



2020-2021 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 2020-2021 IHSA Boys/Girls Cross Country Tournament Series.

I. SCHOOL CLASSIFICATION

Classifications in the IHSA Cross Country Regional will be determined according to IHSA Policy 17 (Classification System)

- Class 1A:** 0-661.0
- Class 2A:** 661.01-1619.0
- Class 3A:** 1619.0-above

II. DATES AND SITES

A. Regional meets will be held on Saturday, Oct. 24 for Class 1A, 2A and Class 3A between the hours of 9:00 a.m. and 4:00 p.m.

B. Sectional meets will be held on Thursday, October 29, Friday, October 30, and/or Saturday, October 31.

C. A State Final Meet will not be conducted for the 2020 season.

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

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 Deadline is Sept. 11.

B. There will be an entry fee of \$100 whether the school has a team entry or individual entry.

C. On-Line School Entries

All Official Representatives must login to the IHSA School Center; click on "Sport & Activity Tracker"; click on "enter your teams or individuals". There you will select the sports and activities your school will participate in during the 2020-2021 school term. IHSA uses this

information to assign schools to Regionals after the Fall entry deadline (September 11).

D. Late On-Line School Entries: Schools that wish to enter after September 11 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.

E. Roster Declaration/List of Participant Declarations Six Contest Verification (Team entries only): By checking the Six Contest Verification box in your athletic.net account, schools are verifying that the school's boys or girls interscholastic team has participated in six boys or girls interscholastic meets during the current Boys and Girls Cross Country season. This allows teams to compete for team honors (plaque) during the Regional Meet in accordance with IHSA By-law 3.054.
Individuals: Schools with only individuals competing **do not check the Six Contest Verification box.** Individual entries are not eligible to compete for team honors (trophy).

F. REQUIRED RULES VIDEO (Head Coaches of every participating school and Officials): The Cross Country On-Line Rules Video begins August 11 and ends on September 15. Each participating school must have their **HEAD COACH** view and receive credit for the 2020-2021 cross country rules video. Track and Field Officials opting to participate in the Cross Country Regional must also view the on-line video. To receive credit, the coach/official must view the video in their respective IHSA School/Officials Center. Refer to the Cross Country Manual for Schools for detailed instructions.

NOTICE: 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), once you have been given credit for watching the presentation once so she can verify and manually give you credit for the other position you hold. Our server runs an update every evening, **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.**

G. Breach of Contract By-Law 6.041 (Withdrawal Procedure): You must withdraw by notifying the IHSA Office, not the Regional Manager. To withdraw without penalty, the

Official Representative from the school must email Adela Espindola (aesindola@ihsa.org) at the IHSA Office, notifying IHSA of the school's intention to **withdrawal by 11:59 p.m. Friday, September 18, 2020.**

H. Eligibility

All member schools in good standing may enter an individual(s) or 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.

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.

I. 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.

J. Athletic.net Regional Online List of Participant declarations: Please review the instructions in the Manual for Schools & Managers for complete instructions. This is the list of athletes which will be participating for your school. Each school entering the Regional (whether entering a team or an individual) must submit its Regional Online List of Participant declarations via Athletic.net.

The Regional Online List of Participant declarations through Athletic.net must be completed by **11:59 p.m. Monday, October 19, 2020.** The runners listed on the Regional Online List of Participant Declarations are the only runners the school may use during the Regional. Substitutions during the Regional

must come from the list of **8 runners** on the Regional Online List of Participant declarations.

If a school does not submit the Regional Online List of Participant declarations by the deadline, coaches and/or participants from the school will be subject to sanctions which could include, but not be limited to being ruled ineligible to coach and/or athletes will be ineligible to compete in the Regional. Schools which do not submit their school's Regional Online List of Participant declarations are consequently ruled ineligible for the State Final Series and will be withdrawn from the Regional. A \$100.00 penalty fee will be assessed, and the school will be locked out from entering through the School's Center during the next school term.

