

## 2009-2010 CROSS COUNTRY BULLETIN

**INTRODUCTORY NOTE:** This bulletin has been prepared to give you a quick study guide for the upcoming Cross Country Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Cross Country Website. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Ron McGraw ([rmcgraw@ihsa.org](mailto:rmcgraw@ihsa.org)).

### NOTICE: **NEW IN 2009**

**One Girl's Coach and one Boy's Coach per school and any Track & Field Official wishing to participate in the IHSA Cross Country State Series must review the online rules meeting in order to receive credit for viewing a Cross Country Rules Meeting. Starting this year, schools and officials (wanting to participate in the cross country state series) are required to review the Online Rules Meeting Presentation. For schools this is necessary to prevent a probation or suspension status. The deadline to review the Girls & Boys Cross Country Online Rules Meeting is: **September 13, 2009****

#### I. 2009 Important Dates for Cross Country:

- August 12: Cross Country practice may begin
- August 10: Online Rules Meetings will be available through the IHSA Schools Center and/or Officials Center. There will not be any Rules Meetings conducted in person.
- August 24: Cross Country may participate in their first contest.
- September 1: Principal or Official Representative must indicate willingness to participate in the State Series by signing up through their IHSA Schools Center Site.  
**Coaches:** Double Check to make sure the Official Representative or Principal from your school entered your school. This is the only way your school will be assigned to a Cross Country Regional and Sectional. If you notice your school is not listed on the Regional and Sectional assignments, it indicates your school is not entered in the IHSA State Series.  
**If your school is listed on the Regional and Sectional Assignments and your school will not be competing in the IHSA Regional or Sectional Competitions, send an email to [tcraig@ihsa.org](mailto:tcraig@ihsa.org) and indicate your school needs to withdraw from Cross Country. Sometimes prior Principals or Official Representatives will enter your school before the end of the prior school year without knowing how many kids will go out for your program in the fall. Check on your IHSA status with your school representative.**
- September 1: Coaches should review the Online Manual for Schools for instruction to be used throughout the Cross Country Season. It is located on the respective IHSA Cross Country web page as well as the terms and Conditions pertaining to Cross Country (will appear online around August 10<sup>th</sup>).
- September 18: Officials Deadline for making cross country availability changes in the IHSA Official's Center.
- September 13: **Mandatory and New in 2009:** Coaches/Officials Online Rules Meetings for Cross Country Cut off Date. For a school to have this site re-opened, there will be a penalty fee of **\$50.00 payable to the IHSA Office prior to the site being re-opened**
- October 20: Coaches must submit their Online List of Participant by noon.
- October 24: IHSA Cross Country regionals
- October 11: Officials Deadline to volunteer working the State Final Meet should contact Owen Fuller.
- October 31: IHSA Girls and Boys Cross Country Sectionals
- November 7: IHSA Cross Country State Meet at Detweiller Park, Peoria, IL

**To review the online presentation only, and NOT RECEIVE CREDIT:** The IHSA Cross Country site will have the same power point presentation with one exception (it **will not allow** you to receive credit). It is posted here for the purpose of educating athletes, parents and fans. This video will be available throughout the course of the cross country season.

#### II. PROCESS FOR RECEIVING CREDIT FOR RULES MEETING ATTENDANCE

Coaches and officials should go to their respective IHSA Online Center. Remember that a **password is required** to enter these secure areas. Once there, select the link to "video rules meeting." At the end of each video, coaches will be instructed how they can redeem credit for watching the rules meeting video.

**Schools: To receive credit for the Cross Country Online Rules Meeting:** A coach from each boys and girls program (unless they are assigned by their school to coach both programs) **must** login to the IHSA Schools Center by using their School ID and Fall Coaches Password (obtain from Athletic Director or Official Representative-new passwords were mailed from the IHSA Office the week of July 20, 2009) **between August 12 and September 13, 2009 to view the video. Schools that do not redeem credit for the Rules Meeting within this time period will either be placed on Probation or Suspension and must pay a penalty fee to get the probation or suspension lifted.** It is our hope that **all** cross country coaches will take the few minutes necessary to refresh themselves with the IHSA cross country rules and procedures.

