

**PLAY SMART.**  **PLAY HARD.**

2018-19

# Cross Country

Manual for  
Schools and Managers



# Cross Country Manual

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## Revision History



# 2018-2019 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 2018-2019 IHSA Boys/Girls Cross Country Tournament Series.

## I. SCHOOL CLASSIFICATION

Competition in the IHSA Cross Country Tournament Series will be determined on an enrollment basis.

**A.** The classification of a school shall be determined on the basis of its total student enrollment figure reported to the Illinois State Board of Education in its Fall Housing Report on September 30 of the preceding school year. Non-boundaried schools will have their total student enrollment multiplied by 1.65.

**B.** For classification purposes, the total student enrollments for one-year high schools, two-year high schools, three-year high schools and high schools which enroll boys only or girls only shall be calculated as follows:

1. For one-year high schools, the total student enrollment figure reported shall be quadrupled.

2. For two-year high schools, the total student enrollment figure reported shall be doubled.

3. For three-year high schools, one-third of the total student enrollment figure shall be added to the total student enrollment figure reported.

4. For schools which enroll boys only or girls only, the total student enrollment figure reported shall be doubled.

**C.** A multiplier of 1.65 will be added to all non-boundaried schools.

**D.** Schools participating in Cross Country operating under the three-class system shall be classified as follows:

1. Schools with enrollments of 0-647.00 will be Class 1A (40.00% of the membership).

2. Schools with enrollments of 647.01-1615.00 will be Class 2A (30.00% of the membership).

3. Schools with enrollments of 1615.01 and-above will be Class 3A (30.00% of the membership).

## II. DATES AND SITES

**A.** Regional meets will be held on Saturday, Oct. 20 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. 27 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 3. Peoria High School will host the State Final Meet.

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

**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 Deadlines are Sept. 7 (fall), Nov. 1 (winter) and Feb. 1 (spring).

### B. 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 2018-2019 school term. IHSA uses this information to assign schools to Regionals and Sectionals after the Fall entry deadline (September 7).

**C. Late On-Line School Entries: Schools that wish to enter after September 7 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.

**D. Six Contest Verification (Teams only):** When completing the Regional/Sectional Online List of Participants, only schools entering a team must check the Six Contest Verification box to be eligible to compete for team honors. By **checking the Six Contest Verification box** in the Regional/Sectional Online List of Participants, schools are verifying that the school's boys or girls interscholastic Cross Country team has participated in six boys or girls interscholastic Cross Country meets during the current Boys and Girls Cross Country season and is thereby eligible to compete for team honors at the state meet series in accordance with IHSA By-law 3.054.

**Individuals:** Schools with only individuals competing **do not check the Six Contest Verification box** as they are not required to meet this requirement. Individual entries are not eligible to compete for team honors in the state series meets.

**E. RULES MEETING PRESENTATION (Schools participating as Teams and Individual Entries):** The Cross Country **On-Line Rules Video presentation begins August 7, 2018 and ends on September 11, 2018 (schools and officials)**. Each participating school must have their **HEAD COACH** view and receive credit for the 2018-2019 cross country rules video. Track and Field Officials opting to participate in the Cross Country State Series 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 for watching the presentation once so she can verify and manually give you credit for the other position you hold. **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.**

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

1. 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

2. 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.

3. 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.

#### **F. Breach of Contract By-Law 6.041 (Withdrawal Procedure)**

**You must withdraw by notifying the IHSA Office, not the Regional/Sectional Manager.** To withdraw without penalty, the Official Representative from the school must email Tammy Craig (tcraig@ihsa.org) at the IHSA Office, notifying IHSA of the school's intention to **withdrawal by 11:59 p.m. Monday, October 15, 2018.**

#### **G. Eligibility**

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

**NOTE: 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.**

**H. 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.

**I. Regional/Sectional Online List of Participants:** 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 Participants via the Internet through the IHSA Schools and Officials Center Web Site. The Regional/Sectional Online List of Participants

must be received in the IHSA Office by **11:59 p.m. Monday, October 15, 2018.** The runners listed on the Regional/Sectional Online List of Participants 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 Participants.

If a school does not submit the Regional/Sectional Online List of Participants 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 Participants 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.

**COACHES NAMES:** If a coach on your coaching staff doesn't appear in the drop down menu in the List of participants, check for the following under the Staff Responsibility page in your IHSA Schools Center:

- 1) Does it list your coach(es) in question as the Head Cross Country Coach or as an assistant coach?
- 2) Does it indicate how the coach is certified to Coach (ASEP/ISBE/NFHS)?
- 3) Does your coach have a completion date listed for the PES Examination?
- 4) Does your coach have a completion date listed within the last two years for the Concussion Risk Management Exam?

**Concussion Risk Management Program: Illinois State law requires all staff and officials to pass a Concussion Risk Management Program examination every two years, prior to working with students.**

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 Risk 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.

If any of the above information is missing from your IHSA Schools, coaches will not be able to add their name to the online List of Participants and/or they will not be issued coaching credentials during the state final.

**Confirmation of Regional/Sectional Online List of Participants:** Once you have clicked the link "Certify & Submit Entries". You will receive an email confirming your entries as long as you have a current email address listed in the Schools Center.

## **IV. 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 submit its results via the Internet to the IHSA Office. 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, and must submit its results via the Internet to the IHSA Office. Computer scoring is preferred. Host school is to pay for all local expense and issue checks to the officials. 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 Fee:** 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 = \$10.00; Van (extended 15 passenger type) = \$15.00; 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.

## V. TOURNAMENT ASSIGNMENTS

Mid-September, schools who have entered 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.

### A. Class 1A Series

A total of fifteen (15) regional meets will be created with three (3) regional meets assigned to a correlated sectional.

There will be five (5) 1A sectionals.

### B. Class 2A 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) 2A sectionals.

### C. Class 3A 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) 3A sectionals.

## VI. TOURNAMENT STRUCTURE AND TIME SCHEDULES

### A. Regional and Sectional Meet Time Schedules:

All Local Managers will schedule regional meets on Saturday, October 20, and sectional meets on Saturday, October 27 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 Un-Times races are not permitted the day of the Regional or Sectional Meet.**

**B. Regional-Sectional Data Exchange: IHSA will post a text file in the Tournament Management Section in the IHSA School's Center of all eligible schools and athletes assigned to their Regional.** It will be available for the tournament manager by clicking on the "H Tournament Hosting Section" beginning Wednesday at 4:00 p.m. of the week preceding the regional. Each regional manager must complete the winner report on-line in the Schools and Officials Center on the IHSA Web Page (www.ihsa.org). Sectional Managers should obtain the data they need to administer their meet from the Schools and Officials Center. Each Regional Manager must complete the

**winner report and upload their complete result files** on-line in the Schools and Officials Center no later than 4:00 p.m. after the conclusion of the regional. Each Regional manager must also email a set of complete results to Kraig Garber immediately following their meet (kgarber@ihsa.org).

**C. Sectional-State Final Data Exchange: IHSA will post a text file in the Tournament Management Section in the IHSA School's Center of all eligible schools and athletes who advanced to their Sectional.** It will be available for all schools eligible for Sectionals beginning Monday afternoon around 4:00 p.m. the week of the Sectional. It is available for the tournament manager by clicking on the "H Tournament Hosting Section". Each Sectional Manager must complete the **winner report and upload their complete result files** on-line in the Schools and Officials Center no later than 4:00 p.m. after the conclusion of the sectional. Each Sectional manager must also email a set of complete results to Kraig Garber immediately following their meet (kgarber@ihsa.org).

**D.** All Regional and Sectional Meet Managers must submit a copy of their complete results by 6:00 P.M. on the day of their regional or sectional meet. Email the complete results to Kraig Garber at the IHSA office. kgarber@ihsa.org.

### E. 2018 State Final Meet

1. Practice: Friday, November 2, 2018 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 Participants 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.**

2. Coaches Meetings: **Friday, November 2, 2018 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).

### Saturday, November 3, 2018 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/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

### VII. ADVANCEMENT OF WINNERS

#### A. Regional to Sectional:

In **Class 1A** 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.

In **Classes 2A and 3A** 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 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. Sectional to State Final:** The first five (5) placing teams and the first seven (7) runners who are not members of the first five (5) placing teams in each Sectional will advance to the State Final meet. In addition, in the event the 8th, 9th or 10th place overall individual finisher in the sectional is not on a qualifying team, such 8th, 9th or 10th place overall finisher in the individual race shall advance from the sectional to the state final meet.

**C. 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 with the exception of the last qualifying spot will be broken per NFHS Rule 8-2-4 (i.e. comparing the 6<sup>th</sup> 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.**

### VIII. TOURNAMENT RULES

**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 Participants. Seven (7) runners may be entered at any level in the state series. Any runner listed on the Regional/Sectional Online List of Participants,

and only those listed on the Regional/Sectional Online List of Participants, 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 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, 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 respective boys/girls Class 1A, 2A and 3A state final will be 3.0 miles.

**D. Practice on 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 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. Sleeve length and printing on undergarments do not need to be identical, but need to be similar in color. It is legal for a team to wear more than one undergarment but all team members wearing undergarments must wear the same undergarments.

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 uniforms 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. State Series 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 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 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.

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 outs: the only persons allowed in the starting boxes & the area in front of the starting line used for run outs 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-outs 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.**

**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).**

## 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 Regional/Sectional Online List of Participants, prior to the online deadline).

**Team Coaches:** a maximum of two passes will be issued (if two coach's names are listed on the Regional/Sectional Online List of Participants, prior to the 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 Regional/Sectional Online List of Participants and are not eligible to receive a pass.

**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/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, with the exception of service 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 2, 2018 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 Participants 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 applied for all CC state series events.

#### 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 satisfac-

tory. 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: Medals 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.

3) Ties: If a team tie occurs for the first, second or third place, NFHS Rule 9-2-4 will be used to break the tie. (Compare the 6<sup>th</sup> place runner from the tying teams). Team ties for the top three team places must be broken.

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.

## XI. OFFICIALS

**A. Appointments and Fees:** For all Regional and Sectional Meets, the IHSA will assign TWO IHSA licensed track and field/cross country officials (who have viewed the online cross country rules video AND passed the cross country rules examination). **IHSA will reimburse host schools for the cost of hired officials, even if there are not gate fees charged at your meet.**

**B. State Final Official Fees:** Meet Referee, Asst. Meet Referee and Coordinator of Officials (\$100.00). Each Starter (\$25.00)

**C. Mileage Reimbursement Policy:** IHSA will pay mileage to Regional and Sectional 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 appear in the Officials Center.

State Final Officials will have their mileage included in their State Final Officials paycheck issued by the IHSA Office at the State Final. Mileage will be determined to and from the official's home to the site of the competition, unless prior approval has been given from the administrator in charge of the sport/activity.

**D. Volunteer State Final officials:** Volunteers 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. People who want to volunteer who are not a licensed Cross Country Official must email Cheryl Lowery (clowery@ihsa.org) or Geza Ehrentreu (geza@vikingchemical.com).



