2020 CROSS COUNTRY RULES MEETING

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Iowa High School Athletic Association

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Iowa Girls High School Athletic Union

HEAT & HYDRATION

▪ Take plenty of water breaks during practice
▪ Use the information provided by the IHSAA and the IGSHAU.
  ▪ 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

Exertional Heat Stroke is the leading cause of preventable death in high school athletics
HEAT & HUMIDITY PEN
CONTACT THE IHSAA IF INTERESTED

MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

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 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

▪ Information on concussions can be found at www.iahsaa.org. Click on “Health and Safety” under “Resources” 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.
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!

IMPORTANT DATES

• First Day of Practice: August 10
• Classifications Finalized: August 14
• First Day of Competition: August 24
• State Qualifying Meet: October 22
• State Meet: October 31

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 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.

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 14, 2020.

SCHOLARSHIP RULE

• All students are academically eligible this fall
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 12
Host sites may charge up to $5 for parking

STATE QUALIFYING 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

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.
RULE BOOKS

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

JOINT CROSS COUNTRY ADVISORY COMMITTEE

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

2 new appointees representing southeast and southwest Iowa made after meeting published

ADVISORY COMMITTEE CHANGES

▪ To allow one cross country scrimmage with up to four schools participating in the event
  • 1st day of practice through the state meet
  • No results/score kept
  • No admission charged
  • No school time may be used to travel or participate in the event
  • Event is held at one of the school’s regular practice facilities.

CROSS COUNTRY COURSE MARKINGS

8-1-1 Cross Country Course
ART 1. . . . The cross country course shall be 2,500 to 5,000 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 using one or more of the following methods:
  a. A single wide line or boundary lines, both inside and outside, marked with a material which is not injurious to the eyes or skin.
  b. The use of natural or artificial boundary markers.
  c. 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.

NOTE: If a single wide line is used, it may or may not mark the shortest possible route that 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.

ART 2 . . . In case of a discrepancy in the course markings, directional flag markings cones and course markings take precedence over any other course markings.
Rule Change

CROSS COUNTRY COURSE

3-9-9 Cross Country Course

a. Signs and flags at least 6 feet above the ground visible for 100 feet. Turns and guidelines should be marked on the ground with a material which is not injurious to the eyes or skin. The course should be at least 3 feet (one meter) wide at its narrowest place.

b. No narrow section should be longer than 10 feet (3 meters) long.

c. Small survey flags or cones at least 12 inches (30 cm) high of the appropriate color may be used in lieu of painted lines or survey chalk.

d. No ground obstructions which might cause tripping, turned ankles, etc. No overhead objects such as tree branches lower than 8 feet above the ground. At least 90% of the course should be a yielding surface such as grass or wood chips.

e. A 2-inch wide starting line marked at the beginning of a lengthy straightaway, wide enough to accommodate all teams; i.e., a width of the number of teams multiplied by 6 feet.

d. At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.

e. At the end of the course, a straightaway of at least 150 yards (140 meters) ending in a rope funnel with a mouth 15 feet (3 meters) wide. When pull tags and chutes are used, the finish line should be at the mouth of the funnel and 15 to 25 feet (4 to 7 meters) from the chute. The funnel should narrow to a rope chute about 30 inches (0.75 meters) wide and at least 100 feet (30 meters) long. The stakes supporting the ropes should be solid enough to permit taut ropes, and the stakes and ropes near the finish line should be well-padded. See diagrams of chutes.

NOTE: For large meets, the use of multiple chutes is recommended. When video timing is used and judging is not, the use of a single corral with a single exit point should be used instead of finish chutes.

HEADBAND/HAIR DEVICE

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.

ASSISTING INJURED ATHLETES

- The competitor who receives aid will be disqualified, but when no advantage is gained the competitor assisting should not be penalized for exhibiting good sportsmanship.
- The final decision in these situations rests with the meet referee who has sole authority to rule on infractions, irregularities, and disqualifications in a meet.

PRE-MEET COACHES MEETING

- Rule 8-4-3 states that prior to the meet, the referee shall address a number of items with all head coaches
- Any special circumstances, procedures, and information pertaining to the meet
  - Box assignments
  - Schedule
  - Weather Situations
  - Lead and trail vehicles
  - Trainer location
  - Location of results
  - Medical notes
  - Process of expressing concerns to referee
CONTACT INFORMATION

IHSAA – Jared Chizek
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515-432-2011

IGHSAU – Gary Ross
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515-401-1842

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