**Officials: To receive credit for the Cross Country Online Rules Meeting:** You **must** login to the IHSA Officials Center **between August 12 and September 13, 2009.** If a track and field/cross country official chooses not to participate and receive cross country credit, they will simply not be included in the list of eligible officials that will be used by member schools in the IHSA Cross Country State Series. Officials not participating will in no way affect their status this spring as a track & field official. It is our hope that **all** track & field /cross country officials will take the few minutes necessary to refresh themselves with the IHSA cross country rules and procedures.

### **III. 2009-2010 NFHS RULE CHANGES**

#### **A. Track & Field and Cross Country Rules Changes**

##### **2009 NFHS Track and Field and Cross Country Rules Interpretations**

SITUATION : During a cross country meet, about two-thirds through the race, A1 is several meters ahead of one of his/her teammates. A1 slows and drops back with the teammate and runs in the pack to give encouragement. A1 then speeds up and continues on in the race. A coach from Team B wants the referee to disqualify A1 for pacing his/her teammate. RULING: Protest denied. COMMENT: It is considered an unfair act when a competitor receives any assistance from any other person including pacing by a teammate not in the race. In this situation, A1 is in the race and his/her actions are not considered to be unfair. This same interpretation would be applied in a multiple lap race if a teammate is lapped and the passing teammate slows and gives encouragement. In all cases, if interference occurs, the resulting penalty would be disqualification.

### **IV. 2009-10 IHSA Cross Country Terms and Conditions Changes**

(To view the following summary of the major IHSA rule revisions, see the Terms and Conditions On-line.

**Due to shipping costs, IHSA no longer prints or mails manuals to member schools. The Online Manual for Schools, Manual for Managers and Terms and Conditions are posted online on or about September 1 on the respective IHSA Cross Country websites <http://www.ihsa.org/activity/ccb/index.htm> .**

### **V. Minutes of the Boys / Girls Cross Country Advisory Committee (December 2, 2008) - also located at:**

**<http://www.ihsa.org/org/advmin/2008-09/08-cc-minutes.pdf>**

The IHSA B/G Cross Country Advisory Committee met at the IHSA Office, Bloomington, Illinois on Tuesday, December 2, 2008, beginning at 10:00 a.m. Committee Members present were: Eric Wiegmann Chicago, (Young).; Chris Perry, Peoria (H.S.); Mike Garcia, Springfield (Lanphier); Richard Skirball, Granite City (H.S.); Gary Steiger, Palatine (H.S.); John Kurtz Bensenville (Fenton); Owen Fuller, Coordinator of Officials. Others in attendance, Ron McGraw, IHSA Asst. Executive Director; Paula Webb, Peoria (H.S.); Jerry Reibling, Official Scorer; Don Helburg (ITCCCA); Andy Preuss, (ITCCCA); Greg Walters (ITCCCA); Roland Brent (ITCCCA); Jerry Parsons (ICA), and John Polka, Oak Park (Fenwick).

## **TERMS AND CONDITIONS RECOMMENDATIONS:**

1. **There were no Proposed Changes to the Current Terms and Conditions.**

## **ADMINISTRATIVE RECOMMENDATIONS:**

### **1. State Final Starting Line Area**

It was recommended that precautions be taken to reduce the unauthorized traffic in the area in front of the starting line during the time prior to the start of each race. This traffic interferes with the warm ups of competitors. The area is currently roped off and meet management has staff in place to attempt to keep unauthorized personnel out of this area. However, additional steps will be taken in the future to attempt to eliminate the unauthorized traffic in this area. It was further suggested that coaches assume responsibility for their spectators and explain to them prior to coming to the park that it is inappropriate and detrimental to the athletes to be in this area.

