



State Series Terms & Conditions

In accordance with Section 1.450 of the IHSA Constitution, the Board of Directors has approved the Terms and Conditions governing the 2023-2024 IHSA Boys/Girls Cross-Country Tournament Series.

I. SCHOOL CLASSIFICATION

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

- A) Class 1A: 0-575.50
- B) Class 2A: 575.01-1476.00
- C) Class 3A: 1476.01-above

II. DATES AND SITES

- A) Regional meets will be held on Saturday, Oct. 21 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. 28 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 4. Peoria High School will host the State Final Meet.

Note: Per IHSA Board Approval, there will be a 1A boys and girls regional conducted on Friday October 20 at 1:00 p.m. because of a special accommodation request.

III. SCHOOLS AND OFFICIALS CENTER INFORMATION, ONLINE ENTRIES, RULES VIDEO PRESENTATION, WITHDRAWAL PROCEDURE, ELIGIBILITY, AFFIRMATIVE ACTION, AND REGIONAL/SECTIONAL 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 log in 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 August 28.
- B) **Online School Entries**
Either Official Representatives or Athletic Directors must login to the IHSA Schools Center; click on Sport/Activity Tracker; click on enter your teams or individuals. Select the sports and/or activities your school will participate in during the 2023-2024 School Term. IHSA will use this information to assign all entered schools to the first level of state series competition in every sport/activity.
- C) **Late Online School Entries**

Schools who enter after August 29, 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. 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 2023-2024 school term. IHSA uses this information to assign schools to Regionals and Sectionals after the Fall entry deadline (August 28).

D) List of Participant Declarations/Rosters

Using athletic.net, coaches must declare their 14-person roster for the state series. The same roster will be used throughout the state series. **Athletic.net Regional/Sectional** 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 state series (whether entering a team or an individual) must submit its Regional/Sectional Online List of Participant declarations via Athletic.net. If a school does not submit the Regional/Sectional Online List of Participants by the deadline, the IHSA administrator for Cross-Country may permit late LOP entries with a \$100 penalty fee. The IHSA administrator for Cross-Country may waive the \$100 penalty fee for extenuating circumstances. Other penalties for failing to complete the Online List of Participant declarations by the deadline could include, but not be limited to being ruled ineligible to coach and/or athletes being ruled ineligible to compete in the state series. Schools that do not submit their Online List of Participant declarations by the deadline and are consequently ruled ineligible to compete in the state series will be withdrawn from the state series. A \$100.00 penalty fee will be assessed for failure to withdraw before the LOP deadline, and the school will be locked out from entering through the School's Center during the next school term.

E) Six-Contest Verification through the Coach Data Form Link in the IHSA Schools Center

- 1) **Team:** Schools must verify 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 (trophy) during the state meet in accordance with IHSA By-law 3.054.
- 2) **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) State Series Coach Data Form

Complete the coach data form located in the IHSA Schools Center/Sport/Activity Tracker. Page 1:



Instruction page; Page 2: Six Contest Verification; Page 3. Coach Declarations; 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.

G) Required Rules Video (Head Coaches of participating schools and IHSA Officials)

The Cross-Country Online Rules Video begins August 8 and ends on September 12. Each participating school must have their HEAD COACH view and receive credit for the 2023-2024 Cross-Country rules video. Track and Field Officials opting to participate in the Cross-Country State Series must also view the Online 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 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.

H) Breach of Contract By-Law 6.041 (Withdrawal Procedure)

The Official Representative or Athletic Director of schools who have the intention to withdraw must withdraw by notifying Cheryl Lowery (clowery@ihsa.org) at the IHSA Office, not the Regional/Sectional Manager. To withdraw without penalty, the Official Representative from the school must email Cheryl Lowery (clowery@ihsa.org) at the IHSA Office by 11:59 p.m. Monday, October 16, 2023.

IV. SCHOOLS AND OFFICIALS CENTER INFORMATION, ONLINE ENTRIES, RULES VIDEO PRESENTATION, WITHDRAWAL PROCEDURE, ELIGIBILITY, AFFIRMATIVE ACTION, AND REGIONAL/SECTIONAL 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 log in 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 August 28.

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1) Team: Schools must verify 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 (trophy) during the state meet in accordance with IHSA By-law 3.054.