## Cross Country Important Dates

- July 15:** All Licensed Track Officials can add Cross Country to their license to become an IHSA Cross Country Official, with no additional fee. If you wish to become a Licensed Cross Country Official, login to your Official's center and complete all requirements to be considered for State Series assignments.
- August 7:** \*First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.  
\*Cross Country Manual posted (School's Center and Cross Country Activity web pages).
- August 8:** Season/practice may begin
- August 20:** 1<sup>st</sup> Contest Date.
- September 7:** School Participation Team/Individual Entry Deadline
- September 11:** Online Rules Presentation/Officials Exams deadline. Official's availability calendar deadline/Probation and Suspension calculated.
- September 14:** **Officials Assignment process begins.** IHSA Will ASSIGN licensed officials for all levels of the State Series for those who made themselves available through their availability calendar (Regional/Sectional and State Final paid officials).  
**School Regional and Sectional Assignments posted online "State Series Information and Results" link**
- October 8:** Cross Country Volunteer Officials (non-paid) sign-up deadline
- October 15:** **Coaches must submit their Online List of Participant by 11:59 p.m.**
- October 20:** IHSA Cross Country Regional Meets
- October 27:** IHSA Cross Country Sectional Meets
- November 2:** State Final Practice for Qualifiers Only
- November 3:** IHSA Cross Country State Meet at Detweiller Park, Peoria, IL
- December 5:** Advisory Committee Meeting

## Important Contacts

### At IHSA

- Kraig Garber, Assistant Executive Director (309) 663•6377 kgarber@ihsa.org
  1. Rules regarding Cross Country
  2. Regional or Sectional Problems
- Or—
- Cheryl Lowery, Cross Country Administrative Asst. (309) 663•6377 clowery@ihsa.org
  1. List of Participant Questions or Problems
  2. Regional or Sectional Winner Report Questions or Problems
  3. Regional or Sectional errors in results posted on the IHSA Web Site
  4. Name spellings, year in school corrections

**Do Not call Peoria High School Meet personnel for additional school vehicle parking pass(es).** State Final Management will be available at Detweiller Park on Friday, November 2 to assist your school with parking and other requests.

**Peoria Area Convention and Visitors Bureau** (www.peoria.org): Housing or traveling information.

**Address: 456 Fulton Street, Suite 300; Peoria, IL 61602**

Phone: 800•747•0302 or Fax: 309•676•8470

# Cross Country List of Participant Instructions

1. Coaches use their User ID & Password to Login to the IHSA School's & Officials Center
2. Click on "T" Activity Tracker

The screenshot shows the IHSA Schools Center website interface. At the top, there is a navigation bar with the IHSA logo and a search bar. Below the navigation bar, there are two main sections: 'Departments' and 'Message Center'. The 'Departments' section contains several buttons, including 'Sport & Activity Tracker' (marked with a red 'T'), 'Concussion Reports' (marked with a blue 'C'), 'Accommodations for Students with Disabilities' (marked with a blue 'A'), 'All-Time Records' (marked with a blue '!'), 'Performance-Enhancing Substance Program' (marked with 'PES'), 'Concussion Risk Program' (marked with 'CON'), 'Forms & Other Resources' (marked with 'F'), and 'Webinars' (marked with 'W'). There is also a 'Personal Information' button (marked with 'P'). The 'Message Center' section displays a message titled 'The All-School Mailing has left the building!' with a 'View older messages' link. Below the message center, there is a 'Quick Links' section with various links like 'Write a promotion recommendation for an official', 'Upload state tournament program photos (old interface)', 'change password', 'rate official', 'FAQ', 'ScoreZone', 'MaxPreps', and 'Where do I find...?'. An orange arrow points from the 'T' icon in the 'Sport & Activity Tracker' button to the 'T' in the list above.

3. Click on

**IHSA Sport & Activity Tracker**

Sport & activity tracker | Coop teams

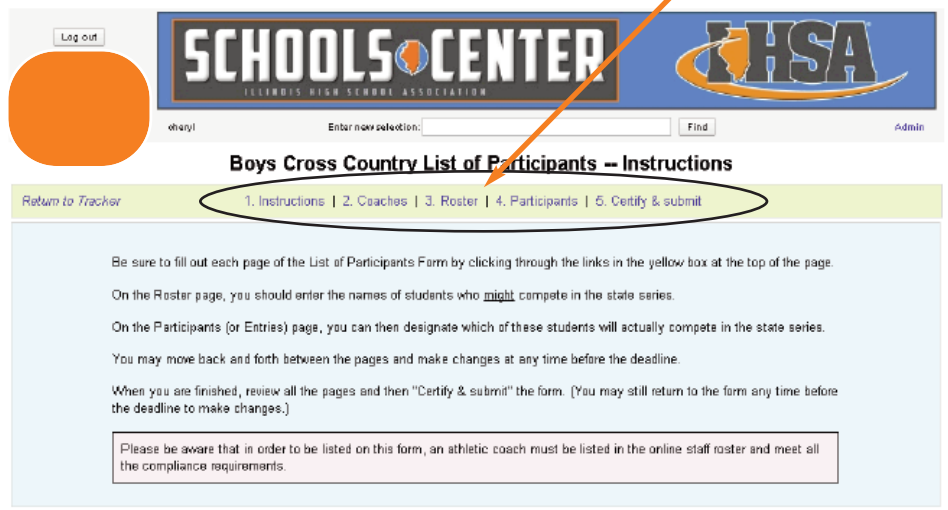
This page tracks the progress your sport and activity programs have made in completing items required for IHSA State Series.  
**Red calls** indicate action items. It is your responsibility to **get the red out!**

	Status of Head Coach	Status in IHSA State Series	Status of Program	Online Forms	Rating of Officials	Documents, Printed Forms and Other Information
<b>BOYS CROSS COUNTRY</b>	<b>Matt Grimm</b>	team entry has been received	status OK if rules video is viewed by deadline	Participation Survey should be submitted on fifth day of practice	Top 15 List is good, last submitted 1 months ago	
Class 2A	coaching qualification: EBCE certification	you may withdraw without penalty on or before 10/17	view rules video for credit now until 9/12	List of Participants opens 8 am on 9/6 deadline is 3 pm on 10/17		
	PES exam passed on 8/28/13					
	concussion exam passed on 6/18/16	deadline for registering to play up is 8/1				
<b>GIRLS CROSS COUNTRY</b>	<b>Matt Grimm</b>	team entry has been received	status OK if rules video is viewed by deadline	Participation Survey should be submitted on fifth day of practice	Top 15 List is good, last submitted 3 months ago	
Class 2A	coaching qualification: EBCE certification	you may withdraw without penalty on or before 10/17	view rules video for credit now until 9/12	List of Participants opens 8 am on 9/6 deadline is 3 pm on 10/17		
	PES exam passed on 8/28/13					
	concussion exam passed on 6/18/16	deadline for registering to play up is 8/1				

**COACHES NAMES:** If a coaches name is missing from the List of Participants coaches menu, please contact your schools athletic director to view the Staff Compliance area in the IHSA School's Center to determine what is missing for a specific coach. Once the information is completed, the coaches name will appear to be added to the List of Participants.

- a. Is your Cross Country Coach listed as a Head or Assistant coach for your school? (School Administration only)
- b. Is any link on the Staff Compliance page pink? If so, information is needed to make them compliant and to be added to the List of Participants. Please provide the information needed (School Administration only)
- c. Has each coach completed the PES Exam? (one-time requirement) (Coach)
- d. Has each coach completed the State of Illinois mandated Concussion Management Program (2-yr. requirement) (Coach)
- e. Has head coach received credit for the Online Girls & Boys Cross Country Rules Presentation (Head Coach)

4. Click on Each of the 5 pages to complete the information.



The screenshot shows the top navigation bar with the "SCHOOLS CENTER" logo (ILLINOIS HIGH SCHOOL ASSOCIATION) and the "IHSA" logo. Below the logos is a search bar with the text "Enter new selection:" and a "Find" button. A "Log out" button is visible in the top left corner. The main heading is "Boys Cross Country List of Participants -- Instructions". Below this heading is a yellow navigation bar with the following links: "Return to Tracker", "1. Instructions", "2. Coaches", "3. Roster", "4. Participants", and "5. Certify & submit". The "1. Instructions" link is circled in black. The main content area contains the following text:

Be sure to fill out each page of the List of Participants Form by clicking through the links in the yellow box at the top of the page.

On the Roster page, you should enter the names of students who might compete in the state series.

On the Participants (or Entries) page, you can then designate which of these students will actually compete in the state series.

You may move back and forth between the pages and make changes at any time before the deadline.

When you are finished, review all the pages and then "Certify & submit" the form. (You may still return to the form any time before the deadline to make changes.)

Please be aware that in order to be listed on this form, an athletic coach must be listed in the online staff roster and meet all the compliance requirements.



# SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE SEASON

1. Send a reminder card or email to the officials after you have them scheduled.
2. Reminder should include date of contest, time, level, location and sport.

Even though many schools and conferences have assignment chairpersons, sending a reminder is highly recommended. When an official does not show, people in your community won't know who the assignment chairperson is, but they do know the athletic director. **Avoid embarrassment.**

3. Have a standard wage scale set for your different sports and levels and a method in place to raise the pay periodically.
4. If possible, let the working officials know who their partner(s) will be.
5. Hire police and security along with medical assistant or athletic trainer coverage for events whenever possible.
6. Set a policy with your school board on fan, coach and player behavior.
7. Make sure all officials have a contract that is signed by your school—preferably by the principal or IHSA Official Representative.

## SCHOOL'S RESPONSIBILITY TO AN OFFICIAL PRIOR TO THE CONTEST

1. Prior to the contest, provide the officials with directions and inform them of any special activities that might be occurring (i.e., Homecoming, Senior Night, etc.)
2. Give the official a number they can call in case of an emergency or postponement due to weather.
3. Have competent workers assigned at all contests (scorers, announcers, chain crew, etc.). These people are of great assistance to the official during the contest.
4. Have a host assigned to meet the officials as they arrive. The host should do the following for the officials:
  - A) Provide a reserved parking space.
  - B) Meet officials and take them to the dressing room.
  - C) Have refreshments available for halftime and postgame.
  - D) Ask for any additional needs.
  - E) Introduce the officials to those game workers pertinent to the contest (i.e., scorer, announcer, chain gang, etc.).
  - F) Get the proper pronunciation of officials' names so they are correct when given by the public address announcer.
5. Athletic director should discuss with the officials any special events, conference rules, national anthem time, etc. that would affect the game.
6. Provide the officials with the name of the adult supervisor for that contest and where that person can be found in the event a challenging situation should occur.
7. Make officials aware of location of an athletic trainer or other first responders during the contest. Have a doctor on site when possible (especially at football contests).
8. Make sure all bench personnel are properly attired.
9. Do a check on game scoreboards and lighting systems prior to the game or contest.
10. Make sure the playing area is properly marked and meets National Federation guidelines for that contest.
11. Provide appropriate secured dressing area and hot water showering facilities.



# SCHOOL'S RESPONSIBILITY TO AN OFFICIAL DURING THE CONTEST

1. Insist coaches display good sportsmanship and are proper examples for your players and crowd.
2. Have your public address announcer or cheerleader read the IHSA sportsmanship statement and remain unbiased during contest.
3. Make sure the event supervisor understands the duties and responsibilities pertinent to that contest.
4. Make sure the playing area is maintained during halftime of each contest. For wrestling, make sure the mat is properly cleaned and washed.
5. Help with adverse weather conditions; monitor accordingly.
6. Make sure proper crowd control is visible and in place. Good administrative control can prevent difficult situations.
7. Observe the crowd during the contest and prevent any disturbances that may occur.
8. Work with the official during the game regarding crowd control.
9. Retrieve the game ball at the end of the contest.
10. Escort the officials back to the dressing room at halftime and at the conclusion of the contest.

## SCHOOL'S RESPONSIBILITY TO AN OFFICIAL AFTER THE CONTEST

1. Escort the officials safely back to the dressing room and parking lot.
2. Do not allow unauthorized persons in the dressing room after the game. This includes coaches.
3. Have refreshments available for the officials after the contest.
4. Be sure to thank the officials for their time and effort, regardless of the outcome of the game.
5. Make sure arrangements for paying the officials have been completed. It is preferable to pay the official the day of contest.
6. Ensure that officials are not confronted by anyone after the contest.