### **2. Online List of Participant Data**

It was suggested that IHSA supply the Regional and Sectional managers with a .csv file instead of the plain text file currently issued from the IHSA Office to managers to input into their computer operating systems to run their meets. IHSA Computer Operations manager has indicated that he is willing to work with anyone that can develop the changes necessary to implement this change. If you have the ability to make such changes and are willing to share those with the IHSA, contact Scott Johnson in the IHSA office.

## **ITEMS OF GENERAL DISCUSSION:**

The committee reviewed and discussed all comments and suggestions sent to Ron McGraw. Many ideas were discussed and considered during the 3 hour meeting. All items that received a motion and a second from our group were voted on by the committee members. This year there were no such recommendations formally proposed by the committee.

1. Uniform review - Where bibs must be worn. In order to provide the most accurate video review used to score each race, it will remain a requirement to wear the bibs high on the jersey. It was suggested that coaches consider options to help their fans identify their athletes (like the bright orange jerseys worn by this year's 3A boy's state champions).
2. Tag distribution - Considered the option of distributing the tags on Friday. Meet management respectfully reserves the right to distribute the tags on the start line. Proceeding in this manner ensures the competitors are wearing the correct tags and makes the scoring process more accurate and more time efficient. An additional group of clerks was added this year to help with this process. It is very likely that the tag will be attached to the bib in the near future which may provide additional options.
3. Regional Modification- Eliminate or modify regional competition due to the small number of schools that field a team in that level of competition. The committee feels that there is value in providing this opportunity for schools to compete in spite of the fact that most schools advance. For many programs this is the high light of their season and should therefore not be modified at this time. This was simply a topic of discussion, no proposal was made, and consequently no vote was taken.
4. Host Allowance - Increase the host allowance to encourage schools to host regional and sectional meets. There are expenses associated with conducting these meets that can not be covered using the current host allowances. This is true for host schools that must use a facility that they do not own, such as a park or a forest preserve. The rental of portable restroom facilities alone can cost be very expensive. This concern will be shared with the IHSA Administrators and the Board of Directors.

5. Watches-The committee had a very brief discussion on the suggestion that athletes be allowed to wear watches during competition.
6. Individuals at Sectional Events- The committee agreed that sectional hosts should be reminded in the Managers Manual that they are to place individual runners from the same school in the same box at sectional races. This is currently the rule but not every host is doing so.
7. Discussed the suggestion that state series hosts be allowed the option of using a variety of shoots at the finish line during the state series. The committee agreed that the finish line area should be the same at all state series events. This provides athletes the opportunity to know what they will encounter at the state finals. It is understood that the wide mouth shoot currently required necessitates more volunteers at the finish line.
8. The committee rejected the suggestion that assignments be made in the spring the year prior to the season. It is not possible for many reasons.
9. The committee heard from the official's representative an explanation on the uniform and jewelry rules.
10. The drug testing procedures used at the state finals were reviewed.
11. The committee discussed the possibility and appropriateness of sectional host schools charging a parking fee as done at the state finals. Ron McGraw will review the question with Dr. Hickman and determine if this subject should be covered in the terms and conditions in the future.
12. Mr. Jerry Riebling the official scorer of the state finals reviewed the current and future technology with the committee. We anticipate the tags being located in the bibs in the near future. These tags would be disposable and therefore it will not be necessary for coaches to return them.
13. The committee was informed that beginning in 09-10 (next fall), coaches and officials will be required to view an online rules meeting specific to cross country. Many IHSA sports, including track and field, will be using the online rules meetings this current year.
14. All in attendance were reminded that it is required that a licensed IHSA Official be present, start and referee all IHSA cross country meets. It is not legal for any non IHSA licensed individual (coach or AD), to start IHSA cross country meets.
15. Severe Weather at State Finals- The concept of severe weather at the state finals was discussed. Meet management has discussed many times the options available in the event of severe weather at the state finals, and has a plan. It must be first understood that if severe weather forced the event to conclude before all races are conducted, the event would be officially over at that point. There is no option to return in the following days to complete any unfinished competition. Meet management would be forced to consider options based on the situation at the time. If we were so delayed that we did not have adequate day light to run all races as scheduled, we would likely run two races at once in order to allow the athletes to compete prior to darkness. While this is an undesirable option, it would be used only in the event that it was the only way to allow all races to be competed that day. Given the many variables and the few available options, meet management prefers not to attempt to place a plan in writing.
16. Thank you - The committee thanked Chris Perry, Paula Webb, Randy Simmons and the entire staff from Peoria High School for their outstanding work in hosting the Cross Country State Finals once again in 2008. In addition, the IHSA licensed officials and volunteers from the Illinois Valley Striders were also recognized and thanked for their major contribution to this spectacular event.