2) 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) State Series Coach Data Form

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G) Required Rules Video (Head Coaches of participating schools and IHSA Officials)

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I) 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.

J) 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.

K) 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.

L) Required Certified Coaches Names for State Series Meets (Coach Data Form)

All coaches who will represent your Cross-Country athletes must be designated in the IHSA Schools Center through the **Coach Data Form**. If a coach on your coaching staff doesn't appear in the drop-down menu on the "Coach Data Form" in the IHSA Schools Center, please check **ALL** the following requirements must be completed. Check with your Athletic Directors to verify your coaching staff by logging into the IHSA Schools Center and look in the Staff Compliance tab in your IHSA Schools Center:

- 1) Must be designated as Head Cross-Country Coach, or Assistant Coach;
- 2) Coaching certification (ASEP/ISBE/NFHS) is marked and not red.
- 3) Coach has completion date for the PES Examination
- 4) Coach has completion date for the Concussion Risk Management Exam (80%- 24 out of 30). Every two school terms.
- 5) Designated completion date for the Hate Speech/Harassment Video (Every Two School Terms).



Coaching Staff: Must meet all Staff Compliance items in the IHSA Schools Center. Please login to your schools center and designate your coaches no later than October 16, 2023. IHSA will use the names from the Schools Center in the State Final program. Please login to the IHSA Schools Center; Click on IHSA Sport & Activity Tracker; Scroll to Boys or Girls Cross-Country; under Online Forms, Click on pink box "Coach Data Form". Athletic Directors should update the coaching staff in the 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 during the Regional, Sectional or State Final Levels of competition. Participants can't participate without their Certified Coach.



M) List of Participants/Roster Declaration

The Regional/Sectional Online List of Participant declarations through Athletic.net must be completed by 11:59 p.m. Monday, October 16, 2023. The runners listed on the Regional/Sectional Online List of



Participant Declarations 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 14 runners on the Regional/Sectional Online List of Participant declarations. If a school does not submit the Regional/Sectional 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 State Series. Schools which do not submit their school's Regional/Sectional Online List of Participant declarations are consequently ruled ineligible for the State Final Series and will be withdrawn from the state series. 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.

V. 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 upload complete/results to Athletic.net. 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

Sectional host schools shall receive \$675.00 for hosting the boys and \$675.00 for the girls meet must upload complete and final results to Athletic.net. Computer scoring is preferred. Host school is to pay for all local expense. IHSA will pay all assigned officials. 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 Fees

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 = \$15.00; Van (extended 15 passenger type) = \$20.00; 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.

F) Tournament Assignments

Mid-September, schools who have entries to participate in the IHSA Cross-Country State Series will be assigned to their respective Regional/Sectionals. 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.**

1) 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.

2) 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.

VI. Tournament Structure and Time Schedules

A) Regional and Sectional Time Schedules

All Local Managers will schedule regional meets on Saturday, October 21, and sectional meets on Saturday, October 28 between the hours of 10:00 a.m. and 3:00 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 Untimed races are not permitted the day of the Regional or Sectional Meet.

1) Regional

October 18, 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 and identified sectional qualifiers will be available through both the IHSA Cross-Country webpage and Athletic.net.

2) Sectional

Monday after regionals, sectional hosts and TSOs will be able to access all necessary information regarding the sectional qualifiers via Athletic.net. At the conclusion of the sectional competition, hosts or TSOs must import sectional results to Athletic.net.



Sectional results and identified state final qualifiers will be available through both the IHSA Cross-Country webpage and Athletic.net.

3) State Final Meet

a. Practice Friday, November 3, 2023, 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 Participant Declarations 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.

b. Coaches Meetings
Friday, November 3 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).

c. State Final Time Schedule

Saturday, November 4, 2023

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 and 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

VIII. Tournament Rules

Host schools must have an AED available and on site at all IHSA post season contests. They must also adhere to the Inclement Weather Policy/Procedure included in the Manual for Schools and Managers.

