

2019 CROSS COUNTRY RULES MEETING

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JOINT CROSS COUNTRY ADVISORY COMMITTEE

Nate Boock(Chair)	Ballard
Abby Schmitz	Waukee
Dan Sauser	Monticello
Eric Belby	Pleasant Valley
Travis Nuss	Southeast Valley
Kevin Kearney	South Winneshiek
Katie Tesch	Ridge View
Bill Neal(Official)	Iowa City



HEAT & HYDRATION

- Take plenty of water breaks during practice.
- Use the information provided by the IHSA 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

Course Introduction 1 2 PREVIOUS NEXT PLAY

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 athletics. 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
- 72" x 96"

HEAT & HUMIDITY PEN

COST = \$85 BY CONTACTING THE IHSAA

HEAT INDEX TABLE

The Heat Index Chart provides general guidelines for awareness of the danger severity of heat stress. It does not include information for the heat index or 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 temperature to find.
- 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	80-104 degrees: Heat exhaustion, heat cramps & sunstroke possible with prolonged exposure to sun. Additional risks include possible additional heat and sunstroke. Athletes not signs & symptoms of heat illness.
20%	66	72	77	82	87	93	99	105	112	120	130	105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
30%	67	73	79	84	90	96	104	113	123	135	148	105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
40%	68	74	79	86	93	101	110	122	132	137	151	105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
50%	69	75	81	88	96	107	120	135	150			105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
60%	70	76	82	90	100	114	132	149				105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
70%	70	77	85	93	106	124	144					105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
80%	71	79	86	97	113	138						105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
90%	71	79	88	102	122							105-124 degrees: Heat exhaustion, heat cramps & sunstroke likely, and heatstroke possible. Prolonged exposure to sun may result in heatstroke. Athletes should practice when the index is lower or in a shaded practice.
100%	72	80	91	108								130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

DIRECTIONS FOR USING THE MAXX THERMO-HYDROMETER

- Hold the thermometer by the handle. DO NOT TOUCH THE THERMISTOR.
- Place the thermometer in direct sunlight. Do not touch the sensor. Wait until the display shows a steady reading. Do not touch the sensor until the display shows a steady reading.
- Record the temperature and humidity to the nearest number provided on the Heat Index Table.

IHSAA URINE COLOR CHART

The urine color chart provides a visual guide to help athletes determine hydration levels. To use the 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.

Hydration Level	Color
1, 2, 3 = WELL HYDRATED	Light yellow
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.	Yellow
6, 7, 8 = DEHYDRATED	Dark yellow to brown

Urine color chart used with permission from "Preventing a Catastrophic Season" by Lawrence E. Armstrong, Ph.D., 2009. Copyright Lawrence E. Armstrong, 2009. Published by Human Kinetics, Champaign, IL. www.human-kinetics.com. pp. 200-219 & column 8, 1986, pp. 380-383.

Developed 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! Completions: 181023

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

- ALL thunderstorms produce lightning and are dangerous.
- Lightning often strikes as far as 10 miles away from the storm.
- **Each school should have a lightning safety plan,** which includes knowing where teams & spectators will go and how long it will take them to get there safely.



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 23), meet managers have the option of running a 4000 meter course for competitors below the varsity level as long as all varsity and sub-varsity races run to a common finish line. Beginning the fifth Monday of the competition season (September 23), all competitors must run 5000 meters.



IMPORTANT DATES

- First Day of Practice: August 12
- Classifications Finalized: August 16
- First Day of Competition: August 26
- State Qualifying Meet: October 24
- State Meet: November 2



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 16, 2019.



SCHOLARSHIP RULE

- First competition date is August 26
 - Students ineligible on this date
- Students become eligible on September 25
- 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 IGHSAU 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 14

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

Spectator shuttle service

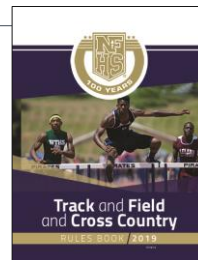
\$10 spectator admission charge

Schools will still receiving parking passes to park inside the golf course

More information to follow later this fall



RULE BOOKS



Contact Laura at the IHSAA (515-432-2011)
officials@ihsaa.org if interested in purchasing books.



