2019 CROSS COUNTRY RULES MEETING

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JOINT CROSS COUNTRY ADVISORY COMMITTEE

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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 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
**HEAT & HUMIDITY PEN**

**COST = $85 BY CONTACTING THE IHSAA**

**MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES**

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.
CONCUSSIONS

Iowa Code Section 280.13C states, in part,
▪ "Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union.
▪ The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve."

CONCUSSIONS

Iowa Code Section 280.13C continued—
▪ "If a student’s coach, contest official, or licensed health care provider or an emergency medical care provider observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed from participation.
▪ A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.”

CONCUSSIONS

▪ Coach Removal – Iowa law requires a student’s coach who observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., to remove the student from participation immediately and the student shall not return until the coach, or school’s designated representative, receives written clearance to return from a licensed health care provider.

CONCUSSIONS

▪ Contest Official Removal – Iowa law requires a contest official who observes signs, symptoms, or behaviors consistent with a concussion or brain injury during scrimmages, contests, etc., to remove the student from participation immediately and that official, or a designated contest official at the contest/event, must receive the written clearance to return from a licensed health care provider before the student can return to participation in that contest/event, including an event that takes place over multiple days.

CONCUSSION RECOGNITION & MANAGEMENT

▪ Complete information on concussions can be found at www.iahsaa.org. Click on “Information on Sports Concussions” on the IHSAA home page.
**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.

**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**

- 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.

**Course Distance**

- 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.

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**RULE BOOKS**

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

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**NFHS CROSS COUNTRY**

Rules Changes:

**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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**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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Illegal Cross Country Team Uniform Combination – Not Same School Logo
Legal Cross Country Uniform Combination

Legal Cross Country Team Uniform Combination

Illegal Cross Country Team Uniform Combination – Color Combination of Bottom

Illegal Cross Country Team Uniform Combination – Not Same School Logo

Legal Cross Country Team Uniform Combination
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. Composts 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.

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.

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.

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.

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.
Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY

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.

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.

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.

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

CONTACT INFORMATION

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YOU'RE ALMOST FINISH

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