More than a Game

- Students involved in activities average fewer absences per year than the general student population.
- Participation in high school activities is a valuable part of the overall high school experience.
- Students who compete in high school activity programs achieve higher grades and have better attendance.
- School activities teach lessons that include citizenship, teamwork, motivation, cooperation and self-discipline.
- Those who participate in activity programs are less likely to have discipline referrals than the general student population.

Students Now Citizens Forever

FAREWAY
MEAT & GROCERY

2019
REGULAR SEASON SPORTS
FALL MANUAL

IOWA HIGH SCHOOL ATHLETIC ASSOCIATION
BOONE, IOWA
CONCUSSION MANAGEMENT PROTOCOL

**Iowa Code Section 280.13C** states, in part,

- 2c. Emergency medical care provider means the same as defined in section 147A.1.
- 2d. Extracurricular interscholastic activity means any dance or cheerleading activity or extracurricular interscholastic activity, contest or practice governed by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union.

- 2e. Licensed health care provider means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or licensed athletic trainer licensed by a board designated under section 147.13.

- 4b. For school years beginning on or after July 1, 2018, each school district and nonpublic school shall provide to the parent or guardian of each student in grades seven through twelve, a concussion and brain information sheet as provided by the Department of Public Health, Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return a copy of the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any extracurricular interscholastic activity.

- 5a. If a student’s coach, contest official, or licensed health care provider, or an emergency medical provider observes signs, symptoms or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation.

- 5b. A student who has been removed from participation shall not recommence such participation in any dance or cheerleading activity, or activity, contest, or practice governed by the Iowa High School Athletic Association or Iowa Girls High School Athletic Union 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 or commence participation from the licensed health care provider.

**IHSAA/IGHSAU Recommended Protocol When a Student Has Sustained a Concussion or other Brain Injury as Defined in Iowa Code Section 280.13C**

1. No student shall return to play/competition or practice (RTP) on the same day s/he sustained a concussion or brain injury.

2. A licensed health care provider as defined in Iowa Code Section 280.13C should evaluate a student suspected of having a concussion or brain injury on the same day the injury occurs.

3. After receiving medical clearance by a licensed health care provider as defined in Iowa Code Section 280.13C, RTP shall follow a stepwise protocol with provisions for delayed RTP based upon the return of any signs or symptoms.

4. Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and licensed health care providers.

   The Iowa High School Athletic Association and Iowa Girls High School Athletic Union will provide educational materials related to concussions and brain injuries developed by the CDC and other organizations knowledgeable about concussions.

5. Removing students who exhibit signs, symptoms, & behaviors of a concussion or brain injury from participation, and their return to participation.

   **Coach Removal** - If the student’s coach observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during any kind of participation, i.e. practices, scrimmages, contests, etc., the student shall be immediately removed from participation and shall not return until the school’s designated representative receives written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

   **Contest Official Removal** - If a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury, during scrimmages, contests, etc., the student shall be immediately removed from participation and a designated contest official at the contest/event must receive the written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event, including an event that takes place over multiple days.

Before allowing a student who has been exhibiting signs, symptoms, & behaviors of a concussion to return to participation *(practice and/or competition)*, licensed health care providers as defined in Iowa Code 280.13C shall follow the return to participation protocol as provided in Chapter 54 of the Iowa Administrative Code.
CHAPTER 54
CONCUSSION OR OTHER BRAIN INJURY RETURN-TO-PLAY PROTOCOL

The Public Health Department hereby adopts new Chapter 54, “Concussion or Other Brain Injury Return-to-Play Protocol,” Iowa Administrative Code. These rules are intended to implement Iowa Code section 280.13C.

641—54.2(280) Definitions. For the purpose of these rules, the following definitions shall apply.

“Asymptomatic” means the student is no longer showing signs, symptoms, or behaviors consistent with a concussion or other brain injury.

“Contest” means an interscholastic athletic game or competition.

“Extracurricular interscholastic activity” means any dance or cheerleading activity or extracurricular interscholastic activity, contest, or practice governed by the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union that is a contact or limited contact activity as identified by the American Academy of Pediatrics.

“Licensed health care provider” means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board designated under Iowa Code section 147.13.

“Medical clearance” means written clearance from a licensed health care provider releasing the student following a concussion or other brain injury to return to or commence participation in any extracurricular interscholastic activity.

