

IHSA GIRLS/BOYS CROSS COUNTRY RULES BULLETIN

(Last Revised August 11, 2016)



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 Kraig Garber (kgarber@ihsa.org).

It is important to make sure your IHSA Schools and Officials Center is up-to-date with contact information.

Coaches: All Cross Country coaches have been issued a unique password through their High School Administration. If you are a new coach, your high school will need your valid email address to issue the password to you. If you are receiving emails and your school is not going to participate in the Cross Country State Series, this is a “Red Flag” that the IHSA believes that your school is entered and planning to participate. To avoid penalties, you must have your official representative withdraw your school by emailing tcraig@ihsa.org by the Online List of Participants deadline.

Officials: Login to the Officials Center to make sure your information is current. **As of July 1**, Track Officials can add Cross Country as one of their sports with no fee. If you haven't already done so, please login and add Cross Country to be eligible to work during the IHSA Cross Country State Series this fall.

Cross Country Officials: All Cross Country Officials years of service has been updated in your Official's center. However, since IHSA began the Rules Meeting and Exam process for Cross Country for officials in 2010, IHSA can only issue credit beginning in 2010. We realize licensed track officials licenses before 2010 indicated your actual license said “Track & Cross Country”, because we hired track officials to officiate cross country. We realize some officials worked both, but have no way of tracking that information from our office. Thank you in advance for your understanding.

This information is required for IHSA to effectively communicate with its coaches and officials. If you are receiving notifications from our office, please do not ignore them. You are receiving communications because you are entered into the state series and we require/expect for you to meet all deadlines to remain eligible.

NOTICES:

We have been asked by a representative from the Peoria Park District to post on the IHSA CC site a notice that the actual state final course at Detweiller Park IS NOT open for training sessions. Running inside of the perimeter is 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 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. See you in November!

PROHIBITION OF UNAUTHORIZED RACES/TIME TRIALS DURING STATE SERIES EVENTS: The conduct and participation in races/time trials at state series sites is prohibited.

At regional/sectional events: It will not be legal for host managers to allow high school athletes/coaches to conduct or participate in open races/time trials on the day of actual regional/sectional competition.

At the state finals:

It will not be legal for anyone to conduct open races/time trials for high school athletes/coaches in Detweiller Park during the days preceding the state finals. This includes Friday before the state finals and Saturday of the state finals.

Practice: Friday, November 4, 2016 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. **ALL COACHES AND ALL ATHLETES FROM ANY SCHOOL VIOLATING THIS RULE ARE SUBJECT TO IMMEDIATE DISQUALIFICATION FROM THE STATE FINAL RACES ON SATURDAY! NO RACES OR TIME TRIALS ARE ALLOWED ON THE STATE FINAL COURSE FOLLOWING SECTIONALS. THE COURSE IS OPEN FOR WORKOUTS BY STATE QUALIFIERS ONLY.**

Each Girl's Head Coach and Boy's Head Coach per school (Teams and Schools with Individual Entries) and every Cross Country official must review the complete online rules presentation and follow the instructions at the conclusion of the presentation to get credit for the Rules presentation. If you do not get credit within 24 hours, please email or call Cheryl Lowery at IHSA to help you get credit. Each year head coaches and officials are required to review the Rules presentation to prevent probation or suspension status. The Online Girls & Boys Cross Country Rules Presentation begins August 8 through September 13.

Officials Compliance (IHSA Officials Center):

- Become a Cross Country Official (pay dues to be a Track Official and add cross country – no charge). 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.
- View the Cross Country online rules presentation. If you do not get Rules Presentation credit within 24 hours, please email or call Cheryl Lowery at IHSA to help you get credit
- Complete the online Cross Country examination
- Complete the State of Illinois mandated Concussion Management Program (see details below).

Coaching & IHSA Member School Staff Compliance: This IHSA Schools Center staff page is very important because if any information is missing from the coaching profile, the coach (head and/or assistant) will not be able to add his/her name to their list of coaches on their List of Participants and will not be issued credentials for the State Final. This page indicates:

- a. Who has been listed as coaches for your school (School Administrator only)
- b. How each coach on your staff is certified to coach (School Administrator only)
- c. If the coach has completed the PES Exam (one time requirement) (Coach)
- d. State of Illinois mandated Concussion Management Program (see details below).
- e. Online Girls & Boys Cross Country Rules Exam and Rules Presentation.