# Do What's Right!

## Sportsmanship

### DWR! EXPECTATIONS

- ❖ *Represent your school and community favorably through positive interaction with opposing fans and players before, during, and after the competition.*
- ❖ *Use positive yells, chants, songs or gestures.*
- ❖ *Display modesty in victory and graciousness in defeat.*
- ❖ *Respect and acknowledge the integrity and judgment of officials.*
- ❖ *Exhibit positive behavior in both personal interaction and social media comments.*

### Acceptable Behavior...

- During the National Anthem, students, participants and fans should remove any hats, face the flag, not talk, place the right hand on the heart, and remain still until the end of the anthem.
- Applause during introduction of players, coaches and officials.
- Players shaking hands with opponents while both sets of fans recognize player's performance with applause.
- Accept all decisions of the game officials.
- Spirit Participants lead fans in positive support.
- Handshakes between participants and coaches at the end of contests, regardless of the outcome.
- Treat competition as a game, not a war.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of the contest for performance of all participants.
- Everyone showing concern for an injured player, regardless of the team.
- Encourage surrounding people to display sportsmanlike conduct.

### Unacceptable Behavior...

- Disrespectful or derogatory yells, chants, songs or gestures.
- Booming or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Yells that antagonize opponents.
- Refusing to shake hands or give recognition for good performances.
- Blaming the loss of the game on officials, coaches or participants.
- Laughing or name calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.
- Doing own yells instead of following the lead of spirit participants.



## 2018-2019 IHSA Order Form and Pricing for Additional State Series Awards

- 1.) To ensure an accurate order of awards, please complete the form below.
- 2.) Please fax or email this completed form to Cheryl Lowery @ 309-663-7479 (clowery@ihsa.org).
- 3.) An invoice will be generated and emailed to you, upon receipt of this form.
- 4.) School must remit payment with invoice to A & M Products.

◆ **This form is to be used only if the school is purchasing awards for one of the following reasons (check one):**

Team Roster exceeds the number of allowed per the T&C's

Coop School  
 Dual Campus  
 Lost-Replacement  
 Broken-Replacement

**Sport or Activity:** \_\_\_\_\_ **Year:** \_\_\_\_\_ **Qty.:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**Classification (check one):**

1A

5A

2A

6A

Music Sweepstakes  
 Only (Indicate Classification:  
 AA, A, B, C, D)

3A

7A

4A

8A

**Gender:** \_\_\_\_\_ **Girls** \_\_\_\_\_ **Boys**

**Level of Competition:**

Regional

Sectional

Super-Sectional

State

**Type of Award:**

Team Plaque

Gold State 3rd/4th Place-top figure (#1)

Team Trophy

State 3<sup>rd</sup>/4<sup>th</sup> Place Gold-side figure (#2)

Medal/Medallion

Gold Girls Soccer-side figure 3<sup>rd</sup>/4<sup>th</sup> (#3)

Sweepstakes Medallion

Gold Music Lyre-side figure 3<sup>rd</sup> (#3)

**Trophy Parts (check below):**

Badminton Gold shuttlecock and/or riser

Gold State Champion-top figure (#1)

Replacement Trophy Plate w/lasering

Gold State Champion-side figure (#1)

Replacement Trophy Plate w/o lasering

Gold State Runner-up-top figure (#1)

Bat, Tennis, Golf Club Replacement

Gold State Runner-up-side figure (#1)

**Ind. Event Medals** (indicate Event name): \_\_\_\_\_  
 (ie: Pole Vault, Long Jump, Diving, 100-yd. Butterfly, Single, Doubles, 102lb., Speech: IE, etc.)

<b>Name:</b>
<b>Email Address:</b>
<b>School:</b>
<b>Address:</b>
<b>City, ZIP Code:</b>
<b>Phone Number:</b>



## 2018-2019 IHSA Order Form and Pricing for Additional State Series Awards

- ◆ **Tournament Managers/Hosts** who need to request duplicate awards due to ties at their tournament/meet must complete the form in the Online Manual for Managers and send it directly to the awards company— **Do Not Use the form above.**
- ◆ **Trophy Letters:** Schools who need replacement letters for trophies, please contact A & M Products direct at 815-875-2667.

### **Pricing for Schools (INCLUDING MUSIC SWEEPSTAKES):**

<u>Qty:</u>	<u>Finish</u>	<u>State Medallion</u>	<u>Reg./Sect Medal</u>	<u>Shipping</u>
1 – 5	Goldtone (1 <sup>st</sup> )	\$4.45	\$4.00	\$5.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.95	\$4.50	
	Bronze (3 <sup>rd</sup> )	\$4.60	\$4.20	
6 – 12	Goldtone (1 <sup>st</sup> )	\$4.20	\$3.75	\$7.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.70	\$4.25	
	Bronze (3 <sup>rd</sup> )	\$4.35	\$3.90	
13 – 24	Goldtone (1 <sup>st</sup> )	\$3.95	\$3.50	\$8.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.45	\$4.00	
	Bronze (3 <sup>rd</sup> )	\$4.10	\$3.70	
25 or more	Goldtone (1 <sup>st</sup> )	\$3.70	\$3.25	\$9.00
	Nickel Silver (2 <sup>nd</sup> )	\$4.20	\$3.75	
	Bronze (3 <sup>rd</sup> )	\$3.85	\$3.45	

### **Plaque/Trophy Pricing for Schools (Shipping included):**

Regional Champion Plaque (AM-260)	\$ 52.00
Sectional and Super-Sectional Champion Plaque (AM-261)	\$ 68.00
Third/Fourth place trophy (AM-558)	\$154.00
Champion/Runner-Up(AM-557/AM-557-1)	\$161.00

### **Gold figure Replacement Pricing (\$10.00 shipping per figure)**

**Oxidized bronze finish pre 2008-09 school year, call for pricing and availability**

<u>Gold</u> State Champion-top figure (#1)	\$58.00
<u>Gold</u> State Champion-side figure (#1)	\$58.00
<u>Gold</u> State Runner-up-top figure (#1)	\$58.00
<u>Gold</u> State Runner-up-side figure (#1)	\$58.00
<u>Gold</u> State 3rd/4th Place-top figure (#1)	\$58.00

### **Gold figures and plate replacement pricing**

**Oxidized bronze finish pre 2008-09 school year, call A&M for pricing and availability**

State 3 <sup>rd</sup> /4 <sup>th</sup> Place Gold-side figure (#2)	\$40.00, plus \$10.00 shipping
Girls Soccer – Gold-side figure 3 <sup>rd</sup> /4 <sup>th</sup> Place (#3)	\$36.00, plus \$10.00 shipping
Music Lyre – Gold-side figure 3 <sup>rd</sup> Place (#3)	\$36.00, plus \$10.00 shipping
Badminton Gold shuttlecock and/or riser	\$36.00, plus \$10.00 shipping
Repl. Trophy Plate w/ lasering names	\$30.00, plus \$10.00 shipping
Repl. Black Plate for SF Trophy w/o lasering	\$12.00, includes shipping
Bat, Tennis, Golf Club Replacement for All Figurine	\$16.00, includes shipping

Orders will be **processed upon Receipt of Full Payment.** Please allow three (3) weeks for delivery. Thank you.

# Emergency Action Plan (EAP)

In accordance with By-law 2.150, a school shall have on file for each student that participates (including practice) in interscholastic athletics a certificate of physical fitness issued by a licensed physician, physician's assistant or nurse practitioner as set forth in the Illinois State Statutes not more than 395 days preceding any date of participation in any such practice, contest or activity. As this By-law addresses pre-participation certification only, there is not a guideline or By-law in place to address release to interscholastic activity following an injury, with the exception of head injury/concussion. With the understanding that schools throughout the state have different needs and services available to them, this document was produced to provide guidelines on an athlete's return to activity following an injury.

Each school should have a written Emergency Action Plan (EAP) in place to address medical emergencies among athletes, staff, officials, and spectators, regardless of severity, occurring during a practice or competition. The plan should also address severe weather, fire, electrical failure, bomb threat, criminal behavior, or other possible emergencies. This plan should be developed to address the unique needs of the individual sport and venue.

EAP's should consist of the following components:

- Personnel
- Communication
- Equipment
- Emergency Medical Care
- Player Medical Information
- Game-day Responsibilities (includes appropriate sideline preparedness)
- Catastrophic Incident Plan

While each school's sports medicine/medical service needs and availability are different, guidelines should also be developed to assist the coaching staff on what injuries should be allowed to return to competition without a medical release. It is not practical to identify every situation or injury; however the following guidelines should assist the school/coaching staff on determining if the athlete should be allowed to return to activity without a release.

1. No swelling or deformity.
2. No headache, nausea, blurred vision, tingling, numbness or sensory changes.
3. Symmetrical (equal to the other side) joint range on motion and strength.
4. Ability to bear weight, without a limp, if injury occurs to the lower body.
5. Ability to complete full functional sporting activities without compensation.

Please remember that the majority of high school athletes are a minor. If there is a question as to their injury and ability to participate, the parents/guardian should be consulted.

Athletes that are unable to meet the above criteria should be encouraged to seek medical treatment prior to return to interscholastic activity. Those athletes that seek medical treatment should be required to provide a written medical release indicating their ability to participate. Without obtaining this release, the school may assume legal liability if the athlete is allowed to participate in activities not permitted by their medical provider.

A proper plan establishes accountability, should be comprehensive, yet flexible, practical, and easily understood. The written EAP must be revised, approved, distributed, and should be rehearsed regularly prior to every athletic season. The athletic department, administration, and sports medicine team share the responsibility to establish, practice, and execute the EAP.

A sample venue-specific is included as a part of this document, which was developed from portions of the third and fourth editions of National Federation of State High School Associations Sports Medicine Handbook. Persons interested in purchasing this handbook can do so at the following location: <http://www.nfhs.org/resources/publications/>



## Venue-Specific Action Plan

Illinois High School Association  
2715 McGraw Dr., Bloomington, IL 61704  
Phone: 309-663-6377  
Fax: 309-663-7479

### Venue

**Sport:**   
**Location:**

### Emergency Personnel

**Present:**   
**On-Call:**

### Emergency Equipment Location On-Site

Nearest AED:   
First Aid Kit:   
Items for proper care of blood-borne pathogens:   
Ice or chemical ice packs, water and towels:   
Player Medical Information:   
Other equipment as deemed necessary by local circumstances and qualifications of available personnel:

### Communication

**Access to 911:**   
**Access to on-call emergency medical personnel:**

### Role of First on the Scene:

1. Control scene (gain access to athlete)
2. Initial assessment (to determine breathing, consciousness, pulse status)
3. Detailed assessment (to determine extent of injury/illness)
4. Send designated coach to summon help if needed:
  - a. EMS: Call 911
  - b. Athletic Trainer: Call Athletic Training Room or Cell:
5. Initiate immediate care to the sick or injured athlete

### EMS Access:

If EMS is called provide directions/access to scene

Directions to site/location:

Open access gates  
Designate individual to meet EMS at entrance

# Managing Heat and Heat Illness

These guidelines represent minimum standards that IHSA member schools should follow for athletic competitions. Schools with more restrictive guidelines are not expected to modify any pre-existing guidelines in order to meet this policy. These guidelines will be used by managers or their designees at all IHSA state series events when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. State series tournament managers will make the decisions to suspend and resume activity in accordance with these guidelines using those devices or systems usually used at the state series venue/site.

1. Thirty minutes prior to the start of an activity, and again 60 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity. Using a Wet Bulb Globe Thermometer is recommended, although a conversion to WBGT can be made from air temperature and relative humidity using chart 2. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.

Use the Table 1 (see below) with an on-site WBGT reading for appropriate exercise modifications during exercising in the heat:

**Table 1 (all temperature readings as measured by WBGT)**

**a. ≤79.9 degrees F**

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
  3. Ice-down towels for cooling.
  4. Watch/monitor athletes carefully for necessary action.

