

Heat & Hydration

- **The actions taken in the first 5-10 minutes after recognizing heat stroke are critical to the student-athlete’s survival!**
- **Cold water submersion cools the body the fastest!**
 - For student-athletes wearing pads, remove the pads and place the student in a plastic tub of ice and cold water
 - Can also use a piece of plastic with ice and cold water that is held at the corners

A Guide to Heat Acclimatization & Heat Illness Prevention

1 2
PREVIOUS NEXT PLAY

Introduction

Start Slow, Then Progress

Allow For Individual Conditions

Medical Status

Adjust Intensity and Rest

Start Sessions Adequately Hydrated

Recognize Signs Early

Recognize More Serious Signs

Have An Emergency Action Plan

Review

Course Exam

Conclusion

Higher risk for heat illness:

- High intensity outdoor sports in hot & humid weather

35 high school football players died of exertional heat stroke between 1995 and 2010.



TRANSCRIPT
RESOURCES

Heat illness is the leading cause of preventable death in high school athletes. Students participating in high-intensity outdoor sports during the summer months are at the greatest risk. Football has received the most attention due to the number and severity of heat illnesses. In fact the National Center for Catastrophic Sports Injury Research reports that 35 high school football players died of heat stroke between 1995 and 2010.



JUMBO LONG
72" X 96"

premium weight JUMBO LONG Shower Curtain Liner

- soft as silk vinyl
- metal eyelets
- resists mildew
- hand wash in cold water only
- JUMBO LONG: 72" x 96"

Heat & Hydration

\$85 by contacting the IHSAA



HEAT INDEX TABLE

This Heat Index Chart provides general guidelines for awareness of the combined severity of heat and humidity. Individual circumstances for the heat will vary. Heat illness can occur at lower temperatures than those indicated on the "Heat Index & Possible Risk" section of this poster.


How to use the Heat Index Chart:

- Locate the top of the chart for air temperature in Fahrenheit.
- Down the left side of the chart, the relative humidity is listed.
- TAKE TEMPERATURE & HUMIDITY READINGS IN THE SUN, IF PRACTICE WILL TAKE PLACE IN THE SUN.**
- Where the temperature and humidity cross on the chart is the Heat Index.

The Heat Index is the body's sensation of heat, or "What the temperature and humidity feel like to the body."

Relative Humidity (%)	AIR TEMPERATURE (in degrees Fahrenheit)											
	70°	75°	80°	85°	90°	95°	100°	105°	110°	115°	120°	
0%	64	69	73	78	83	87	91	95	99	103	107	HEAT INDEX & POSSIBLE RISK
10%	65	70	75	80	85	90	95	100	105	111	116	80-124 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure to sun. Additional risks include possible dehydration, muscle cramps, dizziness, nausea & vomiting.
20%	66	72	77	82	87	93	99	105	112	120	130	
30%	67	73	78	84	90	96	104	113	123	135	148	
40%	68	74	79	86	93	101	110	122	132	143		
50%	69	75	81	88	96	107	120	135	150			
60%	70	76	82	90	100	114	132	149				
70%	70	77	85	93	106	124	144					
80%	71	78	86	92	113	138						
90%	71	79	88	102	122							
100%	72	80	91	108								

130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.



IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

DIRECTIONS FOR USING THE MAXX THERMO-HYDROMETER

- Hold the thermometer by the handle. DO NOT TOUCH THE THERMISTOR.
- Place the thermometer in the shade. Do not use in direct sunlight. Do not use in a breeze or wind.
- Read the temperature and humidity in the round window on the thermometer. Readings will only be correct if the thermometer is held vertically at a 90-degree angle.
- Record the temperature and humidity in the round window provided on the Heat Index Table.

IHSAA URINE COLOR CHART

The urine color chart provides a visual aid to help assess hydration. To use this chart, match the color of your urine to a color on the chart. The greater the level of dehydration the greater the negative effect on performance & health. If the color of your urine matches #1, #2 or #3 on the chart, you are WELL hydrated. If your urine color matches #4 or #5 you are close to being dehydrated, and if your urine color matches #6, #7 or #8 you are DEHYDRATED and need to consume a lot more fluids. ALL LEVELS OF DEHYDRATION HAVE SOME NEGATIVE EFFECT ON ATHLETIC PERFORMANCE & HEALTH.

1, 2, 3 = WELL HYDRATED

Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.

4, 5 = Hydrated, but not well hydrated. Drink additional fluids on a regular basis so the color of your urine is equivalent to numbers 1, 2 or 3.

6, 7, 8 = DEHYDRATED

You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.

H									
E	1								
H	2								
R	3								
A	4								
T	5								
E	6								
R	7								
A	8								
T									
E									
D									

Urine color chart used with permission from "Predicting a Catastrophic Sports Injury" by Lawrence E. Armstrong, Ph.D., 2000. Copyright Lawrence E. Armstrong, 2000. Published by Human Kinetics, Champaign, IL. www.human-kinetics.com. © Jan 2014. 278 & column 8, 1988, pp. 380-382. Distributed by the IOWA HIGH SCHOOL ATHLETIC ASSOCIATION

Mandatory Concussion Course For All 7-12 Coaches



Concussion in Sports

🔗 Elective Course

Student Coach Parent Administrator Official

Free!
Completion: 161023 +

ALL 7-12 coaches (paid or volunteer) are required to view the NFHS course, "Concussion in Sports" before the beginning of their respective sport season. Information regarding accessing this course has been sent to your school administrator.

Lightning Guidelines

If thunder is heard, or lightning is seen, immediately suspend the contest and instruct everyone to take safe shelter.

