



2016-2017 Boys/Girls Cross Country Series

Terms and Conditions

In accordance with Section 1.450 of the IHSA Constitution, the Board of Directors has approved the Terms and Conditions governing the 2016-2017 IHSA Boys/Girls Cross Country Tournament Series.

I. SCHOOL CLASSIFICATION

Competition in the IHSA Cross Country Tournament Series will be determined on an enrollment basis.

A. The classification of a school shall be determined on the basis of its total student enrollment figure reported to the Illinois State Board of Education in its Fall Housing Report on September 30 of the preceding school year. Non-boundaried schools will have their total student enrollment multiplied by 1.65.

B. For classification purposes, the total student enrollments for one-year high schools, two-year high schools, three-year high schools and high schools which enroll boys only or girls only shall be calculated as follows:

1. For one-year high schools, the total student enrollment figure reported shall be quadrupled.

2. For two-year high schools, the total student enrollment figure reported shall be doubled.

3. For three-year high schools, one-third of the total student enrollment figure shall be added to the total student enrollment figure reported.

4. For schools which enroll boys only or girls only, the total student enrollment figure reported shall be doubled.

C. A multiplier of 1.65 will be added to all non-boundaried schools.

D. Schools participating in Cross Country operating under the three-class system shall be classified as follows:

1. Schools with enrollments of 0-710.00 will be Class 1A (40.00% of the membership).

2. Schools with enrollments of 710.01-1635.00 will be Class 2A (30.00% of the membership).

3. Schools with enrollments of 1635.01 and-above will be Class 3A (30.00% of the membership).

II. DATES AND SITES

A. Regional meets will be held on Saturday, Oct. 22 for Class 1A, 2A and Class 3A between the hours of 10:00 a.m. and 3:00 p.m.

B. Sectional meets will be held on Saturday, Oct. 29 for Class 1A, 2A and 3A between the hours of 10:00 a.m. and 3:00 p.m.

C. The State Final meet will be held at Detweiller Park, Peoria, on Saturday, November 5. Peoria High School will host the State Final Meet.

III. SCHOOLS AND OFFICIALS CENTER INFORMATION, ON-LINE ENTRIES, RULES MEETING PRESENTATION, WITHDRAWAL PROCEDURE, ELIGIBILITY, AFFIRMATIVE ACTION AND REGIONAL/SECTIONAL ONLINE LIST OF PARTICIPANTS

A. The policy for Original School Entry Deadlines, Late Entries, and Late Withdrawals shall be the policies and procedures regarding entry for all IHSA-sponsored sport/activities. For complete instructions, please login to the IHSA Schools & Officials Center with your Official Representative USER ID and Password. Click on the activity tracker and click the button to add sports for the upcoming year. Sports Entry Deadlines are Sept. 9 (fall), Nov. 1 (winter) and Feb. 1 (spring).

B. On-Line School Entries

All Official Representatives must login to the IHSA School Center; click on "Sport & Activity Tracker"; click on "enter your teams". There you will select the sports and activities your school team or individuals will participate in during the 2016-2017 school term. After the Fall entry deadline (September 9), the IHSA will assign all schools to Regional and Sectional levels in the Cross Country State Series.

C. Late On-Line School Entries: Schools that wish to enter after September 9 will be considered late. To be considered for late entry, the Principal/Official Representative must email Kraig Garber (kgarber@ihsa.org) for approval. The penalty for late entry shall be a payment of \$100.00 for that sport/activity by the school.

D. Six Contest Verification (Team entries only): When completing the Regional/Sectional Online List of Participants, only schools entering a team must check the Six Contest Verification box to be eligible to compete for team honors. By **checking the Six Contest Verification box** in the Regional/Sectional Online List of Participants, schools are verifying that the school's boys or girls interscholastic Cross Country team has participated in six boys or girls interscholastic Cross Country meets during the current Boys and Girls Cross Country season and is thereby eligible to compete for team honors at the state meet series in accordance with IHSA By-law 3.054.

Individuals: Schools with only individuals competing **do not check the Six Contest Verification box** as they are not required to meet this requirement. Individual entries are not eligible to compete for team honors in the state series meets.

E. RULES MEETING PRESENTATION (Schools entering as Teams and Individual Entries): The Cross Country **On-Line Rules Video presentation begins August 8, 2016 and ends on September 13, 2016 (schools and officials)**. Each participating school must have each **HEAD COACH** view and receive credit for the 2016-2017 cross country rules video. Track and Field Officials opting to participate in the Cross Country State Series must also view the on-line video. To receive credit the coach/official must view the video in their respective IHSA School/Officials Center. See the On-Line Cross Country Bulletin located on the IHSA Cross Country page for specific instructions.

NOTICE: After you have viewed the video presentation once and have been given credit: If you coach at two different schools or you are a coach and an official, you must contact Cheryl Lowery at the IHSA Office (clowery@ihsa.org), she will manually give you credit. **If you view the presentation and it doesn't give you credit (within 24 hours) the first time, contact Cheryl Lowery at the IHSA Office.**

Below are a few options to assist you in viewing the rules video presentation once you have tried and have failed.

1. Try again on a different computer, preferably in a different location (home instead of school, etc.) Sometimes these files download badly. Going to a different computer/location is the easiest way to get a fresh start.

