

## IHSA GIRLS & BOYS CROSS COUNTRY RULES BULLETIN

(Last Revised July 20, 2023)



**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 OR through the IHSA Schools Center. **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 Kraig Garber (kgarber@ihsa.org).

### INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

1. Keep your **personal information** current in the IHSA Schools and Officials Center. This is how IHSA communicates with you during the season. You must check the IHSA Schools & Officials Center frequently during the season to complete IHSA coaching and official's requirements.
2. Head Coaches and Officials must view the **Online Rules Interpretation Presentation** (Schools & Officials Center)
3. **Manual for Schools:** Our Girls and Boys Cross Country Sport Activity pages on the IHSA Website have an abundance of information regarding the IHSA Cross Country Season and State Series.
4. **Coach Data Form & Six Contest Verification:** Login to the IHSA Schools Center; click Sport/Activity Tracker; Click Coach Data Form; page 2: Enter all coaches; page 3. Verify Six Contest (Teams only); Page 4. Certify & Submit. **IMPORTANT: If you Certify and Submit your form without completing every page, IHSA will have no means to remind coaches of any incomplete data.**
5. **Do Not Ignore emails RECEIVED from the IHSA Office.** If you are receiving email notifications from our office, do not ignore them. You may be risking your eligibility. As a coach and official we require/expect for you to meet all deadlines to remain eligible.
6. **Important Dates/Deadlines for Cross Country:** Please refer to the online Manual for Schools and/or login to IHSA Schools and Officials Center

### 2023 IHSA REGIONALS, SECTIONALS & STATE FINAL

1. IHSA will be using athletic.net for submitting list of participants for schools entering team rosters or individual entries. Complete instructions/procedures will be outlined in the manual for schools and managers.

#### 2. TERMS AND CONDITIONS

##### Section VI. Tournament Assignments

###### 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 & 3A Series

A total of **twelve (12) regional meets** will be created with three (3) regional meets assigned to a correlated sectional.

There will be **four (4) 2A & 3A sectionals.**

##### Section VII. Advancement of Winners

###### B. Sectional to State Final:

**In Class 1A** the first six (6) placing teams and the first ten (10) runners who are not members of the first six (6) placing teams in each Sectional will advance to the State Final meet.

**In Class 2A and 3A** the first seven (7) placing teams and the first ten (10) runners who are not members of the first seven (7) placing teams in each Sectional will advance to the State Final meet.

### NFHS CROSS COUNTRY RULE CHANGES

<https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2023/>

### IHSA CROSS COUNTRY TERMS & CONDITIONS CHANGES

To view changes, please review the Cross Country Advisory Committee Minutes through the following link:

<http://www.ihsa.org/documents/adv%20minutes/22-23/22-cc-minutes.pdf>

### IHSA IMPORTANT REMINDERS

1. Detweiller Park **IS NOT** open for training sessions. Running inside of the perimeter will be allowed but running on the actual state final course will not be allowed until September 1st. There are many races planned for the course during the

## IHSA IMPORTANT REMINDERS (cont.)

coming IHSA season, and so as always, an attempt is being made now to preserve the course for those events, including the IHSA State Finals. Thank you for your cooperation.

- REGIONAL, SECTIONAL AND STATE FINAL MEET RACE/TIME TRIALS ARE PROHIBITED BEFORE, DURING OR AFTER THE MEET(S).** It **IS NOT LEGAL** to allow high school athletes OR coaches to conduct or participate in open races/time trials.
- It **IS NOT** legal for anyone to conduct open races/time trials for high school athletes/coaches at Detweiller Park during the days preceding the state final. This includes Friday before the state finals and Saturday BEFORE OR AFTER the state final races. ALL COACHES AND ALL ATHLETES FROM ANY SCHOOL VIOLATING THIS RULE ARE SUBJECT TO IMMEDIATE DISQUALIFICATION FROM THE STATE FINAL RACES ON SATURDAY!  
**Practice: Friday, November 3, 2023 at 1:00 pm:** The course will be open for practice ONLY FOR STATE QUALIFIERS AND CERTIFIED COACHES LISTED IN THE IHSA OFFICIAL LIST OF PARTICIPANTS, weather permitting, until dark.
- Video Replay and Television Monitoring Equipment:** Use of video replay or television monitoring equipment from sources other than equipment approved by the IHSA (or meet manager) WILL 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 ONLY the IHSA official video results. It is also required for the host to have available a finish line camera for the purpose of "required IHSA 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 IS satisfactory. Host schools must consult the IHSA MEET REFEREE to determine the appropriate position and angle of the finish line camera.

**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 FINISH LINE VIDEO PROVIDED BY meet management WILL be used to review the finish of any race. The ASSIGNED IHSA Meet Referee will review the video of the finish of race to facilitate accurate scoring of each race. Only the IHSA MEET 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).

## IHSA CROSS COUNTRY IMPORTANT DATES:

- August 7:** Practice may begin
- August 8:** Coaches can begin adding their Roster to Athletic.net; Coaches may begin adding their Coaching Staff and Six Contest Verification until 10/16/2023.
- August 8:** \*First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
- August 21:** 1<sup>st</sup> Contest Date.  
\*Cross Country Manual posted (School's Center and Cross Country Activity web pages).
- August 28:** School Participation Team/Individual Entry Deadline. This is when the school indicates its intention to participate in the IHSA State Series (usually done by the AD or Off. Rep.). IHSA will then assign schools to their Sectional from that list of schools.
- September 12:** Online Rules Presentation/Officials Exams deadline. Official's availability calendar deadline/Probation and Suspension calculated.
- September 15:** **Officials Assignment process begins.** IHSA Will ASSIGN licensed officials for all levels of the State Series for those who made themselves available through their availability calendar (Regional/Sectional)  
\*School Regional and Sectional Assignments posted online "State Series Information and Results" link
- October 2:** Cross Country Volunteer Officials (non-paid) sign-up deadline. \*IHSA will not use availability calendar for volunteer officials at the State Final meet. Officials must sign-up through their Officials Center by accepting their volunteer assignment.
- October 16:** Cross Country List of Participant Declaration deadline via Athletic.net
- October 16:** **Deadline for Coach Data Form and Six Contest Verification**
- October 21:** IHSA Cross Country Regional Meets
- October 28:** IHSA Cross Country Sectional Meets
- November 3:** State Final Practice for Qualifiers Only
- November 4:** IHSA Cross Country State Meet at Detweiller Park, Peoria, IL
- November 29:** Advisory Committee Meeting

### IHSA Cross Country Contact Information

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