**b. 80.0-84.5 degrees F**

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Optional water breaks every 30 minutes for 10 minutes in duration. Coordinate breaks with assigned contest officials.
  3. Provide cooling stations using methods such as ice towels.
  4. Watch/monitor athletes carefully for necessary action
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
  1. Helmets and other possible equipment removed while not involved in contact.
- iii. Reduce time of outside activity. Consider postponing activity to later in the day.
- iv. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions or sooner if personnel on the field suspects potential heat stress.

**c. 84.6-87.5 degrees F**

- i. All sports
  1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
  3. Coordinate breaks with assigned contest officials.
  4. Have cooling stations for before, during, and after exercise/training/competition.
  5. Watch/monitor athletes carefully for necessary action
  6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
  8. If practicing, maximum of 2 hours of training/practice while temperature is in this range.



- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
  - 1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
- iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

**d. 87.6-89.9 degrees F**

- i. All sports
  - 1. Provide ample amounts of water. This means that water should always be available and athletes should be able to take in as much water as they desire.
  - 2. Schedule at least 4 separate 4:00 breaks within each hour, or a 10:00 break every 30:00 of training or competition.
  - 3. Coordinate breaks with assigned contest officials.
  - 4. Have cooling stations for before, during, and after exercise/training/competition.
  - 5. Watch/monitor athletes carefully for necessary action
  - 6. Reduce time of outside activity as well as indoor activity if air conditioning is unavailable.
  - 7. Consider postponing activity to later in the day or another day (with approval from IHSA Administration)
  - 8. If practicing, maximum of 1 hour of training/practice while temperature is in this range.
- ii. Contact sports and activities with additional protective equipment (in addition to the above measures)
  - 1. Helmets and other possible equipment removed if not involved in activity or necessary for safety. If necessary for safety, suspend activity.
- iii. Recheck air temperature and humidity every 30 minutes to monitor for increased heat conditions.

**e. 90 degrees F**

- i. All sports
  - 1. No training/competition
  - 2. Cancel and/or postpone activity to cooler time of the day

NOTE: While most attention will be given to outdoor sports in the fall and spring, indoor venues/facilities (gymnasiums, wrestling rooms, and swimming/diving facilities) that are not air conditioned should not be neglected for the purposes of this policy. Additionally, sometimes conditions will vary for different aspects of the same competition. For example, one part of a cross-country course may be hotter or more humid than other parts. The best course of action for managers is to take a WBGT reading at the place of the most severe conditions.

**Table 2.** Estimate WBGT from ambient temperature and relative humidity assuming full sun conditions

Wet Bulb Globe Temperature (WBGT) from Temperature and Relative Humidity																																				
		Temperature in Degrees Fahrenheit																																		
		68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	100.4	102.2	104.0	105.8	107.6	109.4	111.2	113.0	114.8	116.6	118.4	120.2	122.0				
Relative Humidity (%)	0	59.0	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	68.0	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	87.8	89.6	91.4	91.4	93.2	95.0	
	5	60.8	60.8	62.6	64.4	64.4	66.2	66.2	68.0	69.8	69.8	71.6	71.6	73.4	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	
	10	60.8	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	96.8	98.6	98.6	100.4	
	15	62.6	62.6	64.4	66.2	66.2	68.0	69.8	69.8	71.6	73.4	73.4	75.2	77.0	78.8	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	
	20	62.6	64.4	64.4	66.2	68.0	69.8	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	91.4	93.2	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	
	25	64.4	64.4	66.2	68.0	68.0	69.8	71.6	73.4	75.2	75.2	77.0	78.8	80.6	82.4	82.4	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	30	64.4	66.2	68.0	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
	35	64.4	66.2	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	84.2	86.0	87.8	89.6	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	40	66.2	68.0	69.8	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	45	66.2	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	80.6	82.4	84.2	86.0	89.6	91.4	93.2	95.0	96.8	98.6	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4
	50	68.0	69.8	71.6	73.4	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	98.6	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	55	68.0	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	93.2	95.0	96.8	98.6	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4
	60	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4
	65	69.8	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	93.2	96.8	98.6	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4
	70	71.6	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	87.8	91.4	93.2	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
	75	71.6	73.4	75.2	77.0	78.8	80.6	84.2	86.0	87.8	89.6	91.4	95.0	96.8	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2
80	73.4	75.2	77.0	78.8	80.6	82.4	84.2	86.0	89.6	91.4	93.2	96.8	98.6	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	
85	73.4	75.2	77.0	78.8	82.4	84.2	86.0	87.8	89.6	93.2	95.0	98.6	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
90	75.2	77.0	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	98.6	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	
95	75.2	77.0	78.8	80.6	84.2	86.0	87.8	91.4	93.2	95.0	98.6	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	100.4	
100	75.2	78.8	80.6	82.4	84.2	87.8	89.6	91.4	95.0	96.8	100.4	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	102.2	

NOTE: This table is compiled from an approximat formula which only depends on temperature and humidity. The formula is valid for full sunshine and a light wind. Table adapted from Bureau of Meteorology

# Cooling Methods Due to Heat Related Illness

Exertional heat stroke (EHS) is relatively uncommon among exercise associated medical conditions, but is a frequent cause of exercise related death. The majority of evidence shows that early institution of body cooling is the most effective method of decreasing mortality in EHS. The following contains recommendations regarding the methods of body cooling, including tubs, ice bags, iced towels (towels with water that have been frozen) water, fans, and shade. The recommendations are classified as essential (foundational to the implementation of treatment, should have resources and personnel directed towards implementation), and desirable (important in maximal implementation, should have resources and personnel directed towards implementation as budget and resources allow). The recommendations are only guidelines, are not intended as a standard of care, and should not be considered as such. These guidelines should only be considered in the care of athletes who can be expected to be at risk of EHS due to the sport or the environmental situation of the activity. Sports especially at risk include football with and without equipment, soccer, and long distance track. Other sports and activities, such as cycling, golf, baseball, tennis, track and field, and band, may also be at risk due to long duration exposure to extreme environmental conditions.

It is essential that member schools and school administrators/officials:

- Establish a written plan coordinated with local EMS for emergency treatment of EHS that includes transport to a hospital and conduct drills in the implementation of the plan as practicable.
- Know how to assess environmental conditions and determine when extreme conditions exist.
- Identify a specific spot at the athletic facility that has shade.
- Have immediate access to ice and bags to contain ice.
- Have access to water, and provide water breaks as outlined in the IHSA Managing Heat and Humidity Policy.
- Know the most effective sites for application of ice to the body.
- Obtain and use, when environmental conditions are determined to be extreme, a tub or pool, filled with water and ice before activity begins, to be used in body immersion for maximal cooling, and have personnel trained in this technique.

It is desirable that member schools and school administrators/officials:

- Have a certified athletic trainer (ATC) on staff, as budget and resources allow, to develop and implement these guidelines.
- Have immediate access to water.
- Provide shade breaks.
- Provide fans when environmental conditions are determined to be extreme.
- Have close access to an air conditioned room.
- Have access to and use iced towels that can be rotated to appropriate areas of the body, including the axilla, groin, and back of the neck.

## Resources

1. *Procedure for Avoiding Heat Injury/Illness through Analysis of Heat Index and Restructuring of Activities and Recommendations for Cooling Methods Due to Heat Related Illness.* Kentucky Medical Association/Kentucky High School Athletic Association. 2010.
2. Binkley HM et al. NATA Position statement: *Exertional heat illness.* J Ath Training 2002; 37: 329-343.
3. Casa DJ et al. *Survival strategy: Acute treatment of exertional heat stroke.* J Strength Conditioning Res 2006; 20: 462.
4. Armstrong LE et al. *ACSM position stand: Exertional heat illness during training and competition.* Med Sci Sports Exerc 2007; 41: 556-572.
5. *Model Policy for Managing Heat & Humidity.* Michigan High School Athletic Association. 2013.

# IHSA Severe Weather Safety Guidelines

*To be used during any IHSA state series contest*

When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Take shelter immediately.

Lightning is one of the most consistent and underrated causes of weather-related deaths or injury in the United States. Nearly all lightning-related injuries occur between the months of May and September and between the hours of 10:00 a.m. and 7:00 p.m. Therefore, the greatest concern for injuries in an outdoor contest appears to be during that time, though it can happen any time of year.

It is essential that local managers, competing schools, and contest officials establish dialogue in advance of contests or events to ensure that all involved are aware of what the plan will be in determining whether or when to suspend play. Local managers are encouraged to share their plan with competing schools and assigned contest officials prior to the start of the tournament/event.

If competing schools have portable devices they will be bringing to a contest/event and/or have specific policy or directions from their administration that they must follow, the school must communicate those to the tournament manager. Tournament managers must know the policies of each school assigned to their tournament or event prior to its start.

## PROACTIVE PLANNING

- 1) Assign staff to monitor local weather conditions before and during practices and contests
- 2) Develop an evacuation plan, including identification of appropriate nearby safer areas and determine the amount of time needed to get everyone to a designated safer area:
  - a. A designated safer place is a substantial building with plumbing and wiring where people live or work, such as a school, gymnasium or library. An alternate safer place from the threat of lightening is a fully enclosed (not convertible or soft top) metal car or school bus.
- 3) Develop criteria for suspension and resumption of play:
  - a. When thunder is heard, or lightning is seen\*, the leading edge of the thunderstorm is close enough to strike your location with lightening. Suspend play for at least 30 minutes and vacate the outdoor activity to the previously designated safer location immediately.
  - b. 30 minutes rule. Once play has been suspended, wait at least 30 minutes after the last thunder is heard or lightning is witnessed\* prior to resuming play.
  - c. Any subsequent thunder or lightning\* after the beginning of the 30-minute count will reset the clock and another 30-minute count should begin.
  - d. When lightning-detection devices or mobile phone apps are available, this technology could be used to assist in making a decision to suspend play if a lightning strike is noted to be within 10 miles of the event location. However, you should never depend on the reliability of these devices and, thus, hearing thunder or seeing lightning\* should always take precedence over information from a mobile app or lightning-detection device.  
*\*- At night, under certain atmospheric conditions, lightning flashes may be seen from distant storms. In these cases, it may be safe to continue an event. If no thunder can be heard and the flashes are low on the horizon, the storm may not pose a threat. Independently verified lightning detection information would help eliminate any uncertainty.*
- 4) Review the lightning safety policy annually with all administrators, coaches and game personnel and train all personnel.
- 5) Inform student-athletes and their parents of the lightning policy at start of the season.

## EVACUATION PLAN

**Safe Areas:** All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event a thunderstorm approaches. A safe structure is any fully enclosed building frequently used by people. In absence of that – athletes and spectators should go to any vehicle with a hard metal roof. Roll up the windows and do not touch the sides of the vehicle. If no safe structure or vehicle is available, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of your feet touching the ground. Wrap your arms around your knees and lower your head. Minimize contact to the ground since lightning often travels through the ground.

**Avoid:** Tall trees or objects like light poles or flagpoles, individual trees, standing pools of water and open fields. Also avoid being the highest object on the field. Do not take shelter under trees. Avoid bathrooms if another building is available, and do not use a land-line telephone. A cellular phone or portable phone is a safe alternative if in a secure shelter or vehicle.

**Resuming Activity:** The NSSL (National Severe Storms Laboratory) recommends that everyone should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.

# Bad Weather Policy

*(Approved by the IHSA Board of Directors)*

The games committee and meet manager will determine any hazardous condition of the course due to bad weather. The coaches shall be alerted to pending bad weather conditions. At a pre-race meeting with coaches, they should be informed of the bad weather guidelines and recommended procedures should a race be interrupted due to hazardous weather conditions. Coaches will be asked to follow these guidelines. (Please refer to the IHSA Lightning Policy.)