2. Go back to where you clicked on the link to start the presentation, and INSTEAD click on the link below to view the LITE version, which has no video content. Flash video can be an issue for some computers, and the lite version takes this out of the equation.

3. Do not use a tablet or iPad for viewing Rules Meetings. Our software is not capable for giving credit for people using a tablet or iPad.

F. Breach of Contract By-Law 6.041 (Withdrawal Procedure)

You must withdraw by notifying the IHSA Office, not the Regional/Sectional Manager. To withdraw without penalty, the Official Representative must email Tammy Craig (tcraig@ihsa.org) at the IHSA Office, notifying IHSA of the school's withdrawal from Cross Country prior to the List of Participants deadline.

If a school withdraws after the List of Participants deadline and/or does not show up for competition, the school will be charged a \$100 penalty. If applicable, the school may be charged for any additional financial loss sustained by the offended school(s) or the Association as a result of such breach.

G. Eligibility

All member schools in good standing may enter an individual(s) or a team under the provisions of IHSA By-law 3.054.

In accordance with By-law 3.050, schools are subject to entering eligible student-athletes.

NOTE: Skill of the Sport Interpretation: In Track and Field as well as in Cross Country the interpretation of the Skill of the Sport is made based upon the surface being used for the individual contest. In the definitions section of the IHSA Handbook the definition for Cross Country Skill of the Sport is: Cross Country — Running any distance on any surface other than a track. For Track and Field the definition is: Track and Field — Running any distance on a track, jumping for height or distance, throwing or using any implement, technique or motion associated with any field event. Therefore, this means that an IHSA cross country athlete during the IHSA cross country season would be allowed to participate in any non-interscholastic running event so long as it was conducted in total on a track. The track and field athlete during the IHSA season would be allowed to participate in any running event so long as the entire race was conducted on any surface other than a track.

H. Affirmative Action Policy: Only boys may participate in the boys' competition in the meet series and only girls may participate in the girls' competition in the meet series, except as provided in the Illinois High School Association Affirmative Action Policy.

I. Regional/Sectional Online List of Participants: PLEASE READ THIS SECTION CAREFULLY!! Each school entering the state

series (whether entering a team or individuals) must submit its Regional/Sectional Online List of Participants via the Internet through the IHSA Schools and Officials Center Web Site. The Regional/Sectional Online List of Participants must be received in the IHSA Office by **noon on Tuesday, October 18, 2016**. If a school does not submit the Regional/Sectional Online List of Participants by the deadline, coaches and/or participants from the school are subject to sanctions which could include, but not be limited to being ruled ineligible to coach or compete in the State Series. Schools which do not submit their school's Regional/Sectional Online List of Participants and are consequently ruled ineligible for the State Final Series must formally withdraw (see Withdrawal Procedures/Breach of Contract above in section III-C). The Regional/Sectional Online List of Participants will provide space for up to a maximum of 12 runners (coaches may not fill in empty spaces later, **put 12 runners in now!!!**). The runners listed on the Regional/Sectional Online List of Participants are the only runners the school may use during the state series, beginning with the regional. Substitutions at the sectional and/or state final must come from the list of 12 runners on the Regional/Sectional Online List of Participants. Coaches are encouraged to bring the computer generated copy of their Regional/Sectional Online List of Participants to the Regional and Sectional sites the day of the meet. This list must be printed (ctrl+P) on your keyboard prior to the On-line List of Participant deadline. **The option to print will not be available after that deadline.** The schools center will indicate deadline passed once the deadline approaches. It does not mean your school didn't complete it. IHSA has to close the site at this point to recover the data submitted and to transfer the data to site managers. **THIS IS YOUR PROOF TO THE HOST IN CASE CONFLICTING INFORMATION IS ACCIDENTLY PROVIDED TO THE TOURNAMENT HOST. WITHOUT THIS DOCUMENT TO USE IN CASE OF CONFLICTS ON RACE DAY, THE HOST CAN NOT ALLOW RUNNERS NOT LISTED ON HIS LIST TO PARTICIPATE!! MAKE A COPY AT THE TIME YOU GO ON-LINE TO ENTER YOUR 12 PARTICIPANTS.** IHSA will utilize the name spellings and year in school data from the Regional/Sectional Online List of Participants and coaching staff submitted by each school entered into the State Series for publication in the State Final Program. If you notice an error in the List of Participants after the on-line deadline, please email (clowery@ihsa.org) or contact Cheryl Lowery at (309) 663-6377 at the IHSA Office. Names and year in school data will not be utilized from the Regional or Sectional Winner Reports.

COACHES NAMES: If a coach on your coaching staff doesn't appear in the drop down menu in the List of participants, check the following under the Staff Responsibility page:

1) Has he/she been designated as the Head coach or an assistant coach?

2) Does it indicate how the coach is certified to Coach?

3) Does your coach have a completion date listed for the PES Examination?

4) Has your coach completed the Concussion Exam requirement this year? See statement below:

Concussion Risk Management Program: A change in state law requires all staff and officials to pass a new Concussion Management Program examination prior to working with students in the 2016-17 school term no later than September 1.

