

2011-2012 IHSA CROSS COUNTRY RULES MEETING INFORMATION/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).

NOTICE:

One Girl's Coach and one Boy's Coach per school and any Cross Country official must review the complete online rules meeting and follow the instructions at the conclusion of the presentation to get credit for a Rules Meeting. Each year schools and officials are required to review the Rules Meeting Presentation to prevent a probation or suspension status. The Online Girls & Boys Cross Country Rules Meeting begins August 9 and will be closed on September 6, 2011.

IHSA Track & Field Officials that wish to work as a CC Official must not only review the online rules video, but must also complete the online examination for CC officials. There are no additional fees or additional registration. As in the past, the IHSA Track & Field officiating license is the license required to work as a Track & Field AND Cross Country official.

I. 2011 Important Dates for Cross Country:

- August 9: Online Rules Meeting Video will be available through the IHSA School & Officials Center.
- August 9: First date of Officials Online Part 1 test
- August 10: Cross Country Season/practice may begin
- August 22: 1st Contest Date.
- September 1: School Team/Individual Entry Deadline to participate in the State Series (Principal or Official Representative password required) through their IHSA School & Officials 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 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 9th).
- September 6: Coaches and Officials Online Rules Meetings for Girls and Boys 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**
- September 6: Part 1 CC Officials Exam deadline.
- September 9: Officials Assignment process begins, officials availability calendars must be updated to be considered for assignment.
- October 9: Officials Deadline to volunteer working the State Final Meet should contact Owen Fuller/Dave Facker.
- October 18: Coaches must submit their Online List of Participant by noon.
- October 22: IHSA Cross Country Regionals
- October 29: IHSA Girls and Boys Cross Country Sectionals
- November 5: IHSA Cross Country State Meet at Detweiller Park, Peoria, IL

II. PROCESS FOR RECEIVING CREDIT FOR VIEWING ONLINE RULES MEETING

Coaches and officials should login to the Schools & Officials Center. Remember that a **password is required** to enter these secure areas. Once there, select the link to "find meeting, redeem credit." At the end of each video, coaches and officials will automatically be given 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 School & Officials

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 18, 2011) **between August 9 and September 6, 2011 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 9 and September 6, 2011.** 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.

NOTICE: If you are a coach at two different schools or you are a coach and an official, you must contact Cheryl Lowery at the IHSA Office. She will give you credit. You must be listed as the coach at both schools in the respective School & Officials Center for the schools you are coaching for.

III. NFHS Track and Field and Cross Country Rules Changes 2012 High School Track and Field Rules Changes Focus on Jewelry Violations and Pole Vault Requirements

INDIANAPOLIS, IN (July 5, 2011) — The penalty for wearing jewelry during high school track and field competition will shift from the team to the individual competitor beginning next season.

In its June 8-10 meeting in Indianapolis, the National Federation of State High School Associations (NFHS) Track and Field and Cross Country Rules Committee addressed the jewelry rule and clarified two rules in the pole vault among its nine major changes. All changes were subsequently approved by the NFHS Board of Directors.

The revised jewelry rule states that “for the first violation, the competitor shall be required to remove the jewelry before further competition and be issued a warning that a subsequent violation shall result in a disqualification from the event.”

“The rule still prohibits the wearing of jewelry, but the members of the rules committee and results of the questionnaire strongly support the penalty applying only to the competitor involved as opposed to the entire team,” said Becky Oakes, NFHS assistant director and liaison to the Track and Field Rules Committee.

In Rule 7-5-2, requirements for pole vault competitors were changed. The rule eliminates the limit of only two layers of tape on the grip end but still requires any tape placed on the pole to be of uniform thickness on the grip end.

In addition, Rule 7-5-25 clarifies who may touch or catch the pole and under what circumstances touching the pole is not allowed. The rule reads, “No person shall be allowed to touch the vaulting pole except an assigned official, assigned pole catcher or the competitor, when circumstances warrant, but never to prevent the pole from dislodging the bar.”