Important Dates for Cross Country:

- July 1:** Any Track Officials who want to add Cross Country to their Officials license may do so at this time with the fee waived.
- August 8:** First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
- August 8:** School Manual for Coaches (School's Center and Cross Country Activity web pages).
- August 10:** Season/practice may begin
- August 22:** 1st Contest Date.
- September 1:** A change in state law requires all coaching staff and officials to pass a new Concussion Management Program examination prior to working with students during the 2016-17 school term.
- September 9:** 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 to participate. This is the only way your school will receive an assignment to compete in an Cross Country Regional/Sectional. If you notice your school is not listed on the Regional/Sectional assignments, it indicates your school is not entered to participate in the IHSA State Series. **If your school is listed on the Regional/Sectional Assignments and your school will not be competing in the IHSA Regional/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 13:** **School & Official Online Rules Presentation Deadline.** The first year of failure to redeem Rules Presentation credit will result in being placed on probation. The second year of failure to redeem will result in suspension. There will be a penalty fee of **\$50.00 payable to the IHSA Office prior to the site being re-opened.**
- September 16:** Officials Assignment process begins, officials availability calendars must be updated to be considered for assignment.
- October 18:** Coaches must submit their Online List of Participant by noon.
- October 22:** IHSA Cross Country Regional Meets
- October 29:** IHSA Cross Country Sectional Meets
- November 5:** IHSA Cross Country State Meet at Detweiller Park, Peoria, IL

PROCESS FOR RECEIVING CREDIT FOR VIEWING ONLINE RULES PRESENTATION (between August 8-September 13): The Boys AND Girls Head Coach and every official must login to their IHSA Schools and Officials Center to view the Rules Presentation yearly by using their USER ID and password to access the IHSA School and Officials Center. Once an official and/or head coach logs into the School or Officials Center using their USER ID and password, they will find all activities/sports they are responsible for. **If there is a sport or activity missing, it means the school hasn't added that sport or activity to your personal profile.** Please contact school administration and ask them to update your profile so you can access this secure area. Once there, select the link to "find meeting, redeem credit." At the end of each presentation, coaches and officials will automatically be given credit for watching the rules meeting presentation.

Schools: Failure to view and interact with the required Rules Presentation will result in no credit. Any Head Coach that does not redeem credit for the Rules Video within this time period will either be placed on Probation or Suspension. The school must pay a penalty fee of \$100.00 to get the probation or suspension lifted. It is a requirement that all Head cross country coaches take the few minutes necessary to familiarize themselves with current IHSA cross country rules and procedures.

Officials: 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.

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

- a) Try again on a different computer, preferably in a different location (home instead of school, etc.) Sometimes these files download badly. Going to a different computer/location is the easiest way to get a fresh start.
- b) Go back to where you clicked on the link to start the presentation, and INSTEAD click on the link below to view the LITE version, which has no video content. Flash video can be an issue for some computers, and the lite version takes this out of the equation.
- c) Do not use a tablet or iPad for viewing Rules Meetings. Our software is not capable for giving credit for people using a tablet or iPad.
- d) The web browser begins the Rules Presentation on one and ends on a different web browser so it cannot track your activity.
- e) If you do not get Rules Presentation credit within 24 hours, please email or call Cheryl Lowery at IHSA to help you get credit

2016 NFHS Rule Book Changes:

3-2-4u Places the responsibility of providing liquids during competition on the games committee, not the individual coaches.

Rationale: The games committee should have responsibility for providing liquids during the race and not leave up to each coach.

4-3-1-b; 9-6-1b Allows the placement of one American flag on each item of uniform apparel and deletes NOTE restricting flag placement.

Rationale: Remove NOTE limiting the placement of the American flag to one piece of uniform apparel as this is contradictory to the rule.

4-6-5d; 9-7 A participant assisting an injured/ill competitor when an appropriate health-care professional is not available is no longer disqualified.

Rationale: Although uncommon that appropriate health-care professionals are not available to assist an injured/ill competitor, there may be occasions when a competitor is needing assistance to confirm his/her health status or to arrive to a location for health care. Should another competitor assist, such competitor shall not be disqualified, only the assisted competitor shall be disqualified for not completing the race unassisted. **4-6-5g** Adds receiving physical aid by any other person during a race to the list of unfair acts of assisting a competitor.

