

2019 CROSS COUNTRY MANUAL

Joint Boys' and Girls' Cross Country Advisory Committee

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The Iowa Girls' High School Athletic Union 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 rule books through the 2020 cross country season.

2019 CROSS COUNTRY RULE AND EDITORIAL CHANGES

NEW Rule 4, Section 3 (COMPETITOR'S UNIFORM IN TRACK AND FIELD AND CROSS COUNTRY), Article 1: "The competitor's uniform shall be school-issued or school-approved, worn as intended by the manufacturer, and meet the following requirements and restrictions."

NEW Rule 8, Section 6 (COMPETITOR'S UNIFORM), Article 1: Each competitor's uniform shall meet all requirements and restrictions as presented in Rules 4-3-1 and 4-3-2, Competitor's Uniform in Track and Field and Cross Country.

REGULATIONS PERTAINING TO CROSS COUNTRY MEETS AND PRACTICES

SEASON—The season shall extend from August 12, 2019 through and including the state meet on November 2, 2019. Competition may begin on Monday, August 26, 2019. 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.

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. The course

should be on a grass covered terrain. **The cross country course shall be measured along the shortest possible route that a runner may take.** The course shall be clearly marked by a wide line (with a material that is not injurious to the eyes or skin), or by signposts with large directional arrows wherever the course turns, or by flags one foot square and mounted on stakes that hold them two or more feet above the ground. **Prior to the Fifth Monday of the competition season (September 23), 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 23), all competitors must run 5000 meters.**

FLAG DESIGNATIONS:

- Red flag—indicates a turn to the left
- Yellow flag—indicates a turn to the right
- Blue flag—indicates a course straight ahead

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.”

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|---------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 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. |

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. Displacement Scoring will be used at the State Qualifying and State meets.

TIES—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—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 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 ¼ square inches with no dimension more than 2 ¼ 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. The IGHS AU is making an adaptation to Rule 4, Section 3, Article 1, b7. 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 ¼ inches are permitted on the undergarment." Visible items worn under both the top and the bottom do not need 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.

JEWELRY- Jewelry may be worn by competitors.

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 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 16, 2019.**

STATE QUALIFYING MEETS—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 if a single class meet and 3:00 pm if 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 IGHSAU website the week of October 14.

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, 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 meets need not represent the school at the state meet. Substitutions are allowed.

STATE QUALIFYING MEET AWARDS—The winning school will be presented a banner for having won the state qualifying cross country championship. Members of the first three winning teams and the first fifteen individuals will receive medals at each state qualifying meet. 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 state championship meet will be held on November 2, 2019, in conjunction with the boys' 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 girl's race. An awards ceremony for Class 3A will follow the 2A girl's race. An awards ceremony for Class 2A will follow the 1A girl's race. An awards ceremony for Class 1A will follow the completion of the 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.

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.

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 will also receive medallions. The 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

Jumping up and down on the bleachers. Penalty--WARNING/EJECTION

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

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).

Host management is responsible for all spectators, regardless which school the spectator is supporting. Any necessary communication or action taken shall come from the event manager in charge.

- a. Basketball -- A player who is injured to the extent that the coach or any other bench personnel comes onto the court shall leave the game and may not return until the first opportunity for such player to return.
- b. Softball -- Time shall be called when a player is injured and the appearance of blood is observed. Bench personnel will be allowed to spend reasonable time to cover and clean the wound before requesting a substitute. The pitching hand by rule may not be covered in part or whole by any substance. If the pitcher has an open wound on the hand that produces blood, she must be removed as pitcher until the problem is solved.
- c. Volleyball -- Time shall be called when a player is injured and the appearance of blood is observed. Bench personnel will be allowed to spend reasonable time to cover and clean the wound before requesting a substitute. A participant shall not continue competition until the bleeding is controlled and the wound is covered.

For those sports not having a specific injury rule, the official shall allow sideline personnel to attend to the bleeding athlete for a reasonable amount of time before requesting a substitute. An athlete shall not continue competition unless the bleeding is controlled and the wound is covered. Any athlete who has left the contest due to bleeding shall not re-enter the contest until the bleeding has been controlled and the wound covered.

3. When a contest official observes an excessive amount of blood on a participant or their uniform, that participant shall leave the contest for the length of time specified by the sport's injury rule and the blood shall be wiped from the participant and/or their uniform. If a team does not wish to remove the player from the game, one of its charged time outs may be used during which time the blood shall be wiped from the contestant. If the blood appears immediately prior to a quarter, halftime, or overtime intermission, sideline personnel may use such intermission to wipe the blood from the contestant. For those sports not having a specific injury rule, the official shall allow sideline personnel to wipe the blood off

the athlete and play shall be resumed. An excessive amount of blood is that amount which could be easily transferred from one athlete to another.

4. Any time a contest is stopped due to blood being present, any Washable surfaces (i.e. gym floor, pool deck, equipment) contaminated with blood shall be properly cleaned using OSHA accepted standards and procedures before competition resumes.

5. Athletes should render first-aid to themselves or first-aid shall be administered by sideline personnel, not by contest officials.