If you work as an official, athletic director, athletic coach (head or assistant), sideline cheer or dance coach, or marching band director, you must pass the Concussion Management Program examination with a score of 80% (24 out of 30) in order to be in compliance with state law. You may take the examination as many times as necessary to reach the 80% grade. You must retake the exam every two years to remain certified.

If any of the above information is missing from your IHSA Schools, he/she will not be able to add their name to the online List of Participants and/or issued coaching credentials during the state final.

Confirmation of receipt of Regional/Sectional Online List of Participants: Schools should login to their School Center site on the IHSA website. The Activity Tracker will show "Completed", if you have checked the "Certify & Submit" page indicating you have finished with your report. If it doesn't indicate "Completed", then you must go back into your schools List of Participants and check the "Certify & Submit" page on the Regional/Sectional Online List of Participants indicating you are finished.

IV. HOST FINANCIAL ARRANGEMENTS

A. Regional Hosts:

Regional host schools shall receive \$550.00 for hosting the boys and \$550.00 for the girls meet, and must submit its results via the Internet to the IHSA Office. Computer scoring is preferred. Host school is to pay for all local expenses and issue checks to the officials. IHSA will reimburse the host school \$35.00 per race for the Meet Referee and \$25.00 per race for Clerk/Starter official fees, upon receiving the completed Financial Report. Regional host schools must complete their Financial Report, even if gate is not charged at your meet. In addition, all Regional meets shall abide by the IHSA Royalty Policy included in the current IHSA Official Handbook and/or the IHSA Web Site.

B. Sectional Hosts:

Sectional host schools shall receive \$675.00 for hosting the boys and \$675.00 for the girls meet, and must submit its results via the Internet to the IHSA Office. Computer scoring is preferred. Host school is to pay for all local expense and issue checks to the officials.

IHSA will reimburse the host school \$35.00 per race for the Meet Referee and \$25.00 per race for Clerk/Starter official fees, upon receiving the completed Financial Report. Sectional host schools must complete their Financial Report, even if gate is not charged at your meet. In addition, all Sectional meets shall abide by the IHSA Royalty Policy included in the current IHSA Official Handbook and/or the IHSA Handbook.

C. State Final Parking Fee: PLEASE REMEMBER TO INFORM YOUR PARENTS AND FANS Admission fees will be collected at each of the parking lots in or adjacent to Detweiller Park. The fees for Cars = \$10.00; Van (extended 15 passenger type) = \$15.00; Bus = \$25.00. The IHSA encourages spectators to take advantage of this admission price. Obviously it is far more economical to share the ride with others attending this event. The admission price is the same for a car containing four people or only one person. The prices are per vehicle, not the number of people in the vehicle. Schools, coaches and athletes are encouraged to share this information with their fans.

D. Contestant Expenses: Neither the State Association nor the local tournament management will assume responsibility for any contestant expenses of any kind.

E. Rights Fees for TV and Radio:

1. Television Rights Fees to be charged by Local Managers and/or the IHSA are contained in the IHSA Television Policy.

2. Radio Fees, which shall be charged, are:

- a) Regional Contest = No Charge
- b) Sectional Contest = No Charge
- c) State Final = No Charge

3. Policies regarding media requirements for each Local Manager are contained in the Policy Section of the current IHSA Official Handbook and/or on the IHSA Web Site. When using the IHSA Web Site, look under the Departments section on the home page. Click on the People and Policies link, then in the Constitution and By-laws (Eligibility) section click on the Official Handbook link and finally the Policies link. Scroll to the proper Policy.

VI. TOURNAMENT ASSIGNMENTS

On or about September 16, Regional and Sectional Cross Country Assignments will be posted on the IHSA Cross Country Activity Web Page under the State Series Information & Results link. The Cross Country Manual for Schools will also be posted online on the respective cross country activity pages and in the IHSA Schools Center.

A. Class 1A Series

A total of fifteen (15) regional meets will be created with three (3) regional meets assigned to a correlated sectional.

There will be five (5) 1A sectionals.

B. Class 2A Series

A total of fifteen (15) regional meets will be created with three (3) regional meets assigned to a correlated sectional.

There will be five (5) 2A sectionals.

C. Class 3A Series

A total of fifteen (15) regional meets will be created with three (3) regional meets assigned to a correlated sectional.

There will be five (5) 3A sectionals.

VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

A. Regional and Sectional Meet Time Schedules:

All Local Managers will schedule regional meets on Saturday, October 22, and sectional meets on Saturday, October 29 between the hours of 10:00 a.m. and 3:00 p.m. In some instances where courses are at a premium, managers can request a waiver in the starting time of their meet by contacting kgarber@ihsa.org. **Additional unauthorized Timed or Un-Times races are not permitted the day of the Regional or Sectional Meet.**

B. Regional-Sectional Data Exchange:

Each Regional Manager may obtain a text file with the eligible List of Participants for each school assigned to their regional from the Schools Center. It is available for the tournament manager by clicking on the "H Tournament Hosting Section" beginning Wednesday at 4:00 p.m. of the week preceding the regional. Each regional manager must complete the winner report on-line in the Schools and Officials Center on the IHSA Web Page (www.ihsa.org). Sectional Managers should obtain the data they need to administer their meet from the Schools and Officials Center. Each Regional Manager must complete the **winner report and upload their complete result files** on-line in the Schools and Officials Center no later than 4:00 p.m. after the conclusion of the regional. Each Regional manager must also email a set of complete results to Kraig Garber immediately following their meet (kgarber@ihsa.org).