Rationale: The rule should include coverage of the actions of competitors and nonparticipating team members as well as assistance/aid from other parties.

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 judgment call that will be made by the meet referee, common sense should prevail.
2. **Watches, Removable sleeves, Calf sleeves, wrist sweatbands and jewelry – In Illinois it is legal** to wear 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 **when video is used to determine places..**
4. **Uniform DQ – In Illinois, we do not disqualify a competitor for a uniform 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.

The following 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 for Schools. It is the coaches responsibility to check their online Activity Tracker for information and to meet all required deadlines. To be fully informed, coaches must make themselves familiar with **the Online Manual for Schools. PLEASE DO SO!**

A. What: Concussion Management Risk Management Program

Who: All coaches and Officials

When: September 1

Where: Schools Center and Officials Center

How: Schools: Login to the Schools Center with your User ID and Password and click on the “Concussion Risk Program”

Officials: Login to your Officials Center and click on the words “Concussion Education Resources”. This is listed under the License Status & Availability Summary, in a pink box.

Why: A change in state law requires you to pass a new Concussion Management Program examination prior to working with students in the 2016-17 school term, not later than September 1. Even though you may have already successfully taken if within the last two years. If you work as an official, athletic director, athletic coach (head or assistant), sideline cheer or dance coach, or marching band director, you must pass the Concussion Management Program examination with a score of 80% (24 out of 30) in order to be in compliance with state law. You may take the examination as many times as necessary to reach the 80% grade. You must retake the exam every two years to remain certified.

B. What: Enter Team/Ind. to Participate in Cross Country Regional/Sectionals & State Series

Who: Principal or Official Representative

When: By September 8

Where: IHSA.org

How: Go to www.ihsa.org

- 1) Click on IHSA Schools & Officials Center Login
- 2) Enter your User ID (5 digit ID, a letter followed by 4 letters) and Official Representative or Principal password
- 3) Click on Sport & Activity Tracker
- 4) Click on “enter your programs”
- 5) Click all applicable sports your school will participate in for 2016-2017

Why: This data is what IHSA uses to assign schools to their Regional and/or Sectional sites.

C. What: Staff Compliance in the IHSA Schools Center: To make changes to School’s Center information the Official Representative should click on the “Staff Logins & Roster” link and click the name of the person you want to edit and make necessary changes.

Who: Principal, Official Representative, Athletic Director

When: By September 8

Where: IHSA.org

How: Go to www.ihsa.org

- 1) Click on IHSA Schools & Officials Center Login

- 2) Enter your User ID (5 digit ID, a letter followed by 4 letters) and Official Representative or Principal password
- 3) Click on Staff Compliance

Why: This page is very important because if any information is missing from the coaching profile, the coach will not be able to add his/her name to their list of coaches on their List of Participants and will not be issued credentials for the State Final. This page indicates:

- a. Who has been listed as coaches for your school
- b. How each coach on your staff is certified to coach
- c. If the coach has completed the PES Exam (one time requirement)
- d. **A change in state law requires all coaching staff and officials to pass a new Concussion Management Program examination prior to working with students in the 2016-17 school term, no later than September 1. (See instructions to complete above).**

D. What: Review the Online Manual for Schools

Who: Coach and/or Athletic Director

When: Mid August

Where: The Manual for Schools **will be posted on the respective IHSA Cross Country Activity Page and in the Schools and Officials**

Center (by logging in):

How: Go to www.ihsa.org

- 1) Click on "Activity Tracker"
- 2) Click on Manual for Schools (If the Cross Country Manual for Schools doesn't appear, you are not listed as the coach and/or your

school isn't entered to participate this year).

Why: This manual has information for coaches and athletic directors as to 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.

E. What: Online Rules Presentation for Girls and Boys Cross Country

Who: Schools: All schools entering cross country must have each Head Coach view the online rules video. By-Law 2.120 requires schools entering a sport as teams or individuals must view the online rules video.

Officials: Each year officials are required to view the rules presentation.

When: Available August 8 through September 13. A \$50.00 penalty will be assessed after the deadline and placed on probation the first year and/or suspended the second year for failure of redeeming credit for online rules video.