If a race is in progress an air horn shall be used to notify runners and coaches.

Coaches should get runners off the course and into a safe area. If there is lightning, seek shelter in the bus, vehicle or nearby shelter. Do not go under a tree or under tents with metal poles.

If the race is stopped with the lead runner *less than half way* through the course, then there will be a one-hour rest period before restarting the race.

If the race is stopped with the lead runner *more than half way* through the course, then there will be a two-hour rest period before restarting the race.

If the last runners do not affect the results of the top teams or individual qualifiers that advance, then the results stand.

If the race cannot be completed on the scheduled day, then the race will be run on the first Monday following the canceled race.

**Note:** Every effort to complete the race should be made for the benefit of the conduct of the series. The State Finals will not be rescheduled.

## ILLINOIS HIGH SCHOOL ASSOCIATION

2715 McGraw Drive • Bloomington, IL 61704

• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

## IHSA Protocol for Implementation of NFHS Sports Playing Rule for Concussions

**“Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health care professional.”**

The above language, which first appeared in all National Federation sports rule books for the 2010-11 school term, reflects a strengthening of rules regarding the safety of athletes suspected of having a concussion, but not a revision in primary responsibilities in these areas. Previous rules required officials to remove any athlete from play who was “unconscious or apparently unconscious.” This revised language reflects an increasing focus on safety, given that the vast majority of concussions do not involve a loss of consciousness. However, the revised language does not create a duty that officials are expected to perform a medical diagnosis. The change in rule simply calls for officials to be cognizant of athletes who display signs, symptoms, or behaviors of a concussion from the lists below and remove them from play.

**NOTE: The persons who should be alert for such signs, symptoms, or behaviors consistent with a concussion in an athlete include appropriate health-care professionals, coaches, officials, parents, teammates, and, if conscious, the athlete him/herself.**

### Definition of a Concussion

A concussion is a traumatic brain injury that interferes with normal brain function. An athlete does not have to lose consciousness (be “knocked out”) to have suffered a concussion.

### Behavior or signs observed indicative of a possible concussion

- Loss of consciousness
- Appears dazed or stunned
- Appears confused
- Forgets plays
- Unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality changes
- Can't recall events prior to or after the injury

### Symptoms reported by a player indicative of a possible concussion

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling foggy or groggy
- Concentration or memory problems
- Confusion

This protocol is intended to provide the mechanics to follow during the course of contests/matches/events when an athlete sustains an apparent concussion. For the purposes of this policy, appropriate health care professionals are defined as: physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers.

1. During the pre-game conference of coaches and officials, the official shall remind the head coaches that a school-approved appropriate health care professional (who meets the description above) will need to clear for return to play any athlete removed from a contest for an apparent head injury.
2. The officials will have no role in determining concussion other than the obvious situation where a player is unconscious or apparently unconscious as is provided for under the previous rule. Officials will merely point out to a coach that a player is apparently injured and advise the coach that the player should be examined by the school-approved health care provider.
3. If it is confirmed by the school's approved health care professional that the student did not sustain a concussion, the head coach may so advise the officials during an appropriate stoppage of play and the athlete may re-enter competition pursuant to the contest rules.
4. Otherwise, if an athlete cannot be cleared to return to play by a school-approved health care professional as defined in this protocol, that athlete may not be returned to competition that day and is then subject to his or her school's Return to Play (RTP) protocols before the student-athlete can return to practice or competition.
5. Following the contest, a Special Report shall be filed by the contest official(s) with the IHSA Office through the Officials Center.
6. In cases where an assigned IHSA state finals event medical professional is present, his/her decision to not allow an athlete to return to competition may not be over-ruled.

Additional information regarding concussion has been made available to IHSA member schools and licensed officials and can be accessed on the IHSA Sports Medicine website at <http://www.ihsa.org/Resources/SportsMedicine.aspx>.

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## Concussion Information

### Return to Play (RTP) and Return to Learn (RTL)

**Background:** With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers, advanced practice nurses (APN), physician’s assistants (PA) and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

*In 2015, the Illinois General Assembly passed the Youth Sports Concussion Safety Act, and this legislation, among other items, required schools to develop Concussion Oversight Teams and create Return to Play (RTP) and Return to Learn (RTL) protocols that student-athletes must meet prior to their full return to athletic or classroom activity*

### Mandatory Concussion Education

Required concussion education for all athletic coaches and marching band directors is another component of the Youth Sports Concussion Safety Act passed by the Illinois General Assembly in the fall of 2015.

The IHSA program includes two video presentations and other supplementary materials that ALL high school athletic coaches, marching band directors, and Concussion Oversight Team members need to review prior to taking a required exam over the curriculum. Individuals will be required to demonstrate proficiency on the exam by scoring at least 80% in order to serve as an athletic coach or marching band director at an IHSA member school.

The program offers training in the subject matter of concussions, including evaluation, prevention, symptoms, risks, and long-term effects. Coaches will be able to access the program after logging into the IHSA Schools Center and clicking on the “CON” tab, which will be located under the ‘Departments’ heading on the Schools Center homepage.

For more information on the Youth Sports Concussion Safety Act, including specific requirements of the law and other concussion education providers besides IHSA, individuals can access Sports Medicine resources on the IHSA website at <http://www.ihsa.org/Resources/SportsMedicine.aspx>.

*For those first adopters of this training, new curriculum from the IHSA/IESA is expected to be released in March of 2018 so those whose training will expire in 2018 will be able to remain in compliance with the law.*





## **Unmanned Aerial Vehicle (Drone) Policy**

**For IHSA Tournaments**

**Effective February 18, 2015**

The use of unmanned aerial vehicles (“UAV”), also known as drones, is prohibited for any purpose by any persons at IHSA tournament venues. Tournament management shall refuse admission or entry to anyone attempting to use a UAV; and if necessary, tournament management shall remove anyone attempting to use a UAV and/or confiscate the UAV until the event has been completed.

For purposes of this policy, a UAV is any aircraft without a human pilot aboard the device.

An exception to this policy may be made in specific cases for IHSA broadcast partners, provided the management of the tournament facility permits the presence of UAVs for broadcast purposes under the control of the IHSA.



## Regional and Sectional Managers Important Reminders



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

Contained in this section is information for you to refer to as hosts of a Regional and/or Sectional Cross Country Meets. Cross Country Managers should make themselves familiar with this section for the conduct of this event.

**Meet Referee Checklist:** <http://www.ihsa.org/documents/cc/Meet%20Referee%20Checklist.pdf>

**Officials:** IHSA will assign the officials for each Regional and Sectional site. IHSA will post Officials assignments in the Schools Center under “H” IHSA State Series and ScoreZone Information link. **IHSA will pay assigned officials.**

• **Course and Equipment:** We trust that you will do everything possible to see that your course and equipment meet rules specifications. Be sure to double-check your poles and other pieces of equipment to ensure the safety of all participants. Pad poles that runners could come into contact with. Information on marking the course is in the handbook. The IHSA appreciates the time it takes to have the equipment and course in readiness for your races.

### Regional Managers

**Class 1A:** Advancing from the Regional to the sectional will be the first seven (7) teams and the first five (5) individual finishers who are not members of an advancing team. In addition, in the event the 6th, 7th and/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.

A regional may send as few as five (5) individual runners and as many but not more than 8, depending on the placing of runners from advancing teams in the top 8 individual places. If three (3) or more of the top eight runners are from advancing teams, then only the first five who are not members of advancing teams will advance from the regional to the Sectional Meet.

**Class 2A & 3A:** Advancing from the Regional to the sectional will be the first six (6) teams and the first five (5) individual finishers who are not members of an advancing team. In addition, in the event the 6th, 7th and/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.

A regional may send as few as five (5) individual runners and as many but not more than 8, depending on the placing of runners from advancing teams in the top 8 individual places. If three (3) or more of the top eight runners are from advancing teams, then only the first five who are not members of advancing teams will advance from the regional to the Sectional Meet.

In Regionals and Sectionals, for purposes of advancement of teams from regional to sectional and sectionals to the State Final, ties for all team places with the exception of the last qualifying spot will be broken per NFHS Rule 8-2-4 (i.e. comparing the 6th runner from the tied teams).

### Sectional Managers

• **State Final Participant Packets:** Sectional Managers will receive two sets of envelopes (boys and girls) to be distributed to each team and individual qualifier from your sectional. Please issue them following the completion of competition at your site. In the event there is a tie for 5th place team, and 8th, 9th or 10th place individuals not competing on a team, the sectional managers must notify the IHSA Office the Monday following the Sectional of the school(s) who qualified under those circumstances, so a packet can be mailed to the qualifying school on time for the State Final.

• **How to Determine Individual Qualifiers from Sectionals:** Please review the advancement of winners section in the Terms & Conditions with your staff, your scorers, your referee/starter and other officials.

The following procedure applies only to advancement from the sectional to the state final. It DOES NOT APPLY to advancement from the regional to the sectional. See VII-A in the Terms and Conditions.

Advancing from the sectional to the state final will be the first seven (7) individual finishers who are not members of an advancing team. If an individual runner finishes in the 8th, 9th and/or 10th place in the individual race, and seven other individuals (non-team runners) finished ahead of them in the individual race, the respective 8th, 9th and/or 10th place individual finisher also will advance to the state final.

A sectional may send as few as seven (7) individual runners and as many but not more than 10, depending on the placing of runners from advancing teams in the top 10 individual places. If four (4) or more of the top ten runners are from advancing teams, then only the first seven who are not members of advancing teams where you find them in the individual results will advance from the sectional to the state final.

**Examples follow:**

<b>Seven + 3 Place-Status All 10 "I" Advance</b>	<b>Seven + 2 Place-Status Only 9 "I" Advance</b>	<b>Seven + 1 Place-Status Only 8 "I" Advance</b>	<b>Only Seven Place-Status Only 7 "I" Advance</b>
1-I	1-I	1-I	1-T
2-I	2-I	2-I	2-I
3-I	3-I	3-I	3-I
4-I	4-I	4-I	4-I
5-I	5-I	5-I	5-T
6-I	6-I	6-I	6-T
7-I	7-I	7-I	7-I
8-I	8-T	8-T	8-I
9-I	9-I	9-I	9-T
10-I	10-I	10-T	10-I
			11-I

# Regional and Sectional Managers Meet Responsibilities

**1. Communication:** Send an email communicating with the schools assigned to your regional or to the schools advancing to your sectional.

Provide them with any pertinent information like:

- a. Location, description and/or diagram of course and chute
- b. Special ground rules or irregular terrain
- c. Time of competition (check in advance on potential ACT conflicts)
- d. Time Schedule of races
- e. Practice days and times course is available
- f. Parking for buses and fans
- g. T-shirt sales, costs and licensed vendors
- h. Availability of restrooms
- i. Names and phone numbers of school personnel
- j. Get phone numbers, bus times, and coaches names of competing schools in case of emergency
- k. Spectator viewing areas and location
- l. Determination of games committee in accordance with NF rules
- m. Check-in times and locations
- n. Computer availability for reporting results
- o. Make sure you have informed coaches of the procedures for tornadoes or severe weather.
- p. Have plans for emergency situations if an ambulance is needed. Inform coaches in advance as to who is responsible for the payment of the ambulance service or other medical needs. Coaches may want to have names and phone numbers on file to use in an emergency situation.
- q. Finish/chute procedures must be sent to participating schools in advance

## 2. Facilities

- a. Secure Facilities
- b. Clear parking area for event
- c. Prepare directional signs for teams, spectators, officials, news media
- d. Make arrangements for hospitality: concessions, merchandise sales, officials, media, tournament workers (if applicable)
- e. Prepare signs and flags for marking the course
- f. Prepare Finish/chute area for finish at the "mouth" (front) of the chute.
- g. Clearly mark finish line (bright cones desired)
- h. Starting boxes should be 4-6 feet (when space is available.)