“Rest” means a recovery state at which physical and cognitive activities are reduced or removed with the intent to eliminate the signs, symptoms, or behaviors of brain injury.

“Return-to-learn plan” means the plan developed by personnel of a school district or accredited nonpublic school based on guidance developed as required under Iowa Code section 280.13C(6)”b” to provide adjustments or accommodations as the student returns to the classroom.

“Return-to-play” means the gradual, step-wise approach to returning a student to participation in any extracurricular interscholastic activity following a concussion or other brain injury.

641—54.3(280) Return-to-play protocol. The following return-to-play step-wise process shall begin when the student who has been removed from participation in any extracurricular interscholastic activity governed by the Iowa High School Athletic Association or the Iowa Girls High School Athletic Union is no longer showing signs, symptoms, or behaviors consistent with a concussion or other brain injury for a minimum of 24 hours and has received written medical clearance from a licensed health care provider to return to or commence such participation.

54.3(1) Return-to-play process. Each step shall take a minimum of 24 hours.

a. If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury at any step of the return-to-play protocol, the student must stop the activity and the student’s licensed health care provider and parent or guardian shall be contacted.

b. If the student shows signs, symptoms, or behaviors consistent with a concussion or other brain injury during this process, an additional 24-hour period of rest shall take place. After the 24-hour period of rest, the student shall drop back to the previous level when the student showed no signs, symptoms, or behaviors consistent with a concussion or other brain injury and begin the progression again.

54.3(2) Return-to-play steps.

| Step 1: | Athlete has received written medical clearance from a licensed health care provider to begin the return-to-play process, AND the athlete is back to regular activities, including school, without experiencing any concussion signs, symptoms, or behaviors for a minimum of 24 hours. |
| Step 2: | Low impact, light aerobic exercise. Walking or stationary cycling at slow to medium pace. No resistance/weight training. |
| Step 3: | Basic exercise, such as running in the gym or on the field. No helmet or other equipment. |
| Step 4: | Noncontact, sport-specific training drills (dribbling, ball handling, batting, fielding, running drills) in full equipment. Resistance/weight training may begin. |
| Step 5: | Full contact practice and participation in normal training activities. |
| Step 6: | Contest participation. |

This chapter describes the return-to-play protocol for concussion or other brain injury to be adopted by July 1, 2019, by the board of directors of each school district and the authorities in charge of each accredited nonpublic school with enrolled students who participate in an extracurricular interscholastic activity in grades seven through twelve.
What is a concussion?
Concussions are a type of brain injury that disrupt the way the brain normally works. Concussions can occur in any sport or recreational activity and can result from a fall or from players colliding with each other, the ground, or obstacles. Concussions can occur with or without loss of consciousness, but most concussions occur without loss of consciousness.

What parents/guardians should do if they think their child has a concussion?
1. Teach your child that it’s not smart to play with a concussion.
2. **OBEY THE LAW.**
   a. Seek medical attention right away.
   b. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
3. Tell all of your child’s coaches, teachers, and school nurse about ANY concussion.

What are the signs and symptoms of concussion?
Signs and symptoms of concussion can show up right after the injury or may not be noticed until days after the injury. If an athlete reports one or more symptoms of concussion after a bump, blow, or jolt to the head or body, s/he should be removed from play immediately. The athlete should only return to play with permission from a health care provider and after s/he is symptom free at home and at school.

**Signs Observed by Parents or Coaches:**
- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can’t recall events prior to hit or fall
- Can’t recall events after hit or fall

**Symptoms Reported by Student-Athlete:**
- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

**STUDENTS,** If you think you have a concussion:
- **Tell your coaches & parents** – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- **Get a medical check-up** – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- **Give yourself time to heal** – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

**PARENTS/GUARDIANS,** You can help your child prevent a concussion:
- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches’ rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

For more information visit: [www.cdc.gov/Concussion](http://www.cdc.gov/Concussion)
IT’S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, “HEADS UP: Concussion in High School Sports.”

