

2020 CROSS COUNTRY RULES MEETING

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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



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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



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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



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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



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Exertional Heat Stroke is the leading cause of preventable death in high school athletics

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HEAT INDEX TABLE

How to use the Heat Index Chart:

- Across the top of the chart, find the temperature in Fahrenheit.
- Down the left side of the chart, find the relative humidity in percent.
- Where the temperature and humidity meet 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 85-104 degrees: Heat exhaustion, heat cramps & heatstroke possible with air-ground temperature above 90 degrees, relative humidity above 80 percent, direct sunlight, and/or other conditions. Sun signs & symptoms of heat illness.
10%	65	70	75	80	85	90	95	100	105	111	118	
20%	66	72	77	82	87	93	99	105	112	120	130	
30%	67	73	78	84	90	96	104	113	123	135	149	
40%	68	74	79	86	93	101	110	120	132	147	164	
50%	69	75	81	88	96	107	120	135	150	167	188	
60%	70	76	82	90	100	114	132	149	168	188	214	
70%	70	77	85	93	106	124	144	164	186	209	238	
80%	71	78	86	97	110	128	149	171	195	220	253	
90%	71	79	88	102	118	138	161	185	211	238	275	
100%	72	80	91	108	128	150	175	202	230	260	295	

130 degrees & higher: Sunstroke & heatstroke highly likely. CANCEL PRACTICE FOR THE SAFETY OF ALL PLAYERS.

DIRECTIONS FOR USING THE MAXIMUS THERMO-HYGROMETER

- Turn the thermometer by the body into the HEAT INDEX BY THE CHART.
- Hold the thermometer by the handle. Do not touch the sensor with your hand.
- Read the temperature and humidity on the chart. The temperature and humidity will still fluctuate by several tenths of a degree or percent.
- Record the temperature and humidity by the number printed on the Heat Index Table.

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IHSSA URINE COLOR CHART

The urine color chart shown here will help assess athletes' hydration status. To use this 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.

1, 2, 3 = WELL HYDRATED	H	1	
Continue drinking enough fluids to keep your urine this color. It's good for your performance & your health.	D	2	
	R	3	
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.	A	4	
	T	5	
6, 7, 8 = DEHYDRATED You are dehydrated! Drink a lot more fluids on a regular basis to enhance your performance and avoid getting muscle cramps, or heat illness. It may also improve your health.	D		
	H		
	Y	6	
	D	7	
	R	8	
	T		
	E		
	D		

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MANDATORY CONCUSSION COURSE FOR ALL 7-12 COACHES

Concussion in Sports

Elective Course

Student Coach Parent Administrator Official

Free! Completions: 161023 +

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.

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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.**"

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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!



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LIGHTNING GUIDELINES



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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



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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.



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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.



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SCHOLARSHIP RULE

- All students are academically eligible this fall



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MEET LIMITATION

Same for Boys and Girls

Ten (10) Meets

Does not include the state qualifying meet and state meet



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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



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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



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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



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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.



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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



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RULE BOOKS



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

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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

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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.

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Rules Changes

NFHS CROSS COUNTRY

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Rule Change

PROVIDING AID

8-6-1e Disqualification and conduct
ART. 1 . . . A competitor is disqualified who:
 a. Receives assistance from another competitor to complete the race.
 1. Both competitors shall be disqualified unless a competitor is injured or become ill and an appropriate health-care professional is not readily available, only the injured/ill competitor is disqualified.
NOTE: Every attempt should be made for the appropriate health-care professionals to make these decisions as to assistance. A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.

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Rule Change

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.

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Rule Change


CROSS COUNTRY COURSE

8-1-3 Cross Country Course

ART. 3 . . . The race course should include the following features:

- 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. No narrow section should be longer than 10 feet (3 meters) long. 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.
- 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.
- 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.
- At the beginning of the course, there may be a straightaway of at least 100 meters before any significant turns.
- 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. This 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. Where video timing is used and pull tags are not, the use of a large corral with a single exit point should be used instead of finish chutes.


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Rule Change

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.

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Points of Emphasis

NFHS TRACK & FIELD AND CROSS COUNTRY


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Points of Emphasis

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.


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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

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

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CONTACT INFORMATION

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YOU'RE ALMOST FINISHED


DO NOT STOP THIS PRESENTATION OR CLOSE YOUR BROWSER

At the conclusion of the verification page, you will be provided with a certificate of completion.

Coaches – please print three (3) copies of the verification certificate
One for your records
One for your administrator
One for your coaching authorization renewal

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

You may now click on the button to the right of your screen that says:
I'm FINISHED Watching the Rules Meeting Video
You will be directed to the verification screen followed by the verification certificate



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