“The competitor or designated official can catch the pole, but the touch or catch by the competitor that prevents the crossbar from being dislodged is still a foul,” Oakes said.

The committee also made updates to Rule 9-1-1 regarding the method of measuring a cross country course that reflect trends in the sport. The cross country course shall be measured along the shortest possible route that a runner may take, as opposed to measuring down the middle of the course.

Another change now makes it legal for competitors to wear visible undergarments that have a contrasting stitching to the color of the single, solid color of the undergarment. The stitching must function in the construction of the undergarment and not as a design.

Other rules changes approved by the committee include:

- Rule 3-4-2: The referee retains clerical authority over the contest through the completion of any reports, including those imposing disqualifications, that are responsive to actions occurring while the referee had jurisdiction. State associations may intercede in the event of unusual incidents after the referee’s jurisdiction has ended or in the event that a contest is terminated prior to the conclusion of regulation play.

- Rule 5-7-3: The starting command for individual races – or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors – shall be to instruct all competitors to take a position three meters behind the starting line or dashed arc behind the line. With “On your marks,” the competitors step to the starting line.
- Rule 7-4-10: The games committee may assign competitors to flights of no less than five for preliminary competition or may conduct the event in continuing flights. In continuing flights, the first five competitors, as determined by the games committee, constitute a flight. As a contestant clears the bar, passes a turn at the height or is eliminated, the next competitor in order will be moved up so that the number of competitors in the active flight remains constant. When the field is down to eight or fewer competitors, it is recommended that participants are called as listed on the event sheet.
- Rule 9-3-3: Updates were made to this rule that address the use of bib transponders or timing chips on the shoes and the official order of finish when the computerized item(s) are used.

IV. Steps for Participating Schools To Enter and Remain Eligible to Compete In IHSA Regional, Sectionals and the State Final

This list of steps can be used as a guide for coaches and administrators. This guideline is an attempt to help keep schools and/or its participants eligible to compete in the Cross Country State Series. It is not intended to replace the Terms and Conditions or the Manual. To be fully informed, you must **read the Online Manual for Schools on the IHSA Cross Country Website. PLEASE DO SO!**

A. What: Enter school into the Cross Country State Series

Who: Principal or Official Representative

When: By September 1

Where: IHSA.org

How:

- 1) Go to www.ihsa.org
- 2) Click on IHSA Schools & Officials Center
- 3) Enter School ID and Official Representative or Principal password
- 4) Click on Submit School Entries
- 5) Click on Activities
- 6) Click on Girls and/or Boys Cross Country

Important: There is no qualifying tournament to be eligible to compete in the first qualifying level of any IHSA State Series Tournament.

Why: This is how the IHSA knows the school wishes to participate in the Girls and/or Boys Cross Country State Series.

B. What: Review the Online Manual for Schools

Who: Coach and/or Athletic Director

When: September 1

Where: The Manual for Schools will be posted online:

How:

- 1) Go to www.ihsa.org
- 2) Click on “IHSA Sports & Activities”
- 3) Click on the Girls or Boys Cross Country
- 4) In the Resource Section, Click on the “Manual for Schools”

Why: This is how the coaches and athletic directors learn what is necessary in order for their athletes to participate in the Girls and/or Boys Cross Country State Series. Failure of coaches and athletic directors to become familiar with these details often results in the student athletes and/or coaches from their schools being denied the opportunity to compete.

C. What: Online Rules Meetings for Girls and Boys Cross Country

Who: One girls coach and one boys coach per school. If you coach both you indicate so while in the presentation.

When: Available August 9, 2011 through September 6, 2011. A \$50.00 penalty will be assessed after the deadline, if a school fails to go online to redeem credit.

How:

- 1) Go to www.ihsa.org
- 2) Click on “School & Officials Center”
- 3) Enter “School ID” and the Fall Coaches password (Girls) or the Boys Coaches password (boys)
- 4) Click on “Rules Video” next to Girls or Boys Cross Country under the Sport & Activity Tracker

- 5) View the online Rules Meeting to receive credit.