____________________________________________   __________________________________________
Student’s Signature   Date   Student’s Signature

____________________________________________   __________________________________________
Parent’s/Guardian Signature   Date   Student’s School

APPLICATION OF IOWA CODE SECTION 280.13C BY SPORT

A. COACH REMOVAL
   When a student’s coach removes a student from any kind of participation due to observing signs, symptoms, or behaviors consistent with a concussion or brain injury the student shall not return until designated school personnel have received written clearance to return from a licensed health care provider as defined in Iowa Code 280.13C.

B. CONTEST OFFICIAL REMOVAL
   (Information below is only listed for sports where contest officials have jurisdiction; therefore, not all sports are listed.

   When an official removes a student from participation, the following procedures are used.

   FALL SPORTS

   Cross Country:
   1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.

   2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student’s return to competition.

   Football:
   1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

   2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.

   3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.
Girls Swimming & Diving:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.

3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.

4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Volleyball:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during a dead ball situation.

3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

WINTER SPORTS

Basketball:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during a time when the clock is stopped.

3. If the event is between contests, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next contest begins.

4. For multiple day events, i.e. conference tournament, when the contest referee will not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.
Swimming:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the event is in progress, the written clearance to return shall be presented to the referee after a race has finished and before the next race has begun.

3. If the contest is between events, i.e. between lower level and varsity contests, the written clearance to return may be presented to the referee before the next event begins.

4. For multiple day events when the contest referee may not be the same throughout the entire event, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

Wrestling:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the head contest referee, or his/her designee, must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. For dual meets, clearance to return shall be presented to the head contest referee before the match resumes. Injury time is NOT extended for a student with signs, symptoms, or behaviors consistent with a concussion or brain injury.

3. For one-day events when the head contest referee may change during the event (multi-dual meets & tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return to head contest referee, or his/her designee. The head contest referee, or designee, will then notify the other contest officials that written clearance to return has been received.

4. For multiple day events when the head contest referee may change during the event, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

SPRING/SUMMER SPORTS

Baseball/Softball:
1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the umpire-in-chief must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the umpire-in-chief during an opportunity for a legal substitution.

3. For one-day events when the umpire-in-chief may change during the event (local high school tournaments), written clearance to return shall be presented to the umpire-in-chief, or his/her designee, before the student participates again that day. The designee may be the host administrator, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is
responsible for providing the written clearance to return to the umpire-in-chief, or his/her designee. The umpire-in-chief, or his/her designee, will then notify the other contest umpires that written clearance to return has been received.

4. For multiple day events when the umpire-in-chief may change during the event, for example the state tournament, the umpire-in-chief on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the umpire-in-chief(s) of the contest(s) in which the student may participate on the subsequent days of the event. The umpire-in-chief(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

**Soccer:**

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in that contest/event.

2. If the contest is in progress, the written clearance to return shall be presented to the referee during an opportunity for a legal substitution. For those contests using a three-person crew, the center official shall be designated as the head referee. The center official will need to receive the written clearance for return to play. For those contests using a two-person crew, one official shall be required to be the head referee. The head referee in the two-person crew shall be responsible for receiving the written clearance.

3. For one day events when the head contest referee may change during the event (local high school Saturday tournaments), written clearance to return shall be presented to the head contest referee, or his/her designee, before the student participates again that day. The designee may be the host administrator, head event official, designated on-site licensed medical professional, etc. The student's coach, or other school-designated representative, is responsible for providing the written clearance to return. The head contest referee, or his/her designee, will then notify the other contest officials that written clearance to return has been received.

4. For multiple day events when the head contest referee may change during the event, for example the state tournament, the head contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the event. The referee(s) of future contests during this event must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

**Track and Field:**

1. If a contest official removes a student with signs, symptoms, or behaviors consistent with a concussion or brain injury from participation, the contest referee must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation in the meet.

2. As long as the meet is in progress, the written clearance to return shall be presented to the referee and the referee shall determine the student's return to competition.

3. For multiple day events when the contest referee may not be the same throughout the entire meet, the contest referee on the day the student was removed will make a verbal report about the injury to the tournament manager. The tournament manager will be responsible to report the incident to the referee(s) of the contest(s) in which the student may participate on subsequent days of the meet. The referee(s) of future contests during this meet must receive written clearance from a licensed health care provider as defined in Iowa Code 280.13C before the student can return to participation.

