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2023 CROSS COUNTRY MANUAL

The Iowa Girls High School Athletic Union abides by the Cross Country Rules found in Rule 8 of the 2023 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.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

SEASON—The season shall extend from August 7, 2023 through and including the state meet on October 27 and 28, 2023. Competition may begin on Monday, August 21, 2023. Each school will be allowed to compete in 10 meets, excluding state qualifying and state competition. Each individual will be allowed to compete in 10 meets, excluding state qualifying and state competition. Schools may participate in one scrimmage with up to four teams participating in the event.

COURSE—Varsity runners must run 5000 meters 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. Prior to the Fifth Monday of the competition season (September 18), meet managers have the option of running a 4000 meter course for the 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 18), all competitors must run 5000 meters. (See exception). The host school will determine the starting time for regular season meets. All cross country meets shall be started by a registered track and field official. Violation by any school of the above regulations could result in that school not being allowed to participate in state qualifying competition.

SCORING—Rule 8, Section 2 of the National Federation 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:	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th	
POINTS:	1	2	3	4	5	6	7	8	etc.



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Upon the recommendation of the Cross Country Advisory Committee, the Board of Directors 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.

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.

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 her school. Contestants will be permitted to wear hats and glove only if weather conditions necessitate such items. If hats or gloves are worn, they shall be worn only for the athlete's health and safety and not to draw attention to the athlete. A legal uniform is well defined in Rule 4, Section 3, Articles 1 and 2 of the National Federation Rules. Starting in 2023 for both Cross Country and Track and Field uniform adaptations to 4-3-1b7 and 4-3-2a have been eliminated by both the IGHSAU and IHSAA. From now on both organizations will follow Rule 4-3 as written in the NFHS Rules book. GPS watches are legal.

GAME PROTESTS NOT UPHOLD – The Board of Directors 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—There will be four classes in cross country and one wheelchair division. Enrollment figures for the 2023-24 school year, grades 9-11, will be used for the cross country classes. Class 4A 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



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1-A will be the remainder of schools. Wheelchair competitors will compete in one division. 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 11, 2023.

STATE QUALIFYING MEETS—State qualifying meets in both Class 3A and 4A will be held on Wednesday, October 18, while the Class 1A and 2A state qualifying meets will be held on Thursday, October 19. State qualifying meets will begin at 4:00 pm for a single class meet with the second race starting at 4:40 pm and 3:00 pm for a two-class meet. In Classes 2A, 3A, and 4A, there will be five state qualifying sites, while there will be eight state qualifying meet sites in Class 1A. Competitors will run 5000 meters at the state qualifying 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 IGHSAU website the week of October 9.

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 the individual places.

STATE MEET QUALIFIERS—From each of the class 4-A, 3-A, 2-A state qualifying meets, the first three teams, plus the first 15 individual place winners, will qualify for the state meet. The first two teams, plus the top 10 individual place winners will qualify for the state meet from each of the Class 1A state qualifying meets.



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*New 2023-24 minimum of 5 individual state qualifiers advance from each SQM site if current 15 in 2A-4A (10 in 1A) are taken by team state qualifiers. Qualifying teams may substitute and run a different lineup at the state meet.

STATE QUALIFYING MEET AWARDS— The top 3 teams in Classes 4A, 3A, and 2A will receive a state qualifying banner. The top 2 teams in Class 1A will receive a state qualifying banner. Members of the first three winning teams and the first fifteen individuals in Classes 2A, 3A, and 4A will receive medals at each state qualifying meet. Members of the first 2 teams and the top 10 individuals in Class 1A will receive a medal for their individual performance. Each state qualifying individual will receive a “Ticket Punched” placard – in addition, each state qualifying team will receive a “Ticket Punched” placard.