Why: This is a yearly requirement

D. What: Entering Participants into the State Series Meets: “Online List of Participants”

Who: Coach

When: Deadline is Noon, October 18, 2011 - If a school does not submit their Online List of Participants by the deadline, coaches and/or participants from that school are subject to sanctions, which could include but not be limited to being ruled ineligible to compete in the State Series. Schools which do not do so and are consequently ruled ineligible for the State Final Series and must fax a letter to Tammy Craig at the IHSA Office indicating they are withdrawing from the Cross Country State Series by noon on the day of the Online List of Participants deadline or a \$100.00 penalty will be assessed to your school.

Where: www.ihsa.org; click on School & Officials Center; enter your school’s ID and password; scroll down under Sport and Activity Tracker, click on List of Participants and type in all the required information

How:

- 1) Go to www.ihsa.org
- 2) Click on “School & Officials Center”
- 3) Enter “School ID” and the Fall Coaches password (Girls) or the Boys Coaches password (boys)
- 4) Click on the “List of Participants” link under the Sport & Activity Tracker
- 5) Type in the requested information and save your page(s).

Why: This is how the IHSA knows the names of the participants and coaches. This information will later be used in the State Final Program. It will be used as it is presented so please double check spellings for accuracy.

Confirmation of receipt of Online List of Participants: Schools should login to their School Center site on the IHSA website and go to the Activity Tracker. The Activity Tracker will show “Completed”, if you have checked the button 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 button on the Online List of Participants indicating you are finished.

E. What: Withdrawal from the State Series after being entered by the Principal

Who: Principal or Official Representative

When: Prior to Noon, October 18, 2011

Where: IHSA Office

How: Fax or email a letter indicating the desire to officially withdraw to Tammy Craig at IHSA (309-663-7479).

Why: Schools that fail to participate after entering and who fail to formally withdraw will be fined \$100.00 (additional penalties may apply, refer to Terms and Conditions). The fine is necessary to encourage schools to make us aware of their intent not to participate. When schools do not show up it adversely affects the balance in the numbers of teams assigned to each Regional and/or Sectional. This can create situations that are unfair to others. When you become aware that your school will not participate in the State Series, please withdraw immediately!

V. Minutes of the Boys/Girls Cross Country Advisory Committee--November 30, 2010

The IHSA Boys and Girls Cross Country Advisory Committee met at the IHSA Office, Bloomington, Illinois on Tuesday, November 30, 2010, beginning at 10:00 a.m. Committee Members present were: Jon Gordon, Chicago (Northside Prep); Brett Charlton, Eureka; John Overstreet, Paxton (P.-Buckley-Loda); Dan Iverson, Naperville (North); Owen Fuller, Coordinator of Officials. Others in attendance, Ron McGraw, IHSA Asst. Executive Director; Chris Perry, Meet Manager, Peoria (H.S.); Paula Webb, Peoria (H.S.); Matt Grimm, Peoria (H.S.); Andy Preuss, (ITCCCA); Jerry Parsons (ICA), John Polka, Oak Park (Fenwick); Geza Ehrentru, Rockford and Bob Geiger. Chicago (Whitney Young).

I. TERMS AND CONDITIONS RECOMMENDATIONS:

IMPORTANT: Changes to Item number 1 seen below were necessitated after the IHSA Board of Directors adopted revisions to the IHSA Classification Policy. Beginning in 2011-2012 all three classes will have five (5) sectional meets with three (3) regional meets correlated to each sectional meet. Seven (7) teams and five (5) individuals will advance from each regional meet to their assigned sectional meets.

1. Item V-B-C and VII-A: Class 2A and 3A Series (Original Language)

Recommendation:

For 2A change to read: A total of **twelve (12)** regional meets will be created with three regional meets assigned to a correlated Sectional. There will be four (4) correlated sectionals.