Rules Changes

NFHS CROSS COUNTRY

www.nfhs.org

Rule Change

4-3-1 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The NFHS Track and Field Rules Committee reorganized Rule 4-3:
 - The uniform top and bottom were combined into 4-3-1b to help reduce redundant language within the book.
- Anything worn under the uniform is now considered a foundation garment.
 - Iowa adaptation still in place
- All uniform rules (track and field and cross country) now fall in rule 4-3.



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Rule Change

4-3-2 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- "All relay and cross country team members must wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team."
- The uniforms do not need to be identical but they do need to have the same predominant color, school logo and color combination



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Rule Change



Illegal Cross Country Team Uniform Combination – Not Same School Logo



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Rule Change

Legal Cross Country Uniform Combination

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Rule Change

Legal Cross Country Team Uniform Combination

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Rule Change

Legal Cross Country Team Uniform Combination

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Rule Change

Illegal Cross Country Team Uniform Combination – Color Combination of Bottom

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Rule Change

Illegal Cross Country Team Uniform Combination – Not Same School Logo

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Rule Change

Legal Cross Country Team Uniform Combination

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Rule Change


8-1-1 THRU 3 COURSE

ART. 1 ...The cross country course shall be 2500 to 5000 meters (1.5 to 3.1 miles) in length as determined by the meet director or games committee. Measurement shall be along the shortest possible route a runner may take on the prescribed course. The course shall be clearly marked. This may be by a single wide line or boundary lines, both inside and outside marked with a material which is not injurious to the eyes or skin. The use of natural or artificial boundary markers may also be used. Signposts with large directional arrows wherever the course turns, or flags about 1-foot square and mounted on stakes which hold them 6 feet or more above the ground shall be used.

Note: if a single wide line is used it may or may not mark the shortest possible route a runner may take.

FLAG DESIGNATIONS

- 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.




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Rule Change

8-3-2 THRU 5

- No matter the finish system being used, the order of finish is based on when the competitor's torso crosses the finish line.
- Terminology was changed to image based timing system.



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Editorial Changes

NFHS CROSS COUNTRY




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Editorial Change

4-3-1 COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY

- The top or one-piece uniform may have school name, school logo, school nickname and/or competitor's name.




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Editorial Change

4-6-5 DISQUALIFICATION AND CONDUCT

Art. 5. . .
NOTES:

1. The use of an inhaler during competition containing a prescription drug designed to alleviate the asthmatic condition is not considered to be an illegal aid as long as a physician's statement documenting the need of the athlete to use the prescription is presented to the meet director/referee prior to the beginning of the meet.




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Editorial Change

8-3-3 CROSS COUNTRY START/CONCLUSION

- With the deletion of 8-6 Competitors Uniform in Cross Country - the wearing of chip/transponder/number was moved to section 8-3
- The penalty for altering the chip/transponder/number was also moved here.



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Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY




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Points of Emphasis

POINTS OF EMPHASIS UNIFORMS

- Increasing difficulty to officiate uniform rule.
 - Individuals purchasing all or part of the uniform.
 - Slight variations in uniform design from year to year.
- Slight differences in design do not negatively impact the identification of a relay or cross country team by an official.
- Expectation is that teams can still be clearly identified as representing the same school through predominant color, school logo, and color combinations of all outer garments.



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Points of Emphasis

POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Policing wearable technology has become difficult to officiate.
- Technology can be found in watches, sports bras, shoes, jewelry, etc. and it is nearly impossible to distinguish from the same item type that does not include the technology.
- The market is forecasted to sell almost 500 million wearables by 2021.




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Points of Emphasis

POINTS OF EMPHASIS WEARABLE TECHNOLOGIES

- Electronic devices are still not permitted to transmit information to the competitor during a race or trial.
 - If such communication is observed by an official, the competitor should be disqualified.
- Discussion about compliance with Federal and State Policies should be addressed by schools concerning the Privacy and legal issues surrounding personal biometric information.




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Points of Emphasis

STARTING BOXES

- NFHS rules recommend each box be 6 feet in width
- Depending on space and number of teams, may need to be narrower than the recommendation
- All boxes should be the same width
- Starting grid should be randomly assigned



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Points of Emphasis

CONTACT INFORMATION


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One for your coaching authorization renewal

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

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You will be directed to the verification screen followed by the verification certificate