STATE MEET—The 2023 state championship meet will be held on October 27 (Classes 4A and 1A) and 28 (Classes 2A and 3A), 2023, in conjunction with the boys’ meet. Competition will begin at 10:30 AM on Friday, October 27 with the Class 4A girls followed by the Class 4A boys at 11:15 am with awards for Class 4A to follow at noon. Also on Friday, the Class 1A girls will begin at 2:00 pm followed by the Class 1A boys at 2:45 pm with the Class 1A awards to follow at 3:30pm. Competition will begin at 10:30 AM on Saturday, October 28 with the Class 2A girls followed by the Class 2A boys at 11:15 am with awards for Class 2A to follow at noon. Also on Saturday, the Class 3A girls will begin at 2:00 pm followed by the Class 3A boys at 2:45 pm with the Class 3A awards to follow at 3:30pm. The 2023 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. Admission will be \$10 + Parking fee starting in 2023 (parking fee TBD by the City of Fort Dodge).

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.

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.



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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.

STATE MEET AWARDS—The Champion, Runner-up, and Third place teams will receive trophies. The Champion, Runner-up, and Third Place teams will also receive medallions. Medals will be presented for the first three teams in each class plus medals for the first 15 individual place winners. All participants will receive medallions. THESE MEDALLIONS WILL BE PICKED UP IN THE PACKET AT THE TIME OF CHECK-IN

SPECTATOR CONDUCT

All spectators at state-sponsored Cross Country meets shall wear shoes. No one shall be admitted who is wearing a mask (hidden identity).

With the understanding that a cross country meet is held as a part of the educational institution, the Board of Directors of the Iowa Girls' High School Athletic Union has adopted the following policies. It is the expectation that the host site enforces these rules regarding unacceptable behaviors:

Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event. Penalty---EJECTION

Throwing articles onto the contest area. Penalty---EJECTION

Entering the contest area in protest or celebration. Penalty---EJECTION

Physical confrontation involving contest officials, coaches/directors, contestants, or spectators. Penalty---EJECTION

Spectator interference with the event. Penalty---EJECTION

Use of artificial noisemakers, Penalty---WARNING/EJECTION



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Chants or cheers directed at the opponent. Penalty---WARNING/ EJECTION

When the match starter/referee arrives on-site (30-60 minutes prior to starting time), the starter shall locate the administrator (event manager) in charge for the evening. If no administrator is available, the HOST COACH shall be deemed in charge. If a problem arises during the meet, the official shall notify the event manager of the problem, and shall inform the event manager of the remedy needed (could include asking for direct supervision of the area, warning issued by the event manager, or ejection from the area).

STATE CROSS COUNTRY MEET EXPENSE ALLOWANCE: A prerequisite for receiving any expense allowance from the IGHSAU is that your school must travel to another town for the meet participation. For state cross country participation, the IGHSAU 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 IGHSAU Office after the meet.

LIGHTNING SAFETY: The safety of the players and spectators is always more important than the meet! Communication between game management, officials & coaches is essential for the safety of everyone. Lightning only takes an instant to strike. You are in danger from lightning if you can hear thunder. All thunderstorms produce lightning and are dangerous. Lightning often strikes as far as 10 miles away from rainfall. Don't wait until the last minute to seek shelter. If thunder is heard, or cloud-to-ground lightning is seen, immediately suspend the event and instruct everyone to take shelter in a safe structure.

Have a lightning safety plan in place. Know where teams and spectators will go for safety and know how much time it will take them to get to safety. A "safe structure" is a completely enclosed building that is normally occupied or frequently used by people. The building should have plumbing and electrical wiring to help ground it from lightning. If there is no such structure available, an enclosed vehicle with a metal roof and sides is a reasonable second choice. When a contest is suspended due to lightning, wait at least 30 minutes after hearing the last thunder before leaving safe shelter and resuming activity. Lightning detectors are a great tool to draw one's attention to the fact that



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lightning is in the vicinity. Remember, even with lightning detectors, the weather should be monitored closely for lightning or thunder.

HAZARDOUS WEATHER GUIDELINES: The primary concern when signs of hazardous weather are present is the safety of participants and spectators. Have a safety plan for any type of hazardous weather that may occur. Practice and follow the plan. Know where people will go for safety and know how much time it will take for them to get there. Have specific guidelines for suspending the event so everyone has time to reach a place of safety before the threat becomes significant.