**Record Keeping:**

A. Health records, such as written clearance to return to participation, should become part of a student’s cumulative file kept by the school. *Iowa Administrative Code 281.12.3(4)*
CROSS COUNTRY

RULES GOVERNING CROSS COUNTRY
The Iowa High School Athletic Association abides by the Cross Country Rules found in Rule 8 of the 2019 Track and Field and Cross Country Rules, as published by the National Federation of State High School Associations. National Federation rules are further revised by this manual. Each member school received two copies of the 2019 Track and Field and Cross Country Rules during spring 2019 and were instructed to keep the rules books through the 2020 cross country season.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES
2. Cross country competition begins August 26, 2019.
3. Each school will be allowed to compete in 10 meets, excluding state qualifying and state competition.
4. Each individual will be allowed to compete in 10 meets, excluding state qualifying and state competition.
5. Varsity runners must run 5000 meters (3 miles, 188 yards, 2 inches) in all competitions. Exception: 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. Meet managers may shorten the race distance for wheelchair competitors.
6. 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. (See exception in Item 5).
7. The host school will determine the starting time for regular season meets.
8. All cross country meets shall be started by a registered track & field official.
Violation by any school of regulations in Items 1 through 8 could result in that school not being allowed to participate in state qualifying competition.

RULE CLARIFICATIONS AND MODIFICATIONS
1. Rule 8, Section 2 of the National Federation Track and Field and Cross Country Rules will be used for scoring. “All competitors who finish the race shall be ranked and tallied in accordance with the table below. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.”

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<th>PLACE</th>
<th>1st</th>
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<tr>
<td>POINTS</td>
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Rule 8, Section 2, Article 3 will be used for team scoring. Upon the recommendation of the Cross Country Advisory Committee, the Board of Control has adopted a scoring system method that will disregard the runners if a team has fewer than five participants. There will be a re-ranking of the runners for team scoring.

2. TIES: Ties shall be broken according to National Federation Rule 8, Section 2, Articles, 4 & 5. “Ties in team scoring shall be resolved by comparing the sixth-place finishers from the tying teams. The team with the best sixth-place finisher shall prevail. If one team does not have a sixth-place finisher, the team with the sixth-place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.”

3. PARTICIPANTS: The number of participants is defined in Rule 8, Section 5. In order for a school to qualify for a team championship, five runners must finish. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual placing.

UNIFORM: Coaches are responsible for seeing that their competitors are wearing the proper uniform. The athlete should always wear the uniform of his school. Contestants will be permitted to wear hats and gloves only if weather conditions necessitate such items. If hats or gloves are worn, they must be an unadorned, single, solid color and shall be worn only for the athlete’s health and safety and not to draw attention to the athlete. A single manufacturer’s logo/trademark or school name/emblem, no more than 2½ square inches with no dimension more than 2¼ inches, is permitted on the hat and gloves. A legal uniform is well defined in Rule 4, Section 3, Articles 1 and 2 of the National Federation Rules. The penalty states: “For the wearing of illegal equipment, when a violation is observed and noted by a meet official,
the competitor shall be required to make the uniform legal before becoming eligible for further competition, and shall be issued a warning that a subsequent violation shall result in a disqualification from the event. The referee shall be notified of the violation by the observing meet official, and the referee shall then notify or cause to be notified the head coach of the offending school of the competitor’s violation and warning.

4. Iowa Adaptation to NFHS Rules 4,3,1b.7; 4,3,2a
   Rule 4, Section 3, Article 1, b, 7. The rule is revised to read: “Any visible garment(s) worn underneath the uniform top and/or bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer’s logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment. Visible items worn under both the top and the bottom do not have to be the same color.” Reference to foundation garments is deleted.

5. JEWELRY: Jewelry may be worn by competitors.

6. GAME PROTESTS NOT UPHELD: The Board of Control will not uphold any protest by a member school arising from any interscholastic contest involving the question of rules interpretation by any of the contest officials.

CLASSIFICATION AND STATE QUALIFYING MEET INFORMATION

1. CLASSIFICATION: There will be four classes in cross country and one wheelchair division. Enrollment figures for the 2018-19 school year grades 9-11 will be used for the cross country classes. Class 4-A will be comprised of the schools within the 48 largest; Class 3-A will be comprised of the schools within the next 64; Class 2-A will be comprised of the schools within the next 72 and Class 1-A will be the remainder of the schools. Wheelchair competitors will compete in one division. In the sports 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.