C. Sectional-State Final Data Exchange:

Each Sectional Manager may obtain a text file with the eligible List of Participants for each school entered in the Cross Country State Series. The eligible List of Participants will be available for all schools eligible for Sectionals beginning Monday afternoon around 4:00 p.m. the week of the Sectional. It is available for the tournament manager by clicking on the "H Tournament Hosting Section". Each Sectional Manager must complete the **winner**

report and upload their complete result files on-line in the Schools and Officials Center no later than 4:00 p.m. after the conclusion of the sectional. Each Sectional manager must also email a set of complete results to Kraig Garber immediately following their meet (kgarber@ihsa.org).

D. All Regional and Sectional Meet Managers must submit a copy of their complete results by 6:00 P.M. on the day of their regional or sectional meet. Email the complete results to Kraig Garber at the IHSA office. kgarber@ihsa.org.

E. 2016 State Final Meet

1. Practice: Friday, November 4, 2016 at 1:00 pm: Head Coaches may pick-up their school's team/individual packets all day at the course. Bibs/Rfid computer tags will be included in the team packet. **The Detweiller course will be open for practice for all qualified contestants, weather permitting, until dark. Additional school vehicle parking pass requests will be considered at this time. Unauthorized timed (or untimed) races are prohibited on the state final course in the state final Saturday and on days preceding the state finals. Additionally, when meet management declares the course open for practice, only the state qualifiers and coaches whose names appear in the IHSA official List of Participants will be eligible to be on the course. This will include the week leading up to the state finals, including Friday and Saturday. The penalty for violating this rule will range from placing the offending school on probation up to immediate suspension and disqualification of the offending school, coaches and all qualifiers from participation in the current (and/or future) state finals. Final decisions relative to the severity of the consequences will be at the discretion of the IHSA Cross Country Administrator. This rule is in effect for all CC state series events.**

2. Coaches Meetings: **Friday, November 4, 2016 at 2:00 p.m. and 3:00 p.m.** **A certified coach or school administrator** from each participating school is required to attend a coaches meeting sometime prior to their team or individual's race **(it is not required that this be the head coach)**. It is recommended that coaches attend one of the meetings conducted on Friday at the times listed above. However, a meeting will also be conducted just prior to the girls race in each class on Saturday (see schedule below).

**Saturday, November 5, 2016
Class 1A Girls**

8:00 a.m.

Course will be open to all Class runners.

8:15 a.m.

Head Coaches and Referees meeting at the finish line (B & G Class 1A)

8:30 a.m.

National Anthem/Honorary Referee Presentation

8:35 a.m.

Inspection of runners by Clerk of the Course
 8:50 a.m.
 The course will be closed for warm-ups
 8:55 a.m.
 Final starting instructions at the Team Boxes
 9:00 a.m.
 Class 1A Girls State Final Race.
 11:00 a.m.
 Class 1A Awards Ceremony

Class 1A Boys

Course will be open for Class 1A Boys immediately following the finish of the Class 1A Girls race
 8:15 a.m.
 Head Coaches and Referees meeting at the finish line
 9:35 a.m.
 Inspection of runners by Clerk of the Course
 9:50 a.m.
 The course will be closed for warm-ups
 9:55 a.m.
 Final starting instructions at the Team Boxes
 10:00 a.m.
 Class 1A Boys State Final Race.
 11:00 a.m.
 Class 1A Awards Ceremony

Class 2A Girls

Course will be open for all Class 2A runners immediately following the finish of the Class 1A Boys race
 10:30 a.m.
 Head Coaches and Referees meeting at the finish line (B & G Class 2A)
 10:35 a.m.
 Inspection of runners by Clerk of the Course
 10:50 a.m.
 The course will be closed for warm-ups
 10:55 a.m.
 Final Starting Instructions at the Team Boxes
 11:00 a.m.
 Class 2A Girls State Final Race.
 1:00 p.m.
 Class 2A Awards Ceremony

Class 2A Boys

Course will be open for Class 2A Boys runners immediately following the finish of the Class 2A Girls race
 10:30 a.m.
 Head Coaches and Referees meeting at the finish line (B & G Class 2A)
 11:35 a.m.
 Inspection of runners by Clerk of the Course
 11:50 a.m.
 The course will be closed for warm-ups

11:55 a.m.
 Final Starting Instructions at the Team Boxes
 12:00 p.m.
 Class 2A Boys State Final Race.
 1:00 p.m.
 Class 2A Awards Ceremony

Class 3A Girls

Course will be open for all Class 3A runners immediately following the finish of the Class 2A Boys race
 12:30 p.m.
 Head Coaches and Referees meeting at the finish line (B & G Class 3A)
 12:35 p.m.
 Inspection of runners by Clerk of the Course
 12:50 p.m.
 The course will be closed for warm-ups
 12:55 p.m.
 Final Starting Instructions at the Team Boxes
 1:00 p.m.
 Class 3A Girls State Final Race.
 3:00 p.m.
 Class 3A Awards Ceremony