## 3. Equipment/Supplies Needed

- a. Air horn and portable hand-held speaker for starter
- b. Check video equipment
- c. Check computer program
- d. Check PA system for working condition
- e. Pre-meet music and post-meet music
- f. Tape recorder or CD player
- g. Extra garbage cans in areas
- h. American and State of Illinois Flag
- i. Inspect awards upon arrival from A & M Products, contact Cheryl Lowery at the IHSA Office if there are any problems with awards.
- j. **Officials Appointments and Fees: IHSA will assign and pay the officials for each Regional and Sectional site. Officials assignments will be posted in the Schools Center under "H" IHSA State Series and ScoreZone Information link.**
- k. Prepare checker sheets and numbers for contestants. If safety pins are needed, make arrangements
- l. Numbers for runners

- m. Check List of Participants
- n. Prepare awards ceremony

## 4. Signage

- a. IHSA signs
- b. Sportsmanship signs
- c. Souvenir sales signs
- d. Rest room signs
- e. Parking signs
- f. Concession signs

## 5. Sports Information

- a. Contact local media in advance of meet to arrange coverage (newspaper, radio, TV, Cable TV)
- b. Place information on school web site
- c. Press area on course (to cover meet and interview runners/coaches after meet)
- d. Photographers area on course
- e. Must Post Results via Internet to IHSA

## 6. Concession Stand

- a. Coordinate workers
- b. Menu
- c. Cash box responsibilities
- d. Garbage cans

## 7. Officials/Meet Personnel

- a. Meet Referee and Clerk/Starter (**Assigned & paid by IHSA**)
- b. Finish Line Judges (be sure to have sufficient numbers to pick places of the runners at the "mouth" of the chute.
- c. Games Committee (the members on this committee must be selected before the race begins)
- d. Other meet personnel, you should contact schools assigned to your meet to supply additional workers to help conduct your meet
- e. Get phone numbers of officials in case of emergency

## 8. Other Workers

- a. Assistant starter
- b. Finish judge
- c. Chute inspector
- d. Caller
- e. Checkers
- f. Course inspector
- g. Timers
- h. Public Address Announcer

## 9. Trainer

- a. Phone number of hospital and ambulance service
- b. Training room open and location
- c. Training room services

## 10. Other

- Review IHSA Terms and Conditions

# Cross Country Manager's Responsibilities/Checklist

## Race Day

### 1. Course and Equipment

- a. Check course markings, including finish line (Be sure of safety)
- b. PA announcements
- c. PA system hooked up
- d. Video set up
- e. Computer program set up
- f. Area Identified for games committee
- g. Areas identified for reporters and photographers

**Coaches Meeting:** Coaches packets and General Information about the meet takes place about 40 minutes before the first race. The meet referee should be present at this meeting to answer any questions.

### 2. Meet Time Schedule

#### Race 1 — Practice time

- a. Participants allowed on course
- b. Head Coaches & Meet Referee meeting at Finish Line
- c. Participant line up for the identification by the Clerk of the Course
- d. Instructions from the meet referee
- e. Race 1 begins

#### Race 2 — Practice time

- a. Participants allowed on course
- b. Head Coaches & Meet Referee meeting at Finish Line
- c. Participants line up for the identification by the Clerk of the Course
- d. Instructions from the meet referee
- e. Race 2 begins
- f. Award ceremony (at least 15 minutes after results are posted)

### 3. Others

- a. Washrooms available
- b. Scorer area prepared
- c. Tables for souvenir sales from an IHSA Licensed Vendor
- d. Concession area prepared
- e. Water for teams
- f. Terms and Conditions available
- g. NFHS Track and Field Rule Book available

### 4. Post Race Day

- a. Regional & Sectional Managers must complete their winner Report and upload complete race results to the IHSA Schools Center Web Site ([www.ihsa.org/schoolscenter](http://www.ihsa.org/schoolscenter)) by 4:00 p.m. the day of the race.
- b. File Interactive Financial report via the internet on the IHSA Schools Center Web Site.
- c. **Sectional Mgr. Only**— Distribute State Final Qualifier Packets to schools and individuals that qualify for the State Meet
- d. If applicable, ties may have occurred during the Regional and/or Sectional races, the tournament host must complete and submit the order form to A&M Products. A&M Products will ship the award directly to the school with the information you provide to them. The Regional/Sectional Award order form for ties is included in this manual.
- f. Email complete results to Kraig Garber ([kgarber@ihsa.org](mailto:kgarber@ihsa.org)). This will allow IHSA verification of meet results and to address any errors reported by the public without contacting the manager after their meet is over.

# Preparation of the Cross Country Course

## Flags:

- The course should be marked by signs or flags clearly visible for a distance of 100 feet. These flags should be at least 6 feet above the ground.
- Flag Designations:**
  - a red flag indicates a turn to the left;
  - a yellow flag indicates a turn to the right;
  - a blue flag indicates a course straight ahead.

## Lines:

- Turns and guidelines should be indicated by a line on the ground drawn with White Athletic Field Marker (Non-Caustic). The NFHS allows that the course be marked by a set of two parallel lines if meet management chooses to do so. Remember that if flags are also used in conjunction with two lines, it is always the flags that take precedent when defining the actual course. The time and effort put into the marking and placing of proper guides on the course will result in a better understanding by the coaches and runners.

## Safety:

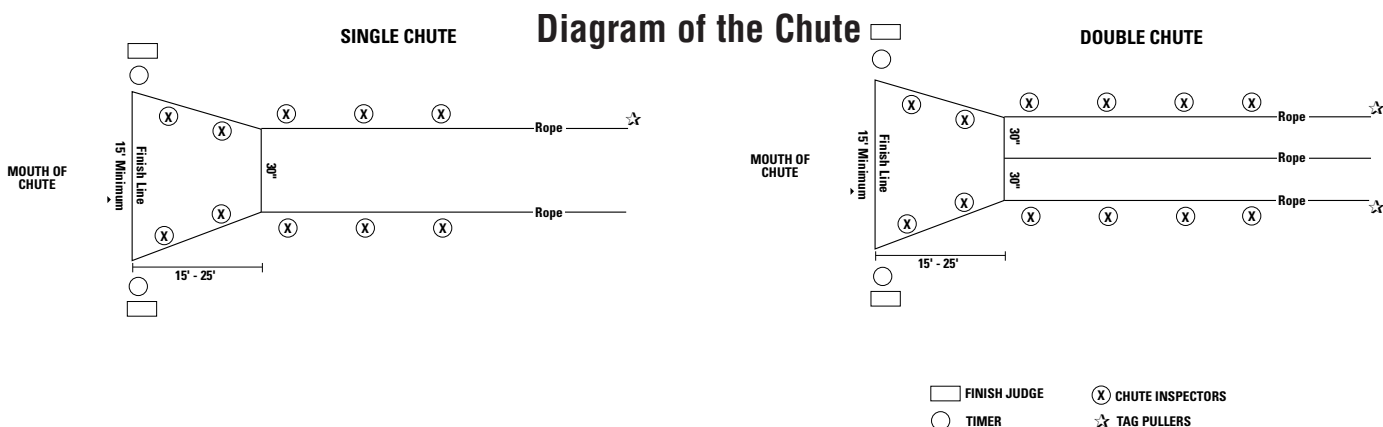
- It is recommended that in the interest of safety:
  - use rigid poles that are padded;
  - place the poles near natural boundaries such as trees and bushes;
  - have an official stationed by the flags and poles;
  - protect all metal chute posts with padding or wrap.
- Obstructions on the ground that might cause tripping should be removed from the path of the runners. These obstructions may result in serious fall and possible injuries.

## Starting Line:

- The starting line should be placed so that there is a long straight-away before a turn is reached. A minimum of 300 yards should be available to the runners before there is a gradual narrowing. This allows the runners to become spread out before the turn. The straight-away at the start should be wide enough to accommodate all the teams and individual runners.
- The starting line should be drawn with White Athletic Field Marker (Non-Caustic), 2 inch wide, and placed at a right angle to the direction for the starting straight-away. It should extend a distance that provides that starting boxes are between 4 and 6 feet wide. If a number of single entries are in the meet, additional space on the starting line should be provided.

## Finish Line:

- The finish should be at the end of a straight-away extending a distance of at least 150 yards. The finish line should be at the “mouth” of a rope funnel leading into a rope chute. The mouth of the funnel should be at least 15 feet wide. The chute should be 15-feet wide at the mouth and narrow down at least 15-25 deep. Give the runners ample space in the chute. The rope should be supported by stakes place approximately 20 feet apart. The stakes at each end should be driven in to ground or set in post holes. They should be solid enough to permit the rope to be drawn tight. **It is a requirement to have at least one camera set up to capture the finish of each regional/sectional race.**



**Length of chute:** 15-25 feet or more

**Width of chute:** 15 feet down to 30 inches

**Height of rope:** 40 inches

**Width of chute mouth:** 15 feet

Posts at the finish line should be well padded.

Rope on each side of finish line for a distance of approximately six feet beyond the finish line should be wrapped to prevent rope burns.

Posts should be placed approximately 20 feet apart.





# Regional and Sectional Meet Officials Duties



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

Make an inventory of the help needed and then proceed to organize the help. Do not hesitate to call upon other schools assigned to your meet to supply workers.

All officials and workers should be made thoroughly familiar with the duties and responsibilities. Typewritten instruction sheets, prepared in advance and placed in their hands, will remove the necessity of last-minute instructions.

## Officials Needed on the Course

Meet Referee (IHSA Assigns)  
Starter/Clerk (IHSA Assigns)  
Finish Judges  
Caller  
Checkers  
Chute Inspectors  
Course Inspectors  
Timers

## Meet Referee

1. place the teams in proper position on the starting line after they have drawn for position by lot;
2. start the race;
3. act as referee of all decisions in the conduct of the race;
4. disqualify any runner for unsportsmanlike conduct or for any flagrant violation of the rules;
5. instruct the runners before the start of the race.
6. The referee must review the video of the finish of each race to score the event.

## Clerk/Starter

1. assist the Starter;
2. assist at the starting line

## Finish Judge

1. stand at the finish line and determine the proper order of contestants as they cross the finish line; have final authority on the order of finish.

The Finish Judges and the Chute Judges are responsible in seeing fairness prevail. It can get hectic when a jam-up occurs. The video cameras prevail most creditably in these circumstances. Use another official (assistant referee) to read the videos should a conflict arise. (This eliminates any time delays for the next race.)

## Chute Inspector

1. supervise the runners in the chute. Any runner after crossing the finish line is entitled to his/her position in the line;
2. assist in every way possible to see that each runner is properly checked in the order of his/her finish.  
The "**CHUTE**" **INSPECTORS** gather at the Finish Line and go over all finish procedures. Nothing is left to chance — the officials should be experienced in their duties. Track and Field officials registered with the IHSA are preferred.

## Caller

1. be located in such a position at the finish line that he/she can clearly see the number of each contestant as they cross the finish line;
2. call the numbers of each contestant in the order of their alignment at the finish. The caller's voice should be of a quality that can be clearly understood by the checkers recording the finish. In the event more than one finisher crosses the finish line at the same time, the Finish Judge will determine the placing of the runners.

## Procedures at the "End of the Chute"

1. You may consider using a "Caller" with a cellular phone that reads the competitors number when they reach the end of the chute. The cellular connects with an official inside the school building (where it is warm and quiet). This is the "Primary Method" for scoring.
2. Back-up systems are as follows:
  - a. The "Caller" has a tape recorder that identifies finishers.
  - b. Assistant to the "Caller" writes down the competitor's number.
  - c. Video Review in some form is required at all regional and sectional meets.
3. At the State Final, the "Timing Tape" is a back-up taken and recorded.

