

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

1. Cross country practice begins August 10, 2020.
2. Cross country competition begins August 24, 2020.
3. Schools may participate in one scrimmage with up to four teams participating in the event.
4. Each school will be allowed to compete in 10 meets, excluding state qualifying and state competition.
5. Each individual will be allowed to compete in 10 meets, excluding state qualifying and state competition.
6. *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.
7. Prior to the fifth Monday of the competition season (September 21), 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 21), all competitors must run 5000 meters. (See exception in Item 5).
8. The host school will determine the starting time for regular season meets.
9. All cross country meets shall be started by a registered track & field official.
Violation by any school of regulations in Items 1 through 9 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."

PLACE:	1st	2nd	3rd	4th	5th	6th	7th	8th	
POINTS:	1	2	3	4	5	6	7	8	etc.

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.
4. **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 may wear hair devices made of soft material and no more than 3 inches wide may be worn in the hair or on or around the head. Bobby pins, flat clips, hair ribbons, extensions, and flat barrettes, unadorned and no longer than 2 inches, are also allowed. Items may only display one manufacturer's logo or school name or logo. Such logo must be no more than 2 1/4 square inches, with no dimension greater than 2 1/4 inches. 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 2 1/4 square inches with no dimension more than 2 1/4 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."**
5. **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.

Rule 4, Section 3, Article 2, a. Additional restrictions for relay races. "Any visible garment(s) worn by two or more relay team members underneath the uniform top and/or underneath the uniform bottom shall be unadorned and a single solid color, but not necessarily the same length.

6. **JEWELRY:** Jewelry may be worn by competitors.
7. **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 2019-20 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 14, 2020.**
2. **STATE QUALIFYING MEET:** There will be five state qualifying meets for all classes. State qualifying meets will be held on Thursday, October 22, 2020. 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 12.
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 October 31, 2020, 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 2020 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 be used to verify the order of finish in all cases in which the timing system indicates a one-tenth second or less differential. 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. **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.