Class 3A Boys

Course will be open for all Class 3A boys immediately following the finish of the Class 3A Girls race
 12:30 p.m.
 Head Coaches and Referees meeting at the finish line (B & G Class 3A)
 1:35 p.m.
 Inspection of runners by Clerk of the Course
 1:50 p.m.
 The course will be closed for warm-ups
 1:55 p.m.
 Final Starting Instructions at the Team Boxes
 2:00 p.m.
 Class 3A Boys State Final Race.
 3:00 p.m.
 Class 3A Awards Ceremony

VII. ADVANCEMENT OF WINNERS

A. Regional to Sectional:

In **Class 1A** the first seven (7) placing teams and the first five (5) runners who are not members of the advancing teams in each regional will advance to sectional competition at the site to which they are assigned. In addition, in the event the 6th, 7th or 8th place overall individual finisher in the regional is not on a qualifying team, such 6th, 7th or 8th place overall finisher in the individual race shall advance from the regional to the sectional meet.

In **Classes 2A and 3A** the first six (6) placing teams and the first five (5) runners who are not members of the advancing teams in each regional will advance to sectional competition at the site to which they are assigned. In addition,

in the event the 6th, 7th or 8th place overall individual finisher in the regional is not on a qualifying team, such 6th, 7th or 8th place overall finisher in the individual race shall advance from the regional to the sectional meet.

B. Sectional to State Final: The first five (5) placing teams and the first seven (7) runners who are not members of the first five (5) placing teams in each Sectional will advance to the State Final meet. In addition, in the event the 8th, 9th or 10th place overall individual finisher in the sectional is not on a qualifying team, such 8th, 9th or 10th place overall finisher in the individual race shall advance from the sectional to the state final meet.

C. Regional/Sectional Team Ties: For purposes of advancement of teams from regional to sectional and sectionals to the State Final, if a tie occurs at the **last qualifying spot**, the teams tied advance. **Team Ties will be broken according to the NFHS tie-breaking rule 8-2. Note: In the State Finals, team ties for the first three places will be broken by comparing the 6th runner from each of the teams involved in the tie.**

VIII. TOURNAMENT RULES

A. Substitution: Teams shall be considered to consist of a minimum of five (5) up to a maximum of twelve (12) runners, each of whose names must appear on the Regional/Sectional Online List of Participants. Seven (7) runners may be entered at any level in the state series. Any runner listed on the Regional/Sectional Online List of Participants, and only those listed on the Regional/Sectional Online List of Participants, may be used as one of the seven (7) in the regional, sectional and/or state final. Note: No substitutions may be made by a team (coach) after a tag has been issued to any runner from that team at the starting line.

B. Scoring:

1. Team Scoring: The scores of the first five (5) runners from each school to finish the race will be counted in determining the team's score. Runners from these schools will be eligible for team awards. Schools that enter fewer than five (5) runners and/or schools that have fewer than five (5) runners finish the race at any level in the series will not be eligible for team honors. Schools that are not in compliance with by-law 3.054 are not eligible for team scoring.

2. Individual Scoring: Runners from all schools may earn individual awards as provided in section X. Awards A-B-C.

3. Regional/Sectional Video Review: The host school conducting all regional and sectional events must provide some form of video review of the finish line. This video review can be as simple as one video camera and one monitor (television or computer, etc.) or as sophisticated as the host school

chooses. Placement of this camera is critical. Please consider its placement (height, angle, etc.) carefully. Meet managers must consult the Meet Referee as the decision regarding camera placement is considered. Only the video of the meet management may be used to review the finish of any race. The Meet Referee will review the video of the finish of race to facilitate accurate scoring of each race. Only the referee and meet management may view the finish line video (the games committee may also view the video, **but only if invited to do so by the meet referee**).

C. Length of Course: Courses for the regional, sectional and state final meets in either the boys/girls series shall be no more than 3.12 miles (5K) nor less than 2.75 miles in length. Every effort should be made to run on three mile courses. The length of the course for the respective boys/girls Class 1A, 2A and 3A state final will be 3.0 miles.

D. Practice on Course: Practice on the course may be closed if the weather jeopardizes the conditions of the regional, sectional or state final meet course. Weather permitting, practice at the state finals will be allowed beginning at 1:00 p.m. on Friday afternoon.

E. Uniforms: Contestants in the complete meet series shall wear school issued regulation uniforms that meet NFHS rules and the IHSA interpretations that follow:

1. NFHS Rule 9-6: All competitors will wear a school issued uniform (shorts, jersey, or bodysuit; one or two-piece, and shoes). Refer to the online rules video for clarification.

2. NFHS Rule 9-6-1b: Competitors are permitted to wear bodysuits (unitards) in competition. Previously, shorts were required at meets. The bodysuits must still meet other NFHS uniform restrictions, including logo restrictions. They can be either one or two-piece suits.