## Checkers

It shall be the duty of the Checkers to record the order of the finish as given to them by the caller and/or finish judge(s). In case of a conflict in records, if two are in agreement, their records shall be recorded as official. If an agreement cannot be reached, the final decision shall be made by the referee.

## Course Umpire

1. observe the conduct and course of the runners during the race;
2. record the numbers of contestants that are in violation and report the infractions to the referee.

**It shall be the duty of the Timers to time the winner of the race.**

## Numbers

Numbers may be prepared from sign cloth, white window blind material or any other material durable enough to prevent safety pins from pulling out.

The manager should assign a number to each team and each runner on the team should be assigned a number in the order of his/her ability.

### Example:

A team is assigned number 3. Then each runner on the team will bear the team number and, in addition, his/her number on the team. The members of the team, in order of their ability, would bear the following numbers on both the front and back:

3-1, 3-2, 3-3, 3-4, 3-5, 3-6, 3-7

This system of numbering simplifies the scoring at the end of the meet.

# BOX ASSIGNMENT SUGGESTIONS FOR ALL CLASSES THREE REGIONALS PER SECTIONAL

1. Based on the adopted format of advancing runners from Regional Meets, the maximum number of boxes required should be 26 for 1A sectional meets and 23 for 2A and 3A sectional meets.

## CLASS 1A

3 Regionals x 7 teams	21 boxes
3 Regionals x 5 individuals (5 + individuals per box)	3 boxes
Total	24 boxes

Using 6 foot boxes, the maximum length of the starting line should be 156 feet. At some sites, smaller boxes might be required.

## CLASSES 2A and 3A

3 Regionals x 6 Teams	18 boxes
3 Regionals x 5 Individuals (5 + individuals per box)	3 boxes
Total	21 boxes

Using 6 foot boxes, the maximum length of the starting line should be 144 feet. At some sites, smaller boxes might be required.

2. **Boxes assigned should be centered on the line.**

For Class 1A, boxes 2 through 25 should be used.

Boxes at either end may be used to accommodate team ties. Individual ties should be added to the individual boxes.

For Classes 2A and 3A, boxes 2 through 22 should be used.

Boxes at either end may be used to accommodate team ties. Individual ties should be added to the individual boxes.

3. **Empty boxes between assigned boxes should be avoided.**
4. **Boxes containing individuals should be interspersed evenly among boxes containing teams.**
5. **Please refer to the following chart to determine placement of individual and team boxes.**

# IHSA SECTIONAL CROSS COUNTRY MEET

## 1A - BOX ASSIGNMENTS

BOX	✓	7?	SCHOOL OR RUNNER	1	2	3	4	5	6	7
1			Reserved for Team Ties							
2			Team 1							
3			Team 2							
4			Team 3							
5			Team 4							
6			Individuals A							
7			Team 5							
8			Team 6							
9			Team 7							
10			Team 8							
11			Team 9							
12			Team 10							
13			Team 11							
14			Individuals B							
15			Team 12							
16			Team 13							
17			Team 14							
18			Team 15							
19			Team 16							
20			Team 17							
21			Team 18							
22			Individuals C							
23			Team 19							
24			Team 20							
25			Team 21							
26			Reserved for Team Ties							

# IHSA SECTIONAL CROSS COUNTRY MEET

## 2A and 3A - BOX ASSIGNMENTS

BOX	✓	7 ?	SCHOOL OR RUNNER	1	2	3	4	5	6	7
1			Reserved for Team Ties							
2			Team 1							
3			Team 2							
4			Team 3							
5			Team 4							
6			Team 5							
7			Individuals A							
8			Team 6							
9			Team 7							
10			Team 8							
11			Team 9							
12			Team 10							
13			Individuals B							
14			Team 11							
15			Team 12							
16			Team 13							
17			Team 14							
18			Individuals C							
19			Team 15							
20			Team 16							
21			Team 17							
22			Team 18							
23			Reserved for Team Ties							

**CLASS 1A — SAMPLE RANDOM DRAW (2A and 3A would use the same process but there would only be 6 teams per regional qualifying on to the sectional meet.)**

<b>Regional/Team Place</b>	<b>Girls</b>	<b>Boys</b>
Regional 1-1	4	25
Regional 1-2	25	16
Regional 1-3	21	17
Regional 1-4	8	5
Regional 1-5	9	20
Regional 1-6	19	24
Regional 1-7	12	9
Regional 1 Individuals	14	6
Regional 2-1	16	21
Regional 2-2	10	7
Regional 2-3	2	23
Regional 2-4	15	8
Regional 2-5	20	18
Regional 2-6	18	3
Regional 2-7	7	15
Regional 2 Individuals	22	14
Regional 3-1	17	10
Regional 3-2	11	13
Regional 3-3	13	12
Regional 3-4	24	19
Regional 3-5	3	2
Regional 3-6	5	4
Regional 3-7	23	11
Regional 3 Individuals	6	22



## **Awards Delivery Information**

To Managers of All IHSA Tournaments:

In an effort to better serve our tournament sites and the suppliers of our awards, we would like to have you read this bulletin carefully and then do what you can to expedite the instructions:

1. Be advised that at **Regional and Sectional Tournaments**, medals and plaques may be shipped separately and may not arrive at your tournament site on the same day. Please open boxes immediately to check contents, as medals **CAN** be in plaque boxes. **NOTE:** There are no medals given at Regional and/or Sectional Levels in the team sports of baseball, basketball, competitive cheerleading, football, soccer, softball and volleyball, and in the activities of Drama/Group Interpretation and scholastic bowl.

Our awards supplier, A and M Products of Princeton, IL, often ships Regional and/or Sectional medals in the box with the plaque. **PLEASE CHECK THE PLAQUE BOXES CAREFULLY AND DO NOT DISCARD THEM UNTIL YOU HAVE DETERMINED THE MEDALS ARE NOT THERE!!**

**At State Final Tournaments**, medallions and trophies may be shipped separately and may not arrive at your tournament site on the same day. Please open boxes immediately to check contents, as medallions can be in trophy boxes.

2. Awards will be shipped to the school sites directly from A & M Products via United Parcel Service.
3. Please inform whoever receives your United Parcel deliveries to expect awards to arrive up to two weeks prior to the tournament, and ask them to deliver the packages directly to you when they arrive.
4. It is very likely that some awards (particularly trophies) will arrive in two or more boxes. **They may not arrive on the same day, but should be opened as they arrive.**
5. Please check all trophies, plaques, etc., to see that they are in good condition and not damaged in any way. You should note that they are engraved with the proper sport, tournament level, year, etc.

If, after doing all of this, a problem develops, please contact Cheryl Lowery at the IHSA office at (309) 663-6377.

Thank you very much for your cooperation.

Kraig Garber  
Asst. Executive Director





## Regional and Sectional Managers Winner Report Instructions



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

The IHSA Schools Center Web site will enable managers to connect from any location that has an internet connection.

All Regional and Sectional Managers for the Cross Country State Series are **required** to complete the Regional and Sectional Winner Reports on-line, no later than 4:00 p.m. the day of the meet and email a copy of the complete results to [kgarber@ihsa.org](mailto:kgarber@ihsa.org). This will allow IHSA to verify meet results and to address any errors reported by the public without contacting the manager after their meet is over.

### **Regional & Sectional Managers:**

Schools are required to complete their On-Line List of Participants on-line, by 11:59 p.m., Monday, October 15. **Important: Do not request rosters from schools prior to this deadline.** IHSA will supply each Manager the official rosters from each school assigned to their meet. The file supplied by the IHSA Office is the Official File and is the only file to be used for the meet.

**A school in violation of the deadline will not be included in the Official File sent from the IHSA Office to managers and are ineligible to run in your meet, unless approved by Kraig Garber at the IHSA Office.**

**Tuesday, October 16:** Regional Managers will receive an email with any last minute details and notify managers when the List of Participant file is available for download.

**Monday, October 22:** Sectional Managers will receive an email with any last minute details. IHSA will release new files for you. You will receive new files of advancing schools from regionals.

### **Log-In Instructions for Access to Tournament Management Links (List of participant files, Winner Report, Financial report, etc.)**

1. On the World Wide Web Go to: [www.ihsa.org](http://www.ihsa.org)
2. Click on Schools & Officials Center login
3. Enter your schools User ID number (5 digits, a letter followed by 4 numbers)
4. Enter your Athletic Director, Official Representative or Tournament Manager password. These are the only passwords that will allow tournament specific links to appear. A coaches password **will not** give them access, unless you add them as the "Tournament Manager" in the IHSA Schools Center under their job responsibilities/coaching profile.

5. Click on “H IHSA State Series Hosting & Scorezone Information”

The screenshot shows the Schools Center website header with the IHSA logo. Below the header is a search bar and a navigation menu. The menu is divided into 'Departments' and 'Message Center'. In the 'Departments' section, there is a grid of links. An orange arrow points from the text 'Click on “H IHSA State Series Hosting & Scorezone Information”' to the link labeled 'H IHSA State Series Hosting & ScoreZone'.

6. If you have logged in with the correct User ID and Password, you will see the following:

Click on any of the following links in this area to complete the Tournament Manager Responsibilities

The screenshot shows the 'IHSA State Series Hosting' page. At the top, there is a navigation bar with several links: 'IHSA State Series Hosting', 'ScoreZone', 'Financial reports', 'Host availability survey', and 'Facilities survey'. Below this is a main content area with a heading 'IHSA State Series Hosting' and a paragraph of introductory text. Below the text is a table with five columns: 'Assign Officials', 'List of Participants', 'Results Report', and 'Financial Report'. An orange arrow points from the text 'Click on any of the following links in this area to complete the Tournament Manager Responsibilities' to the 'Assign Officials' link in the table.

7. Once the Meet Referee has certified the results, email the girls and boys complete sets of results to kgarber@ihsa.org at the conclusion of your races Saturday.

**2018-2019 IHSA Regional/Sectional Host  
Individual Event Awards Order Form for Ties**

**Tournament Site:** \_\_\_\_\_ **Level Of Competition:** \_\_\_ Regional \_\_\_ Sectional

**Sport/Activity:** \_\_\_\_\_ **Gender:** \_\_\_ Girls \_\_\_ Boys \_\_\_ Co-ed

**Print Tournament Manager's Name:** \_\_\_\_\_

**Tournament Manager's Phone Number:** \_\_\_\_\_

**Tournament Manager's Email address:** \_\_\_\_\_

**Classification (circle one):** 1A 2A 3A 4A 5A 6A 7A 8A Unclassified

This form must be used and completed by the **Regional and/or Sectional Manager** to order tie awards earned during the Regional or Sectional Tournament. **Please return unused medals to A & M Products, 575 Elm Place, Princeton, IL 61356.**

Immediately following the **Regional and/or Sectional** tournament, please **fax this order form to A & M Products (815) 879-0400**. Upon receipt, A&M Products will mail orders for "Ties" directly to the School(s) listed below.

(\***Event Name:** Pole Vault, Discus, Diving, 100-yd. Butterfly, Singles, Doubles, 102 lb., Speech: IE, etc.)