For Class 3A change to read: 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) correlated sectionals.

Currently Classes, 2A and 3A are designed to have 16 and 20 regionals respectively and 4 and 5 sectionals respectively.

Advancement from regional to sectional: In classes 2A and 3A the first **7 teams** and 5 individuals not members of the first **7 placing teams** will advance to the sectional competition at the site to which they were assigned. Currently the rule advances only the top 5 teams to the sectional. There are no changes in the advancement from sectional to state in any class.

Rationale: There has been a growing concern since the implementation of three classes in cross country that the regional level of competition in classes 2A and 3A have not been competitive. With most regional sites having only 8 schools assigned and in several instances only 5 actual teams competing, it takes very little to qualify on to the sectional level of the state series. If adopted, this proposal would result in 12 or 13 schools being assigned to compete in each 2A and 3A regional just as class 1A currently experiences. There is no change relative to qualifying from sectional to state.

Committee Vote: 5 – YES; 0 – NO

2. Item VII-A: Class 1A, 2A and 3A, Individuals advancing from regional to sectional (Add this language)

Recommendation: **Approved (PRIOR TO THE CHANGES TO THE CLASSIFICATION POLICY)**

The first 5 runners who are not members of the advancing teams will advance from regional to sectional competition. In addition, in the event that the 6th, 7th or 8th place overall individuals finishers in the regional are not on a qualifying team, such 6th, 7th or 8th place individual shall advance from the regional to the sectional meet.

Rationale:

While this is a rare occurrence, the committee believes that the formula for advancing individuals should be similar whether advancing from regional to sectional or from sectional to state.

Committee Vote: 5 – YES; 0 - NO

Approved

3. Item VIII-K: Calling splits on the course (Delete this language)

Recommendation:

At the state final meet official split times will be called at ½ mile mark, 1 mile mark, 1 ½ mile mark, 2 mile mark and the 2 ½ mile mark. Strike the following from VIII-K: Any attempt to aid a competitor by calling splits anywhere else on the course will be reported by the course umpires and could lead to possible disqualification of a runner(s).

Rationale:

This language is dated and needs to be removed from the Terms and Conditions.

Approved

4. Item VIII-L: Starting boxes (add this language)

Recommendation:

The starting boxes for the regional level of competition must be assigned by the host school on the basis of a blind draw. At the sectional level of competition the starting boxes must be assigned using the matrix provided in the IHSA Cross Country Manual for Managers found online at IHSA.org.

Rationale:

This language is intended to provide an equal opportunity for all competing schools to be assigned to the most advantageous boxes during the IHSA Cross country State Series. In absence of this language host schools have the choice to assign schools a starting box at their discretion.

Approved

II. ADMINISTRATIVE RECOMMENDATIONS:

1. Continue to explore methods of making easier the task of reporting results from regional and sectional hosts to the IHSA. The committee was advised that their help in securing help from anyone proficient in the technology required to make such changes was critical to this process. The IHSA staff is open to changes but such changes will only be possible in the near future with the help of those already proficient in the use of current technology and hy-tek software.

2. Provide an accessible viewing area of the finish line for handicapped spectators confined to a wheel chair.

III. 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 ½ hour meeting. All items that received a motion and a second from our group were voted on by the committee members.

Review topics for discussion submitted by sectional hosts and others

- A. Revise the State Series to increase and/or decrease the number of regionals/sectionals and teams advancing on to sectionals and/or state.

- B. Issue Chips/Tags to coaches on Friday.
- C. Give Regional and sectional hosts the opportunity to download entries to hy-tek, sydex and generate a winners report from their software.
- D. Reduce the congestion at the starting line (both in front and behind) to help schools with their run outs.
- E. Provide all results from each sectional, not just the top 12
- F. General condition and overall use of the course at Detweiller Park.
- G. Procedures to present Referee's instructions to the competitors prior to each race.
- H. Use of running sleeves-not currently legal-should we allow in the future.
- I. Medical aid to competitors on the course.
- J. 4:00 p.m. Coaches meetings on Friday.
- K. Provide a 5th sectional for 1A and 2A.
- L. Emphasize the uniform rules consistently throughout the season.