## **V. Officials Information**

### **◆ State Final Officials:**

#### **Officials Uniform (the same for T&F)**

1. A starter's sleeve must be a solid color: red, yellow or orange.

2. White collared shirts, short or long sleeved.
  3. Blue, black, khaki or gray pants, no jeans or sweat pants.
  4. Blue jacket with a red, yellow, or orange sleeve customized to the coat, or a plain blue jacket with a separate starter's sleeve.
  5. Blue or red sport coat may be worn, tie is optional.
  6. If not acting as the starter or referee, wear apparel provided by the meet management or white shirt with pants as in No. 3.
  7. Officials patches must be worn according to VI-A patches in the current IHSA Sports Officials Handbook.
- ◆ **Major officials are licensed with the IHSA. Only IHSA Athletic Officials licensed in Track and Field/ Cross Country may receive pay to officiate boys and/or girls interscholastic cross country meets, including expenses. (Major officials include the Referee, Starter, Referee-Starter.)**

## **VI. REGIONAL/SECTIONAL HOSTS, CROSS COUNTRY COACHES AND/OR ATHLETIC DIRECTORS INFORMATION**

- ◆ Prior to a cross country meet, the competition area, facilities and equipment must be inspected and prepared in adherence to proper safety measures that insure the safety of competitors, officials, coaches and fans.
- ◆ **Regional and Sectional Managers are required to use the Computer Data File supplied by the IHSA Office for use in identifying eligible competitors for these important Regional/ Sectional Meets. Managers should not request participant information from schools assigned to their Regional/Sectional and schools should not respond to such a request of a Regional/Sectional Manager to provide participant information. The IHSA develops and maintains the "official entry list", and only those athletes listed are eligible to compete. Accepting athletes names from any other source will likely result in the illegal participation by an ineligible athlete. These situations are always negative, emotional and must be avoided.**
- ◆ Meet managers must have the following items available:

At least one (1) Licensed IHSA Track & Field / Cross Country Official is required to serve as the Official Starter/ Referee (as for all cross country meets during the IHSA season per IHSA by-law 2.080).

(a) stop watches or other appropriate timing system

(b) starting device

(c) flags to mark the course

(d) properly designed starting line (starting boxes measuring between 4' and 6' wide)

(e) properly designed finish line (implement the minimum 15' wide mouth chute as used at the state finals; see the IHSA Cross Country Managers Manual for diagrams)

(f) Video camera to capture the finish (minimum of one required; limited to use by the IHSA official(s) and meet management).

(G) Copy of the current IHSA Terms and Conditions, IHSA Managers Manual and the latest edition of the NFHS T&F/Cross Country Rule Book (it will be from the previous school year)

(h) A reliable method of keeping track of the order of finish

## **VII. IHSA State Meet Clerking Details**

The following tables present the details used by the Clerks of the Course at the IHSA State Cross Country Meet to check in competitors for the six races at the State Meet in a timely manner with a minimum of disruption to pre-race preparations.