K. Coaching Staff

All coaching staff must be in compliance with all IHSA coaching requirements and listed in the IHSA School's Center. IHSA will cross-check coaches listed on Athletic.net with the coaches your school lists in the IHSA Schools Center. Please consult your athletic director to update your IHSA School's Center with all eligible coaches. Coaches who are not listed in the IHSA School's Center will not be eligible to coach beginning at the Regional Level of competition.

IV. REGIONAL HOST FINANCIAL ARRANGEMENTS

A. Regional Hosts:

Host schools shall receive \$412.50 for hosting the boys and \$412.50 for the girls meet. Computer scoring is preferred. Host school is to pay for all local expenses. IHSA will pay all assigned officials. 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:

Host schools shall receive \$506.25 for hosting the boys and 506.25 for the girls meet. Computer scoring is preferred. Host school is to pay for all local expenses. IHSA will pay all assigned officials. Sectional host schools must complete their Financial Report, even if the 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 Web Site.

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

V. TOURNAMENT ASSIGNMENTS

By the end of September, schools who have entries to participate in the IHSA Cross Country Regional will be assigned to their respective Regional & Sectional event. The assignments will be posted on the IHSA Cross Country Activity Web Page under the State Series Information & Results link. If your school doesn't appear in the assignments, your school is not entered to participate.

A. Class 1A Series: A total of fifteen (15) Regional meets will be created.

B. Class 2A & 3A Series: A total of twelve (12) Regional meets will be created.

C. Class 1A Series: A total of five (5) Sectional meets will be created.

D. Class 2A & 3A Series: A total of four (4) Sectional Meet for each class will be created.

VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

A. Please refer to the Inclement Weather Policy/Procedure included in the Manual for Schools and Managers.

B. Regional Meet Time Schedule:

All Local Managers will schedule Regional meets on Saturday, October 24, between the hours of 9:00 a.m. and 4:00 p.m. In some instances, where courses are at a premium, special circumstances or if a dual meet is being conducted, 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 Meet.**

C. Regional Data Exchange:

By 4:00 p.m. on October 20, regional hosts and timing system operators (TSO) will be able to access each team's List of Participant Declarations via Athletic.net. At the conclusion of the Regional competition, hosts or TSOs must import Regional results to Athletic.net. Regional results will be available through both the IHSA cross country webpage and Athletic.net.

D. Sectional Meet Time Schedule

All Local Managers will schedule Sectional meets on Thursday-Saturday, October 29-31. In some instances, where courses are at a premium, special circumstances or if a dual meet is being conducted, 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 Sectional Meet.**

E. Sectional Data Exchange: By 4:00 p.m. October 26, sectional hosts and timing system operators (TSO) will be able to access each team's List of Participant Declarations via Athletic.net. At the conclusion of the Sectional competition, hosts or TSOs must import Sectional results to Athletic.net. Sectional results will be available through both the IHSA cross country webpage and Athletic.net.

VII. ADVANCEMENT OF WINNERS

A. Regional to Sectional: In all classes, the first five (5) 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.

VIII. TOURNAMENT RULES

Host schools must have an AED available and on site at all IHSA post season contests.

A. Substitution: Teams shall be considered to consist of a minimum of five (5) up to a maximum of eight (8) runners, each of whose names must appear on the Regional Online List of Participant Declarations through Athletic.net. Seven (7) runners may be entered at any level in the Regional. Any runner listed on the Regional Online List of Participant Declarations through Athletic.net, and only those listed, may be used as one of the seven (7) in the Regional event. 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 Video Review:** The host school conducting a Regional event 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). IHSA or IHSA Assigned Meet Referee will not view any video from spectators or coach(es) to determine the outcome or placement in a race.

C. Length of Course: Courses for the Regional meets in either the boys/girls event 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.

D. Practice on Course: Practice on the course may be closed if the weather jeopardizes the conditions of the meet course.