6. The risk of contracting the AIDS virus as a contest official or participant is minimal. There are no documented cases of AIDS being transmitted through athletic participation.

HANDLING BODY FLUIDS DURING THE CONTEST OFFICIALS' LIMITS OF RESPONSIBILITIES

An examination of interscholastic sports rule books reveals there is little direction given officials regarding the handling of body fluids during a contest. Any mention that does exist is vague at best, and no rule book outlines a protocol that officials are to follow.

Therefore, the purpose of this document is to provide officials information regarding their responsibilities during a contest should an injury or illness occur which results in an athlete losing blood or vomiting in the competitive area.

In the event an athlete sustains an injury or becomes ill during a contest on the competitive surface or in close proximity such that the problem affects play or the continuation of the contest, IGHS AU officials shall take the following steps:

1. Stop the contest at the point a problem is recognized. The IGHS AU recognizes some rule books make specific statements about play interruption. All rule books have an "elastic clause" which allows an official to take whatever action may be required.

2. Do not administer first aid to any athlete except to comfort the athlete until those designated to administer first aid arrive.

3. Do not take part in handling blood, vomit, feces, pus or other body fluids.

4. Officials shall professionally monitor the situation as observers, keeping in mind the rules addressing interruptions, stoppage of play, starting play, and other specific rules that may apply.

5. Officials with specific qualifying training shall avoid participating in first aid treatment except when there is absolutely no other alternative.

Uniform rule -- If through injury or illness the uniform of a contestant becomes contaminated with body fluid, the official will disregard rule book codification on penalties for changing the participant's uniform.

The IGHSAU supports officials and coaches who are responding to a situation with the philosophy that the welfare of the injured player always comes first. We ask officials to be aware of their responsibilities and limitations as outlined above, with the understanding school personnel (coaches, trainers, etc.) are responsible to work directly with the injured or ill player.

IGHSAU/IHSAA CONCUSSION MANAGEMENT GUIDE

Due to the increased focus on minimizing the risk for athletes exhibiting signs, symptoms and behaviors of a concussion, the National Federation of State High School Associations (NFHS) has placed the following language in all sports rule books beginning in 2010-11.

“An athlete who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness confusion, or balance problems) shall be immediately removed from the contest and shall not return to play (that day) until cleared by an appropriate health-care professional.”

NFHS SUGGESTED CONCUSSION MANAGEMENT

1. No athlete should return to participation (RTP) on the same day of a concussion.
2. Any athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
3. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
4. After medical clearance, RTP should follow a stepwise protocol with provisions for delayed RTP based upon return of any signs or symptoms.

The following protocol is intended to implement the NFHS concussion rule in Iowa and minimize the risk of any athlete who is exhibiting signs, symptoms and

behaviors of a concussion.

* Education of contest officials, school coaches and other appropriate school personnel, contestants, parents, and appropriate health-care professionals.

+ The IGHSAU and IHSAA will provide a variety of educational materials developed by organizations knowledgeable about concussions to help the above individuals

~ recognize the signs, symptoms and behaviors of a possible concussion,

~ appropriately manage concussions

* Removing an injured athlete from competition and deciding whether he or she has sustained a concussion.

+ The contest officials' responsibility is to recognize an athlete may have an injury and remove him or her from the contest. Once they have removed the athlete from the contest the officials' responsibility for the athlete's safety is over and the athlete is in the care of the school's coach(es) and any appropriate health-care professional(s) the school designates to provide care.

+ If an athlete is exhibiting signs, symptoms and behaviors consistent with a concussion she or he shall not return to competition for the remainder of that day until cleared by an appropriate health-care professional. If an appropriate health-care professional is not available, the athlete shall not return to competition the remainder of the day.

NOTE 1: Each local school needs to determine who (either individually or by group) they consider to be appropriate health-care professional(s) qualified to decide if an athlete exhibiting signs, symptoms and behaviors of a concussion may return to competition on the same day the injury occurred. Schools may develop a formal process for return to competition on the day of injury, including requirements for written clearance by the appropriate health-care professional(s) the school has designated. Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions.

+ The athlete's parents/guardians should be contacted regarding the athlete's injury and it should be recommended an appropriate health-care provider evaluates the athlete before he or she returns to any type of practice and/or competition.

* Return to participation (practice and competition) protocol should be followed as determined by an appropriate health-care professional before allowing an athlete who has been concussed to return to any kind of participation (practice and/or competition).

Note 2: Each local school needs to determine who (either individually or by group) they consider to be the appropriate health-care professional(s) qualified to release a concussed athlete to any kind of participation (practice and/or competition). Schools may develop a formal process for return to participation following concussion, including requirements for written clearance by the appropriate health-care professional(s) the school has designated. Medical experts in concussion management believe appropriate health-care professionals making these decisions should have extra training in sports-related concussions.

* In cases where the IGHS AU or IHSAA have designated an appropriate health-care professional for their sponsored events/tournaments, the decision of that health-care professional regarding an athlete who is exhibiting signs, symptoms and behaviors consistent with a concussion returning to competition at any time during those events/tournaments shall not be overruled.

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