A) Substitution: Teams shall be considered to consist of a minimum of five (5) up to a maximum of fourteen (14) runners, each of whose names must appear on the Regional/Sectional Online List of Participant Declarations through Athletic.net. Seven (7) runners may be entered at any level in the state series. Any runner listed on the Regional/Sectional Online List of Participant Declarations through Athletic.net, and only those listed, 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. IHSA or IHSA Assigned Meet Referees 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, 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

VII. Advancement of Winners

A) Class 1A Regionals to Sectionals

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.

B) Class 2A/3A Regionals to Sectionals

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 over- all 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.

C) Class 1A Sectionals to State Final

The first six (6) placing teams and the first ten (10) runners who are not members of the advancing teams in each sectional will advance to state final competition at Detweiller Park.

D) Class 2A/3A Sectional to State

The first seven (7) placing teams and the first ten (10) runners who are not members of the advancing teams in each sectional will advance to state final competition at Detweiller Park.

Regional/Sectional Team Ties: For purposes of advancement of teams from regional to sectional and sectionals to the State Final, ties for all team places except the last qualifying spot will be broken per NFHS Rule 8-2-4 (i.e. comparing the 6th runner from the tied teams). If a tie occurs at the **last qualifying spot**, the teams tied advance. 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.**



respective boys/girls Class 1A, 2A and 3A state final will be 3.0 miles.

- D) Practice on the 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 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 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. 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 head-bands, 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 & Field d Cross Country Running rules published in the current National Federation Track & 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"). 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.

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 in a position that is visible on the front of the 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.

- 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 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. Complete results will be posted on the IHSA Cross Country respective Websites once they have been certified by Meet Officials.
- 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).**

located in the IHSA Schools Center Sport/Activity Tracker, prior to the Athletic.net List of Participant Declaration deadline).

Team Coaches: a maximum of two passes will be issued (if the coach's name appears on the State Qualifier Data Form, prior to the Athletic.net List of Participant Declaration deadline).

Note: 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 State Qualifier Data Form and are not eligible to receive a pass. This can be checked by clicking on Staff Responsibilities and then Staff Compliance in the IHSA Schools Center by school administration.

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 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).

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, except accredited service animals 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 5, 2021 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 Participant Declarations 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)

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 each bib to the front and back of their school uniform singlet and. Do not bend or crease bibs or it may deactivate the chip.
Coaches will be issued a pass for the Viewing bleachers near the Start Finish Line.
Individuals: One coach's pass will be issued (if the coach's name appears on the State Qualifier Data Form,



state finals. Final decisions relative to the severity of the consequences will be at the discretion of the IHSA Cross Country Administrator.

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:** Medallions will be awarded to the first-five (5) placing runners.

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

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.

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. 20 total team medallions will be awarded to each of the top three teams. Fourteen (14) 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.

Ties: If a team tie occurs for the first, second or third place, NFHS Rule 8-2-4 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.

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) Regional and Sectional Appointments and Fees

IHSA will assign TWO IHSA licensed track and field/Cross-Country officials to work Regional and Sectional meets. The two officials shall consist of a Meet Referee to be paid a \$40.00 stipend per race and a Clerk/Starter to be paid a \$30.00 stipend per race. Officials will be paid through their ArbiterPay account the Monday following the meet.

B) State Final Officials Fees

Meet Referee, Asst. Meet Referee, Coordinator of Officials (\$100.00), Starters (\$30.00). Officials will be paid through their ArbiterPay account the Monday following the meet.

C) Mileage Reimbursement

IHSA will pay mileage to Regional, Sectional and State Final Meet Referees and Clerk/Starters 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. Once officials have been assigned, the mileage voucher will be posted in the Officials Center.

D) Licensed Volunteer State Final Officials

Licensed officials who want to volunteer 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 Official's Availability calendars for this process.

E) Non-Licensed Volunteers State Final Officials

People who want to volunteer and who are not a licensed Cross-Country Official must email Cheryl Lowery (clowery@ihsa.org) or David Mitchell (tnfficial@yahoo.com) to be added as a State Final volunteer.

F) State Final Officials Parking, Credentials and Instructions

Officials Parking is available in the Detweiller Golf Course Parking Lot by showing your Officials Wristband (mailed in advance of the state meet) to the parking attendant. Your wristband will also entitle volunteers to a breakfast and lunch provided in the park. Officials are asked to report to the corral at the Start/Finish Line no later than 7:30 a.m. for instruction by the Coordinator of Officials.