How: Go to www.ihsa.org

- 1) Click on "School & Officials Center Login"
- 2) **Boys & Girls Head Coaches:** Enter your User ID (5 digit ID, a letter followed by 4 digits) and your boys or girls Cross Country Coaches password.
- 3) Click on "Rules Video" next to Girls or Boys Cross Country
- 4) View the online Rules Video to view, interact and receive credit.

Why: This is a yearly requirement for **EVERY HEAD BOYS AND GIRLS CROSS COUNTRY COACH (TEAM & INDIVIDUAL ENTRIES)**

F. What: Entering Participants into the State Series Meets: "Online List of Participants"—Do not wait until the last minute, you can always make changes up until the deadline.

Who: Coach

When: Deadline is Noon, October 18 - 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 email tcraig@ihsa.org a letter 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: Go to www.ihsa.org

- 1) Click on "School & Officials Center Login"
- 2) Enter your "User ID" (5 digits, a letter followed by a number) and the password issued to you by your school. All of this information was emailed to you by your school. IHSA login ID and your unique Cross Country Coaches password (Boys and Girls Coaches have different passwords), issued through your school administration through the IHSA Schools Center.
- 3) Click on Sport & Activity Tracker
- 4) Click on the "List of Participants" link
- 5) Type in the requested information and save your page(s).
- 6) **Certify & Submit your Form**
- 7) **PRINT EACH PAGE (ctrl key+P) on your keyboard. After the deadline, you will not be able to do so.**

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.

Reasons for the "Red Box" to appear in the Sport/Activity Tracker:

- ❖ Schools would not verify to have competed in at least 6 Contests (team honors only).
- ❖ School hasn't completed the "Certify & Submit" page.

Verification of IHSA Receiving List of Participants:

- ❖ **Print a copy** of your entries as stated in #7 before the deadline. This is verification of your entries to take with you to the Coaches Meeting.
- ❖ Make sure you click the **"CERTIFY & SUBMIT"** link, so you will not receive unnecessary reminders from our office about not receiving your List of Participants.

Once the process is complete and the deadline date approaches, the Schools Center Activity Tracker will show that the deadline has passed. This does not mean your school didn't complete it. It means the IHSA Office has imported all rosters and is in the process of preparing the files for the host of your Regional/Sectional Managers.

G. What: Withdrawal from Cross Country after being entered

Who: Principal or Official Representative

When: Prior to Noon, October 18th

Where: IHSA Office

How: Email Tammy Craig (tcraig@ihsa.org) a letter indicating the desire to officially withdraw.

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!

Minutes of the Boys/Girls Cross Country Advisory Committee December 9, 2015 (PLEASE LINK TO WEB ADDRESS) To review the minutes, please go to: <http://www.ihsa.org/documents/adv%20minutes/15-16/15-cc-minutes.pdf>

Officials Uniform (Same as T&F) and Requirements

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 (Meet Referee, Clerk/Starter) 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.
 - ◆ Meet Referees are required to complete the CC Referees Checklist. IHSA will email a copy closer to the meets and will post it on the IHSA Cross Country Activity pages.
 - ◆ 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.

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 by the Meet Referee 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 another source will likely result in the illegal participation by an ineligible athlete. These situations are always negative, emotional and must be avoided.

Meet managers are required to email Cheryl Lowery (clowery@ihsa.org) with the Officials ID for the Meet Referee and Clerk/ Starter names once you have secured them to work your meet. At least two (2) Licensed IHSA Track & Field/Cross Country Official are required to serve as the Meet Referee and Clerk/Starter. A list of eligible officials will be available after the Rules Meeting deadline each year. This can be accessed through the IHSA School's Center by your administrative User ID's/passwords.

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.

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**).

Meet managers/scorers are required to upload the complete results to the IHSA Regional/Sectional Winner Report (last page of Winner Report) and email Craig Garber (kgarber@ihsa.org) a .pdf file of complete results of their regional and sectional meets.

Meet managers must have the following items available:

- (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.

IHSA State Final Clerking Time Schedule

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.

	Class 1A Girls	Class 1A Boys	Class 2A Girls	Class 2A Boys	Class 3A Girls	Class 3A Boys
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

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.

IHSA Cross Country Contact Information

• www.ihsa.org • **Kraig Garber, Assistant Executive Director -- kgarber@ihsa.org or Cheryl Lowery, Administrative Assistant -- clowery@ihsa.org** • Phone: 309-663-6377 • Fax: 309-663-7479 •