IV. Other

- A. None

VI. 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 or red 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.
 8. Additional State Final Officials Patches can be purchased by logging in to the IHSA School & Officials Center. The cost is \$2.00.
- ◆ **Major officials are licensed with the IHSA. Only IHSA Athletic Officials licensed in Track and Field/Cross Country may serve member schools as major officials at boys and/or girls interscholastic cross country meets. (Major officials include the Referee, Starter, Referee-Starter).**
 - ◆ **In the interest of providing a fair competition it is highly recommended that a host school NOT contract a member of their coaching staff to serve as a major official for their state series cross country meets.**

VII. 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 inelligible athlete. These situations are always negative, emotional and must be avoided.**
- ◆ **Meet managers are required to provide Ron McGraw with a set of complete results of their regional and sectional meets. This information may be emailed or faxed to the IHSA office.**
- ◆ 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

VIII. 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.

STATE FINAL TIME SCHEDULE

	Class 1A Girls	Class 1A Boys	Class 2A Girls	Class 2A Boys	Class 3A Girls	Class 3A Boys
Tags Available	8:25	9:25	10:25	11:25	12:25	1:25
Teams Report	8:35	9:35	10:35	11:35	12:35	1:35
Final Instructions	8:55	9:55	10:55	11:55	12:55	1:55
Start	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
A	2	2	2	2	2	2
B	9	9	9	9	9	9
C	16	16	16	16	16	16
D	23	23	23	23	23	23
E	30	30	30	30	30	30

IX. 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. (4-6-1 & 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 unsporting manner..." "Team personnel" is interpreted to include coach(es), competitors, non-competitors, lap counters, managers, etc.

Art. 1: Unsporting 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.

X. IHSA/NFHS Rule Variations: These variations are well documented in the IHSA required online Rules Video. Officials, please review the online rules video prior to taking the required part I online examination.

1. **Uniform – In Illinois** the uniform and undergarments worn by cross country teams and track and field RELAY TEAMS must be SIMILAR, NOT IDENTICAL.

Undergarments do not need to be of a single, solid color and need not be unadorned. An athlete may wear multiple undergarments and those undergarments may be of different colors, For example; it would be legal to wear a red long sleeve tee shirt with a green short sleeve tee shirt over it. In cross country and on T&F relay teams only, if more than one team member chooses to wear undergarments ,then his/her undergarments must be similar in style and color. In the example above, any team member also choosing to wear undergarments would also need to wear the red long sleeve and the green short sleeve tee combination. Not all of the team members would be required to wear undergarments, but if they do, then they must match in style and be similar.

COACHES, in order to guarantee that the officials interpreting your teams uniforms share your interpretation of "SIMILAR, it is highly recommended that you make certain that your cross country team members and T&F relay teams match exactly. Again, this is recommended and not required. Obviously if they match exactly there is no need for an officials interpretation.

The uniform rule in Illinois is interpreted to provide some flexibility for schools under the pressure of tight budgets. When interpreting uniforms for cross country teams and track and field relay teams consider the following: Are the uniforms being worn similar enough so that a person standing at the finish line can easily determine that the competitors running for the same school are team mates? Ultimately, this is a judgement call that will be made by the meet referee, common sense should prevail.

2. **Watches – In Illinois** it is not legal to wear a watch during competition.
3. **Chips vs Torso – In Illinois** we determine the finish order of competitors by the position of the torso and NOT the order provided by chip timing.
4. **Uniform/Jewelry DQ** – In Illinois we do not disqualify a competitor for a uniform or jewelry violation after they have passed through the clerks inspection and are racing or have finished their race (unless alterations are made after the competitor passes inspection. In this case they would be disqualified for unsporting conduct).



IHSA Cross Country Contact Information

- www.ihsa.org
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