Once the contest is suspended due to lightning, **wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.**

Complete guidelines regarding lightning safety appear in every NFHS rule book.

Remember, lightning kills, play it safe!

Lightning Guidelines



Course Distance

In cases of inclement weather, meet managers may shorten the race distance to a minimum of two miles in the interest of the health and safety of competitors.

Prior to the fifth Monday of the competition season (September 18), meet managers have the option of running a 4000 meter course for competitors below the varsity level as long as all varsity and subvarsity races run to a common finish line. Beginning the fifth Monday of the competition season (September 18), all competitors must run 5000 meters.



Important Dates

- First Day of Practice: August 7
- Classifications Finalized: August 11
- First Day of Competition: August 21
- State Qualifying Meet: October 19
- State Meet: October 28



Classification Policy

In the sport of cross country, member schools that are placed in different classes due to cooperative agreement decisions made by other member schools, shall remain in the same class. The member school will be placed in the lower of the two split classifications. Member schools placed in different classes, based on the member school's decision to have different cooperative programs for each gender or cooperative programs with different schools, will remain in different classifications and be assigned to state qualifying events as classified. Member schools will not be allowed the choice to participate in a higher classification. In order for classifications to be determined in a timely manner, no new cross country cooperative programs will be accepted, nor will any existing cross country cooperative programs be allowed to dissolve after 5:00 pm on Friday, August 11, 2017.

Scholarship Rule

- First competition date is August 21
 - Students ineligible on this date
- Students become eligible on September 20
- Students who are academically ineligible cannot compete at any level



Meet Limitation

Same for Boys and Girls

Ten (10) Meets

Does not include the state qualifying meet and state meet



Registered Officials Required

All cross country meets must be started and refereed by an official registered with either the IGHSAAU or IHSAA for Track and Field

If the meet involves both genders, the starter/referee must be registered with both organizations

No rules meeting or testing requirement for cross country officials; just need to pay registration fee



Meet Structure

Varsity and sub-varsity races may run together

Students ineligible for varsity competition under General Transfer or Open Enrollment may not participate in these combined races

High school and junior high students can be on the course at same time; however, races may not be started together

Junior high boys and girls race may be started at same time; however, this practice is discouraged



State Qualifying Meet Information

Sites will be determined in August and will be posted as soon as they are confirmed

State qualifying meet assignments will be posted the week of October 9

Host sites may charge up to \$5 for parking



State Qualifying Meet Information

Schools wanting to practice on the state qualifying course need to contact the meet manager to see if the venue's management will allow competitors to practice on the course.



State Meet Information

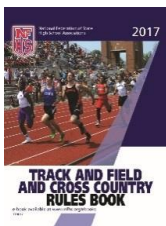
Top three teams and top fifteen individuals from state qualifying meets will qualify for state meet

\$10 parking fee at state meet

Each competing school will receive one parking permit; mailed Friday, October 20



NFHS Track and Field and Cross Country Publications



- The Rules Book, Case Book, and Officials Manual can be ordered:
 - Online at www.nfhs.com

You can also contact Laura at the IHSAA Office (515-432-2011) officials@ihsaa.org if interested in purchasing books.

Rules Changes

NFHS TRACK & FIELD AND CROSS COUNTRY



Rule Change

GAMES COMMITTEE RESPONSIBILITY RULE 3-2-4u

- The games committee has numerous responsibilities
- The responsibility for securing and providing liquids during competition is one such responsibility
- Providing liquids should not be left up to individual coaches



Rule Change

COMPETITORS UNIFORM RULES 4-3-1b(5); 8-6-1b(4)

- Removes the previous NOTE from both rules which was in conflict with rules 4-3-1b(5) and 8-6-1b(4)
- One American flag, not to exceed 2 inches by 3 inches, may be worn or occupy space on **each** item of uniform apparel



www.nfhs.org

Rule Change

RECEIVING ASSISTANCE – ILL/INJURED ATHLETE RULES 4-6-5g and 8-7e

- A competitor is disqualified who:
 - (e) Receives assistance from another competitor to complete the race
 - Both competitors shall be disqualified unless a competitor is injured or becomes ill and an appropriate health care professional is not available, only the injured/ill competitor is disqualified
 - Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance.



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Rule Change

RECEIVING ASSISTANCE AND DISQUALIFICATION 4-6-5h

- It is an unfair act when a competitor receives any assistance. Assistance includes:
 - Receiving physical aid during a race or trial from **any other person**
 - “Any other person” clarifies that not only the actions of competitors and nonparticipating team members may be considered as providing assistance but any other party is also included, such as a spectator.



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Rule Change

CROSS COUNTRY COURSE RULE 8-1-3b

- Due to reorganization of rule 6 and 7, Cross Country rules are now located in **Rule 8**
- Article 3...The race course should include the following features:
 - (b) The use of a painted boundary line, both inside and outside and/or the use of natural or artificial boundary markers may be used as an alternative method to mark the course. Directional flags as described in 8-1-3a **and/or directional sign posts shall be used.**
- This new rules language clarifies that directional sign posts can be used with or in place of directional flags




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IHSAA & IGHSAA Contact Information

CONTACT PEOPLE FOR CROSS COUNTRY

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515-432-2011



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You're Almost Finished!

CAUTION: DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
 One for your records
 One for your administrator
 One for your coaching authorization renewal

Officials – please print one copy of the verification certificate for your files

You may now click on the button to the right of your screen that says:
 I'm FINISHED Watching the Rules Meeting Video
 You will be directed to the verification screen followed by the verification certificate