3. NFHS Rule 9-6-4: Each team member shall wear the same color and design school issued uniform (shorts, jersey, or body suit; one or two piece). Same means "similar" or varying shades of the same color. The printing, design, and or lettering on the jersey or body-suit must be such that each runner can be easily identified, so that as a person views the runner's uniforms together, they appear similar and the team is easily identified. Sleeve length and printing on undergarments do not need to be identical, but need to be similar in color. It is legal for a team to wear more than one undergarment but all team members wearing undergarments must wear the same undergarments.

4. All participants will be issued a numbered bib to be worn on both the front and back of their jersey. The bib must be placed high on the jersey. This will help ensure numbers will be visible upon video review.

5. Once the race has started, there will be no disqualification for an improper uniform (**unless the uniform is altered after being approved at the starting line by an offi-**

cial). It is the responsibility of the clerk of the course and or the referee/starter to inspect each competitor's uniform prior to the start of a race. They are not to allow a runner to compete in an illegal uniform. If the clerk is unsure of the uniforms compliance with the rules, they will request a ruling from the referee/starter prior to the start of the race. Any runner that alters their uniform after being approved by a clerk of the course will be disqualified for unsporting conduct (this would include but not be limited to, rolling the top up which could expose the midriff).

6. Removable arm sleeves, calf sleeves and wrist sweat bands are legal to wear in competition.

F. Jewelry: Contestants wearing jewelry will be permitted to compete. Narrow headbands, to keep the hair from interfering with a contestant's vision will be permitted. Contestants with painted bodies or faces as well as any costumes will not be permitted to compete nor participate in awards ceremonies.

G. State Series Rules: All meets will be conducted in accordance with the Track and Field and Cross Country Running rules published in the current National Federation Track and Field Rule Book (or Illinois interpretation of said rules).

1. Finish Line: In the regional meets, sectional meets and at the state final, runners will finish each race at the mouth of the chute (the wide mouth chute is required for regional/sectional/state meets and is highly recommended for all races conducted during the season). This is the front end (wide part-front end) of the chute and not the neck (narrow part-back end) of the chute. The width of the finish line at the State Final Meet will be 15 feet. That is also the minimum width for the finish line for races at the regional and sectional. It is recommended the depth of the chute at the regional and sectional be 15-25 feet. Coaches need to practice their runners finishing races by running past the finish line approximately 15-20 feet in practice and during the regular season. Runners should be taught to run through the finish line just like in races on the track.

2. The races in the regional, sectional and state final meets will finish at the "mouth" of the chute.

3. State Series Bib Requirements
a. Regional and Sectional Bib requirements: At all Regional and Sectional Meets, bibs are required (7 1/2" x 6"). **Bibs must be positioned high on the front of the chest. Bibs should be white with dark black numerals.**

b. State Final: At the state final meet, computer scoring will be used. The (RFID) computer tag will be attached to the front bib. The bib/chip will be attached with 4 safety pins high on the front of each competitor's uniform. The bib/chip will not be returned to meet management. Competitors must be careful not to bend the front bib as this may

damage the computer chip which is attached to the bib. **Essentially the chip is used as a timing device and the torso will be used for scoring (NFHS 9-3-2). Video review will be used as the primary tool for scoring the meet. It is important to note that Illinois interprets this differently than the NFHS in rule 9-3-3.**

H. Ergogenic Aids: The use of oxygen, glucose gel, inhalers, water or other prescribed medication that is not a performance enhancer shall be allowed without prior approval.

I. Timing Devices/Watches: Competitors will be allowed to use/wear watches of any type during IHSA cross country competition.

J. Spiked Shoes: The use of spiked shoes will be permitted in the IHSA Cross Country Series; however, it is recommended that spikes not exceed 5/8 inch in length.

K. Starting Boxes & the area in front of the starting line used for run outs: the only persons allowed in the starting boxes & the area in front of the starting line used for run outs will be the competitors and coaches. Coaches must leave the boxes prior to the start of competition. Once teams and individuals have been called to the starting line by the announcer for final instructions, no further run-outs shall be permitted (NFHS Rule 9-4-4). Starting boxes should be between 4 and 6 feet in width. Starting box assignments for the state finals will be determined by a blind draw. The box assignments will be drawn and posted on the IHSA cross country web page following the sectional competition.

L. Finish Line: Meet managers must make every effort to clearly define the finish line. The use of brightly colored cones placed on the outside ends of the actual finish line are recommended.

M. Ethics of Competition and Sportsmanship: Unethical and unsportsmanlike conduct by competitors, coaches and spectators will be penalized under the provisions of By-laws 6.011 and 6.012.

N. The Games Committee: A games committee as described in the National Federation Track & Field rules 3-2-1, through 3-2-8 will be appointed by the Meet Manager. This committee shall act as a jury of appeals (3-5-1). The committee may also be called to meet to discuss the suspension of play due to hazardous weather conditions (Note that either the Meet Referee or Meet Management may make the decision to suspend competition as a result of severe weather). Selected individuals can include school representatives. **NO IHSA OR NFHS RULE MAY BE SET ASIDE OR IGNORED BY THE GAMES COMMITTEE/JURY OF APPEALS.**

O. Posting of State Final Results:

Results of the individual races and team scores will be posted for the coaches at a designated area following each race. The final results showing individual and team scoring will be also posted for the general public.