### **TIME SCHEDULE**

	Class 1A Girls	Class 1A Boys	Class 2A Girls	Class 2A Boys	Class 3A Girls	Class 3A Boys
<b>Tags Available</b>	8:25	9:25	10:25	11:25	12:25	1:25
<b>Teams Report</b>	8:35	9:35	10:35	11:35	12:35	1:35
<b>Final Instructions</b>	8:55	9:55	10:55	11:55	12:55	1:55
<b>Start</b>	9:00	10:00	11:00	12:00	1:00	2:00

The Clerks of the Course have divided the starting boxes into five sections. The following chart lists the first box each clerking crew will check in. They will then proceed in order through each section. If competitors are assigned to the first box listed, they will be checked at the report time listed above. If your runners are not assigned to the first box listed, plan on about two or three minutes to check in each team, and be ready when the clerks reach your starting box.

#### FIRST BOXES

Clerking Crew	Class 1A Girls	Class 1A Boys	Class 2A Girls	Class 2A Boys	Class 3A Girls	Class 3A Boys
<b>A</b>	6	6	6	6	2	2
<b>B</b>	12	12	12	12	9	9
<b>C</b>	18	18	18	18	16	16
<b>D</b>	24	24	24	24	23	23
<b>E</b>	29	29	29	29	30	30

### VIII. SPORTSMANSHIP

1. It is important that everyone involved in the Girls and Boys High school Cross Country programs work together to teach, instill, promote and support GOOD SPORTSMANSHIP among the student-athletes, coaches, officials, athletic administrators, school administrators and spectators.
2. Showing support and cheering for your own team, as well as showing appreciation for the good performance of your opponent(s), does much to promote good sportsmanship.
3. Competing by the rules is important in establishing and maintaining good sportsmanship. Adherence to the "spirit" of the rule as well as the "letter" of the rule gives student-athletes, coaches, officials, athletic directors, school administrators and fans a "winning edge" in achieving good sportsmanship. THE RULES NEED TO BE FOLLOWED AND ENFORCED, REGARDLESS OF THE TIME OF THE SEASON AND THE SKILL LEVEL OF THE COMPETITORS.
4. (4-5-1 & 2) Sportsmanship is a priority with the Illinois High School Association and the National Federation. This rule clearly states that, "No team personnel/competitor shall act in an unsportsmanlike manner..." "Team personnel" is interpreted to include coach(es), competitors, non-competitors, lap counters, managers, etc.

**Art. 1:** Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed towards someone. This shall apply to all coaches, contestants and other team/school personnel.

**Penalty:** Disqualification from that event and further competition in the meet. Disqualification of a coach or other school personnel shall be from further involvement in the meet.

**Art. 2:** Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is directed at someone or any action which could bring discredit to the individual or his/her school.

**Penalty:** Disqualification from the event.

- a.) If a member of the "team personnel" is ejected from the competitive area for unsportsmanlike conduct, officials should make sure the ejected member of the team personnel is under the direct supervision of authorized school or security personnel. If a coach is ejected from the competitive area

(or the premises) and there is no other authorized school personnel available to coach the team, the meet will be forfeited to the opponent(s). The meet referee should report the ejection of a coach from the competition area to the school principal and the IHSA Office on the **Special Report Form**.

5. **SAWA Reports:** Officials should only send in SAWA Reports in extreme positive cases of Sportsmanship. Sawa Reports should not be sent to the IHSA Office, just because a school ran a good meet, etc. Please use good judgement when sending those reports to the IHSA Office.

### VIII. CROSS COUNTRY STATE FINAL TIME SCHEDULE

	<b>Class 1A Girls</b>	<b>Class 1A Boys</b>	<b>Class 2A Girls</b>	<b>Class 2A Boys</b>	<b>Class 3A Girls</b>	<b>Class 3A Boys</b>
<b>Tags Available</b>	8:25	9:25	10:25	11:25	12:25	1:25
<b>Teams Report</b>	8:35	9:35	10:35	11:35	12:35	1:35
<b>Final Instructions</b>	8:55	9:55	10:55	11:55	12:55	1:55
<b>Start</b>	9:00	10:00	11:00	12:00	1:00	2:00
<b>Awards Ceremony</b>	11:00	11:00	1:00	1:00	3:00	3:00

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