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

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

2) Competitors are permitted to wear bodysuits 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) Each team member shall wear the same color and design school issued or school approved 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 bodysuit 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. Any undergarments worn under the school issued or school approved uniform are not subject to being the same in color or style. It is legal for a team to wear more than one undergarment.

4) All participants will be issued a numbered bib to be worn on both the front and back of their jersey.

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 official)**. 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 uniform's 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. Regional & Sectional 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 event, runners will finish each race at the mouth of the chute (the wide mouth chute is required for Regional 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 must be 15 feet. It is recommended the depth of the chute 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 Regional races will finish at the "mouth" of the chute.

3) **Regional & Sectional Bib Requirements**

a. **Regional & Sectional Bib Requirements:** At all Regional & Sectional Meets, bibs are required (7 ½" x 6"). Bib placement on the front of the uniform will be at the discretion of the Meet Management. Bibs should be white with dark black numerals.

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-out: the only persons allowed in the starting boxes & the area in front of the starting line used for run-out 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-out shall be permitted (NFHS Rule 9-4-4). **Starting boxes should be wide and deep enough to accommodate social distancing. Boxes must be 6 feet apart.**

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 Regional & Sectional Results: Complete results will be posted on Athletic.net and the IHSA Cross Country respective Websites once they have been certified by Meet Officials.

P. Posting of Regional results: 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.

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

IX. TOURNAMENT POLICIES

A. Signs, Banners and Mechanical Noisemakers: The display of signs, banners, placards or similar items at IHSA Regional 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 and/or 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).

B. Pets: Individuals are prohibited from bringing any type of pet to a Regional event, except accredited service animals and seeing-eye dogs. Please share this information with your parents and fans.

C. Cooking Grills: By order of the fire marshal, cooking grills operated by the general public are not allowed at Regional events.

D. Media Space Requirements:

1) Space shall be set aside to provide for news media representatives covering the Regional 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 Regional.

2) **Rights Fees for TV and Radio:** 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 Regional 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.

E. 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 Regional 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 meets. Video review **will** be used as the primary method of determining the outcome of all races at the Regional meets. The Meet Referee and IHSA officials **will** review the finish line video of each Regional race to facilitate accurate scoring of each race. At Regional 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.

F. 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 Regional contest by any coach, player, any other person connected with a team, or fan shall be prohibited. Regional hosts are required to make all Regional 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.

G. 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.

H. Alcoholic Beverages and IHSA Regional Events:

The possession, distribution, sale and/or consumption of alcoholic beverages are prohibited at the site and on any affiliated property of any IHSA Regional contest. Regional hosts are required to make all Regional 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 neces-

sarily 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 Regional 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 Event:

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) Ties: If a team tie occurs for the first place, NFHS Rule 9-2-4 will be used to break the tie. (Compare the 6th place runner from the tying teams).

4) **School Duplicate Awards:** Schools can find a Duplicate Awards order form for lost, broken, cooperatives, or dual campus schools in the online Cross-Country Manual for Schools and Managers.

B. Sectional Event:

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) Ties: If a team tie occurs for the first place, NFHS Rule 9-2-4 will be used to break the tie. (Compare the 6th place runner from the tying teams).

4) **School Duplicate Awards:** Schools can find a Duplicate Awards order form for lost, broken, cooperatives, or dual campus schools in the online Cross-Country Manual for Schools and Managers.

XI. OFFICIALS

A. Appointments and Fees: IHSA will assign ONE (1) IHSA licensed track and field/cross country official to work Regional & Sectional meets. The official shall act as Meet Referee & Starter to be paid a \$25.00 stipend per race. The Official will be paid through their ArbiterPay account Monday following the meet.

B. Mileage Reimbursement Policy:

IHSA will pay mileage to Regional & Sectional Meet Referee/Starter upon receipt of a mileage voucher submitted to the IHSA Office within 30 days of the contest. The Meet Referee/Starter will receive \$.30 cents per mile for every mile over 70 miles for each round trip. Once officials have been assigned, the mileage voucher will appear in the Officials Center.