P. Posting of Regional/Sectional/State results: Regional/Sectional/State race results will not be posted by meet management or their designee until the results have been evaluated and approved (signed) by the IHSA meet referee. A period of not less than 15 minutes will be provided for coaches' review after posting and prior to going to the awards stand.

Q. It is highly recommended that an athletic trainer or other EMS be present at cross country state series events (as well as during the regular season).

IX. TOURNAMENT POLICIES

A. State Final Passes

Participants: Participants will not be issued passes. Each qualifier who advances to the state final will receive a set of two bibs (chips enclosed) and two hip numbers. Runners are to pin the larger bib (containing chip) to the front of their school uniform singlet and the smaller bib to the back of their uniform singlet. The bibs are to worn high on their school uniform singlet (for the purpose of aiding in the accurate video review of each race). Do not bend or crease bibs or it may deactivate the chip.

Coaches of Individuals: One coach's pass will be issued (if the coach's name appears on the Regional/Sectional Online List of Participants, prior to the online deadline).

Team Coaches: a maximum of two passes will be issued (if two coach's names are listed on the Regional/Sectional Online List of Participants, prior to the deadline.)

Note: the two coaches who are listed on the Regional/Sectional Online List of Participants will be issued a coaches pass. However, those coaches must meet all IHSA Coaching By-law Requirements and its subsections. (By-law 2.070). Coaches who do not meet By-law 2.070 are not eligible and cannot coach or be entered on the Regional/Sectional Online List of Participants and are not eligible to receive a pass.

B. Signs, Banners and Mechanical Noisemakers: The display of signs, banners, placards or similar items at IHSA state series events is permitted, provided:

- 1) they are in good taste and reflect good sportsmanship in their message and use;
- 2) they reflect identification and encouragement to participants and their school/community;

3) they are not displayed on the field of play or in a manner which interferes with competition (this will be determined by Meet Management);

4) they do not obstruct the view of participants or spectators; and,

5) they are not safety hazards (as determined by meet management).

State Final Signs and Banners are the property of the IHSA. IHSA and Peoria High School will prosecute those caught attempting to vandalize the Fence of Fame and the starting box numbers that hang above the team boxes at the starting line.

C. Pets: Individuals are prohibited from bringing any type of pet to the State Final, with the exception of service and seeing-eye dogs. Please share this information with your parents and fans.

D. Cooking Grills: By order of the fire marshal, cooking grills operated by the general public are not allowed in the park on the day of the cross country state final meet.

E. State Final Practice: Friday, November 4, 2016 at 1:00 p.m.

Unauthorized timed (or untimed) races are prohibited on the state final course in the state final Saturday and on days preceding the state finals. Additionally, when meet management declares the course open for practice, only the state qualifiers and coaches whose names appear in the IHSA official List of Participants will be eligible to be on the course. This will include the week leading up to the state finals, including Friday and Saturday. The penalty for violating this rule will range from placing the offending school on probation up to immediate suspension and disqualification of the offending school, coaches and all qualifiers from participation in the current (and/or future) state finals. Final decisions relative to the severity of the consequences will be at the discretion of the IHSA Cross Country Administrator. This rule is in effect for all CC state series events.

F. Media Space Requirements:

1) Space shall be set aside to provide for news media representatives covering the state series from newspapers, news gathering Internet sites, radio stations, commercial television stations and/or cable television stations, according to the IHSA Policies and Procedures Regarding News Media Credentials and Working Assignments for IHSA State Series.

2) Radio and TV Applications & Fees: It is the responsibility of the Local Manager to accept applications, approve requests to originate, collect proper rights fees payments (where required) and make cancellation refunds for television, according to the IHSA TV and/or IHSA Radio Broadcast Policy.

a) Television Rights Fees for all levels of competition below the State Final level shall be paid to the host school and shall become part of the revenue to be shared by the member school(s) and the Association according to the financial terms stipulated in these Terms and Conditions.

b) Radio Broadcast Rights Fees are not required for any level of competition in this series. Local Managers shall permit radio play-by-play originations of the competition according to the IHSA Broadcast Policy.

c) Television and/or Radio Stations which do not apply in advance, or do not pay required rights fees prior to the start of competition, in each respective level in this state series shall not be given credentials nor allowed access to the facility to originate. Sponsors of the originations for television and radio shall be only those so stipulated in the respective IHSA Television and Broadcast policies.

G. Video Replay and Television

Monitoring Equipment: Use of video replay or television monitoring equipment other than the official equipment approved by the IHSA (or meet manager) shall not be used to make decisions related to the state series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review official video results. It is also required for the host to have available a finish line camera for the purpose of "**required official video review**" at all regional and sectional meets. Video review **will** be used as the **primary** method of determining the outcome of all races at the regional, sectional and state final meets. The Meet Referee and IHSA officials **will** review the finish line video of each regional, sectional and state final race to facilitate accurate scoring of each race.

At regional and sectional events elaborate, multi-camera systems are not necessary. A single, **well** positioned camera should be satisfactory. Host schools must consult the meet referee to determine the appropriate position and angle of the finish line camera.