2. STATE QUALIFYING MEET: There will be five state qualifying meets for all classes. State qualifying meets will be held on Thursday, October 24, 2019. The length of the course will be 5000 meters. State qualifying meets will start at 4:00 pm for a single class meet and 3:00 pm for a two class meet. 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 qualifying meet cross country information will be posted on the IHSAA website the week of October 14.

3. STATE QUALIFYING MEET ENTRIES: Each school is permitted a maximum of seven entrants. All competitors will be counted as they finish the race. In order to qualify on a team basis, five runners must finish. Only the first five runners will be used in computing the team score. If a school does not enter five individuals, they cannot compete for the team championship. They may enter less than five competitors and those individuals may run and compete for individual places.

4. STATE MEET QUALIFIERS: From each of the class 4-A, 3-A, 2-A and 1-A state qualifying meets, the first three teams, plus the first 15 individual place winners will qualify for the state meet. The same competitors, other than individual place winners, who qualify from the state qualifying meet, need not represent the school at the state meet. Substitutions are allowed.

5. STATE QUALIFYING MEET AWARDS: Members of the first three winning teams and the first 15 individuals will receive medals at each state qualifying meet. Each team qualifying for the state meet will receive a banner.

6. STATE QUALIFYING CROSS COUNTRY MEET EXPENSE ALLOWANCE: There is no team expense allowance for state qualifying cross country.
STATE MEET INFORMATION

1. **STATE MEET:** The state championship meet will be held on November 2, 2019, in conjunction with the girls’ meet. Competition will begin at 11:00 AM. Competition will begin with Class 4A, followed by 3A, 2A and 1A. The girls will run first, followed by the boys. An awards ceremony for Class 4A will follow the 3A girls’ race. An awards ceremony for Class 3A will follow the 2A girls’ race. An awards ceremony for Class 2A will follow the 1A girls’ race. An awards ceremony for Class 1A will follow the completion of competition. The 2019 state championship meet will be held at the Lakeside Municipal Golf Course in Fort Dodge. The course is located north of Fort Dodge on Highway P59, approximately two miles north of the Fort Dodge airport and Harlan Rogers Park.

2. **STATE MEET COURSE CLOSED TO PRACTICE:** Only schools that use the state meet course for their practice and meets during the season may practice on the course. The course is closed to all other schools for practice at any time. Contestants or team representatives appearing on Friday to walk or run the course will face individual and/or team disqualification from participation in the state meet.

3. **NUMBERS:** All competitors will be assigned numbers for the state meet. Numbers shall be worn on the front of the uniform. All substitutions must be reported to the clubhouse prior to the start of a race.

4. **BIB TRANSPONDERS:** All competitors will have a transponder chip included in their number. The official order of finish for the race will be that recorded by the transponder. A Lynx system will also be used to verify the order of finish. If the finish order determined by transponder chip is reversed through the use of the video system, the times shall also change.

5. **STATE MEET AWARDS:** The winning, runner up and third place teams will receive trophies. The champion and runner up will receive banners. Medals will be furnished for the first three teams in each class plus medals for the first 15 individual place winners.

6. **PICTURES:** Teams and individuals who qualify for the state meet will have their pictures taken which will later be mounted on a plaque to be presented to each team member or individual and coach, compliments of the IHSAA. This picture may be taken at the clubhouse beginning at 9:30 AM. Pictures will be allowed for each class up to 1 hour before the beginning of the boys’ scheduled race for that class. Schools with a qualified team will be given eight plaques, one for each of the seven runners and one for the coach. Schools with individual qualifiers will receive a plaque for each individual(s) and for the coach. Additional plaques may be purchased. Schools will be asked to identify their picture and order additional plaques by an electronic method using the member school login.

7. **STATE CROSS COUNTRY MEET EXPENSE ALLOWANCE:** A prerequisite for receiving any expense allowance from the IHSAA is that your school must travel to another town for the meet participation. For state cross country participation, the IHSAA will reimburse each school with a qualified team at the rate of $1.25 per mile one way, one car from its school to the site of the state meet. Schools with individual qualifiers will be reimbursed at $.44 per mile one way, one car. Each school’s travel allowance check will be mailed from the IHSAA Office after the meet. No expense card is necessary.