H. Tobacco/Liquid Nicotine Products:

The use of tobacco or liquid nicotine products in any competition area, either during a practice or while a contest is in progress, or affiliated property of any IHSA state series contest by any coach, player, any other person connected with a team, or fan shall be prohibited. State series hosts are required to make all state series contest sites and any affiliated property, including parking lots, fan accommodation areas, and other school or event venue property, tobacco/liquid nicotine free zones on the date or dates of any IHSA event being held at the site.

I. Use of Inhalers

A student with asthma may possess and use his/her medication during an IHSA competition, while under the supervision of school personnel, provided the school meets the outlined procedures of self-administration in the Illinois School Code.

J. Alcoholic Beverages and IHSA State Series Events

The possession, distribution, sale and/or consumption of alcoholic beverages are prohibited at the site and on any affiliated property of any IHSA state series contest. State series hosts are required to make all state series contest sites and any affiliated property, including parking lots, fan accommodation areas, and other school or event venue property, alcohol free zones on the date or dates of any IHSA event being held at the site. Violation of this policy by an event host will subject the host to a penalty for violation of IHSA By-law 2.020. Such penalty may include but not necessarily be limited to prohibition against subsequent event hosting assignments. Violation of this policy by a non-hosting member school will subject the school to penalty for violation of IHSA By-law 2.020. Patrons of any IHSA state series contest determined to be in violation of this policy will be removed from the premise, and law enforcement officials will be called as warranted. No ticket refunds will be granted in such cases.

X. AWARDS

A. Regional:

1) Individual: Medals will be awarded to the first five (5) placing runners.

2) Team: A plaque will be awarded to the first place team.

3) **Duplicate Awards for Hosts in case of ties:** Managers can find a Duplicate Awards order form in the online Cross Country Manual for Managers.

4) **School Duplicate Awards:** Schools can find a Duplicate Awards order form in the online Cross Country Manual for Schools (for lost or teams/schools part of a Coop).

B. Sectional:

1) Individual: Medals will be awarded to the first ten (10) placing runners.

2) Team: A plaque will be awarded to the first place team.

3) **Duplicate Awards for Hosts in case of ties:** Managers can find a Duplicate Awards order form in the online Cross Country Manual for Managers.

4) **School Duplicate Awards:** Schools can find a Duplicate Awards order form in the online Cross Country Manual for Schools (for lost or teams/schools part of a Coop).

C. State Final:

1) Individual: Medallions will be awarded to the first twenty-five (25) placing runners.

2) Team: Trophies will be awarded to the first, second and third place teams. 18 total team medallions will be awarded to each of the top three teams. Twelve (12) medallions will be presented to runners of each placing team. Two (2) coaches' medallions and one (1) Athletic Trainer medal will be presented to coaches of each placing team. In addition, one (1) Superintendent, one (1) Principal and one (1) Athletic Director's medallion will be presented to each of the placing teams. Coaches and administrator's medallions are not packaged separately and are included with the team medallions. It is the coach's responsibility to deliver administrator's medallions to the appropriate recipients.

3) Ties: If a team tie occurs for the first, second or third place, NFHS Rule 9-2-4 will be used to break the tie. (Compare the 6th place runner from the tying teams). Team ties for the top three team places must be broken.

4) **School Duplicate Awards:** Schools can find a Duplicate Awards order form in the online Cross Country Manual for Schools (for lost or teams/schools part of a Coop).

XI. OFFICIALS

A. Appointments and Fees: Regional and Sectional managers are required to hire and use TWO IHSA licensed track and field officials

(that has viewed the online cross country rules video AND passed the cross country rules examination) as Meet Referee (\$35.00 Stipend per race) and as the Clerk/Starter (\$25.00 Stipend per race). The official used must be selected from the list of IHSA Licensed Cross Country Officials which can be found through the IHSA Schools and Officials Center. Click on "Officials and Body Fat Testers" to get a list for the licensed officials for your area. Meet managers are required to inform Cheryl Lowery (clowery@ihsa.org) who they have hired to serve as meet referee and Clerk/Starter prior to the meet. **IHSA will reimburse host schools for the cost of hired officials, even if there are not gate fees charged at your meet. Fees can't be reimbursed to hosts without submission of their Financial Report to the IHSA Office.**

B. State Final Official Fees: Meet Referee, Asst. Meet Referee and Coordinator of Officials (\$100.00). Each Starter (\$25.00)

C. Mileage Reimbursement Policy: IHSA will pay mileage to Regional and Sectional Meet Referees and Clerk/Starter upon receipt of a mileage voucher submitted to the IHSA Office within 30 days of the contest. The Referee/Starter will receive \$.30 cents per mile for every mile over 70 miles for each round trip. Contact Cheryl Lowery (clowery@ihsa.org) for a Regional/Sectional Mileage voucher to be emailed to you.

State Final Officials will have their mileage included in their State Final Officials paycheck issued by the IHSA Office at the State Final.

Note: Mileage is determined to and from the official's home to the site of the competition, unless prior approval has been given from the administrator in charge of the sport/activity.

D. Volunteer State Final officials: Volunteers must login to their Officials Center where there will be a link to accept or decline a State volunteer assignment. IHSA will not refer to officials availability calendars for this process. People who want to volunteer who are not a licensed Cross Country Official must email Cheryl Lowery (clowery@ihsa.org) or Geza Ehrentreu (geza@vikingchemical.com).