◆ **Recipient Town/School (Must supply both):** \_\_\_\_\_

**Name of Recipient:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**TM=Team Plaque:** (    ) check here

◆ **Recipient Town/School (Must supply both):** \_\_\_\_\_

**Name of Recipient:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**I=Ind. Medal/Event Name\*** \_\_\_\_\_

◆ **Recipient Town/School (Must supply both):** \_\_\_\_\_

**Name of Recipient:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**I=Ind. Medal/Event Name\*** \_\_\_\_\_

◆ **Recipient Town/School (Must supply both):** \_\_\_\_\_

**Name of Recipient:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**I=Ind. Medal/Event Name\*** \_\_\_\_\_

◆ **Recipient Town/School (Must supply both):** \_\_\_\_\_

**Name of Recipient:** \_\_\_\_\_ **Place:** \_\_\_\_\_

**I=Ind. Medal/Event Name\*** \_\_\_\_\_



# IHSA Licensed Vendor



• [www.ihsa.org](http://www.ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

## School Information:

Please read the entire Trademark Use and Royalty Policy for full disclosures.

- By virtue of membership, schools are granted a license to use the IHSA Trademarks on or in connection with IHSA State Series Events. Member schools may produce their own programs or merchandise in accordance with the terms of the Trademark Use and Royalty Policy.
- Any writing or merchandise produced in connection with IHSA State Series Events must conspicuously display the IHSA name and at least one logo.
- Member schools contracting with an outside vendor to have programs or merchandise produced in connection with IHSA State Series Events are required to use IHSA licensed vendors.
- Member schools advancing to an IHSA State Final and choosing to have merchandise produced in connection with that event, must use Minerva Sportswear. The IHSA has a contract with this company to be the exclusive IHSA State Final Merchandise Vendor.
- A member school may use any IHSA Licensed Vendor. To see the approved list, visit the IHSA website at <http://www.ihsa.org/Resources/Merchandise/LicensedVendors.aspx>.

## Vendor Information:

Please read the entire Trademark Use and Royalty Policy for full disclosures.

- Any printed material or merchandise produced in connection with IHSA State Series Events, must conspicuously display the IHSA name and at least one logo.
- IHSA marks and logos can only be utilized by those who are granted a license by the IHSA.
- Member schools contracting with an outside vendor to have programs or merchandise produced in connection with IHSA State Series Events must use an approved IHSA licensed vendor.
- IHSA licensed vendors can sell licensed material to any IHSA member school.
- IHSA licensed vendors cannot produce merchandise in conjunction with an IHSA State Final. The IHSA has an exclusive State Final Merchandise Vendor contract.
- Licensed publication vendors pay the IHSA a 5% royalty of gross advertising sales, and licensed merchandise vendors pay the IHSA an 8% royalty of gross merchandise sales (based on sale of the finished product) - Royalty Report.
- For unlimited events, vendors can be licensed by the IHSA and utilize the IHSA name and logos for an entire year for a \$500 annual fee; or
- For limited events, vendors can be licensed by the IHSA and can utilize the IHSA name and logos for a single event, up to three events in a year, for \$50 per event or \$100 for three events.

Applying to be an IHSA Licensed Vendor (unlimited events):

1. Submit a completed Licensed Vendor Application for approval;
2. Once approved, sign the IHSA Vendor License Agreement; and
3. Pay the annual licensing fee of \$500.

Applying to be an IHSA Licensed Vendor (limited events):

1. Contact the IHSA office for approval;
2. Once approved, sign the IHSA Limited Use Vendor License Agreement; and
3. Pay the single event fee of \$50 or \$100 for three events.

For additional information regarding Licensing and Royalty, contact Brandi Waters at 309-663-6377 ext. 125, or visit the IHSA website at <http://www.ihsa.org/Resources/Merchandise/LicensedVendors.aspx>.

**Royalty Report:** For a downloadable pdf of the Royalty Report go to [http://www.ihsa.org/documents/forms/State\\_Tournament\\_Series\\_Royalty\\_Report.pdf](http://www.ihsa.org/documents/forms/State_Tournament_Series_Royalty_Report.pdf)



## **Financial Reports Must Be Filed Online**

The final phase of your hosting responsibilities is to file a financial report with the IHSA. The financial report forms are available in the password-protected Schools Center area of the IHSA Web site.

Log in to the Schools Center with your user ID and password. On the main menu of the Schools Center, under the heading "IHSA State Series Hosting", you will find a link to the financial report. Please fill out the one-page form and press the submit button to file your report.



# State Final Information



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

**State Final Date:** State Final Boys and Girls Cross Country Meets will be held on Saturday, November 3 at Detweiller Park on Illinois Highway 29, north of Peoria.

**State Final Time Schedule:** Please refer to the current Cross Country Terms and Conditions on the Cross Country web page.

**Directions to Detweiller Park:** Teams and officials can enter Detweiller Park off of Route 40 (Knoxville Ave.) or off of Route 29. The Peoria Park Police will direct vehicles to the proper parking areas. Team vehicles must display the parking pass. There will be no other reserved parking areas for team vehicles.

**Housing Opportunities:** The vast majority of the hotels/motels in the Greater Peoria area are cooperating with IHSA and the Peoria Area Convention and Visitors Bureau to provide good team rates for the weekend of the State Final Meet. Visit the IHSA Web Site ([www.ihsa.org](http://www.ihsa.org)) and click on boys or girls Cross Country in the upper right corner of the home page. Then click on housing in Peoria.

The Detweiller course will be open for practice for all qualifiers, 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 Participants 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.

**Spectator/State Final Parking Fee:** Admission fees will be collected at each of the parking lots in or adjacent to Detweiller Park for those who do not have a parking pass.

**Fees: Cars=\$10.00; Vans** (extended 15 passenger type) = \$15.00; **Buses=\$25.00**

**Team Parking at Detweiller:** Team buses and/or vans will be provided passes for parking. They are supplied in the State Qualifier Packet after your school has qualified for the state final. State Meet Personnel will be on site for Friday's practice to assist you with additional parking requests. Parking is at a premium, therefore we ask for your cooperation when determining your school's transportation needs. **Do not call Peoria High School personnel for additional school vehicle parking pass(es).**

**First Aid:** Doctors, nurses, athletic trainers and a rescue unit will be located at two locations in the finish line chute.

**Spectators:** Every effort is being made to assure that your runners will not have interference during the race. Coaches, instruct your non-competing runners and spectators to stay behind the restraining fences at the finish and within the designated spectator areas during the races.

**Pets:** Individuals are prohibited from bringing any type of pet to the State Final, with the exception of service and seeing-eye dogs. Schools should inform their parents and fans.

**Cooking Grills:** At the direction of the Fire Marshal there will be no cooking grills of any type allowed in the park during the Cross Country State Final event. This is for everyone's safety and we appreciate your cooperation.

**Vendors:** Vendors are not allowed to set up areas at the State Final, without consent of the IHSA Office prior to the State Meet.

**Fence of Fame:** The Fence of Fame and all IHSA Banners have been a delightful addition to the color and pageantry of the event. Unfortunately, portions of the fencing and banners with the four-color photos of runners have been cut from the fence and stolen in recent years. Please advise your students and fans that IHSA and host 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.

**Results:** Official Results will be posted at Detweiller Park after each race. When official, results will be posted on the IHSA web site at [www.ihsa.org](http://www.ihsa.org) and the official race results will be posted on the results display boards adjacent to the Peoria Area Convention and Visitors Bureau tent and the concession stand. These boards are located on the west side of the road in Detweiller Park. Official race results will be posted on the IHSA Cross Country website under State Series Information and results once verified for schools and media. Hard copies will not be made available to coaches, fans or the media.



# CROSS COUNTRY CLERKING DETAILS FOR THREE CLASSES IHSA STATE MEET

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.

## TIME SCHEDULE

	<b>Class 1A</b>	<b>Class 1A</b>	<b>Class 2A</b>	<b>Class 2A</b>	<b>Class 3A</b>	<b>Class 3A</b>
	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>
<b>Teams Report</b>	8:35	9:35	10:35	11:35	12:35	1:35
<b>Final Instructions</b>	8:55	9:55	10:55	11:55	12:55	1:55
<b>Start</b>	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

<b>Clerking Crew</b>	<b>Class 1A</b>	<b>Class 1A</b>	<b>Class 2A</b>	<b>Class 2A</b>	<b>Class 3A</b>	<b>Class 3A</b>
	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>	<b>Girls</b>	<b>Boys</b>
<b>A</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
<b>B</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>	<b>9</b>
<b>C</b>	<b>16</b>	<b>16</b>	<b>16</b>	<b>16</b>	<b>16</b>	<b>16</b>
<b>D</b>	<b>23</b>	<b>23</b>	<b>23</b>	<b>23</b>	<b>23</b>	<b>23</b>
<b>E</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>	<b>30</b>

Thank you in advance for your cooperation.



# State Final Meet Procedures



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

**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 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.

## Team Packet Distribution

- 1) Each school will pick up their Team or Individual packet either on Friday or Saturday morning.
- 2) The packet will include meet information, bib numbers, hip numbers, safety pins, qualifier pins etc. Coaches are not to issue the bib numbers to their athletes until the team arrives at the course on Saturday. Replacing lost or broken bibs is a time-consuming process and your athlete could miss the start of their race. Wait until you arrive at the park to distribute!
- 3) Each runner will be assigned the following items:
  - a) 2 Bib numbers with competitor number (front and back, 4 safety pins for each bib).
  - b) 2 Hip numbers with competitor number (one for each hip).
- 4) No runner will be allowed to start a race without both bibs held in place by 4 pins (per bib) and hip numbers. The clerks will check in the runners for each race.
- 5) **Pre-race meeting:** All head coaches will attend a meeting, 30 minutes before the start of the girls' race in each class, with the meet referee, assistant meet referee, or the head meet official to discuss check in, starting, and finish line procedures. If a coach attended one of the meetings on Friday afternoon (2:00 or 3:00 p.m.) he/she does not need to attend the meeting held prior to the start of the race on Saturday.

## Finish Line Procedure

- 1) **Finish Line Area:** Will be set up as a large fenced in area, able to hold all officials, vans, cameras, timers, first aid workers, etc.
- 2) **Finish Line:** The actual line will be 15 feet wide and will be located on the inner edge of the first of two sensor coils. The area around the finish line will be restricted both in front and behind the line by at least 5 feet.
- 3) **Finish:** Each runner will finish the race when the torso crosses the finish line.
- 4) **Time/Place:** The bib will activate the time for each runner as they cross the sensor coils. The place will be determined by video review.
- 5) **Time Backup:** Two timers will be located at the finish line to serve as backup timing.
- 6) **Place Backup:** Multiple Cameras will be used as a backup along with finish line judges. Two finish line judges will be in place at the finish line to confirm the order of finish for each race.
- 7) **Chute:** The chute will be open at least 25 feet wide at the finish line and expanded to at least 30-40 feet wide after the finish line. The length of the chute will be at least 50-75 feet long and angled toward the southeast corner of the finish line area as it leads the runners out of this area.
- 8) **Refreshments:** Liquid refreshments will be available in the area at the end of the chute as it leads the runners out of the chute.
- 9) **Video Review-** All races will be reviewed to confirm the placement of each runner. When the finish is confirmed, the meet referee will be notified.
- 10) **Scoring Certification-** After the meet referee receives the results, confirms the team scores and the placement of each runner, checks for any disqualifications, he/she will certify, sign, and post the final official results.

## Scoring Procedures

- 1) As the runners cross the sensor coils, the bib attached to each runner will activate, giving each runner the time. The torso will be used for the actual finish of each runner.
- 2) As the runner crosses the finish line, a camera will record the runner's bib number for review and confirmation of each runner's place.
- 3) When the video reviews have been completed, and adjustments made as needed, the meet referee will sign the results indicating that they are officially approved.
- 4) The results will be posted after the results have been certified on the boards at the Peoria Area and Convention and Visitors Bureau booth located near the refreshment stand on the west side of the course. Unofficial results will not be posted. The official results will then be posted on the IHSA Cross Country Website under State Series Information and results.



# State Final Awards Ceremony Procedures



• [www.ihsa.org](http://www.ihsa.org) • [kgarber@ihsa.org](mailto:kgarber@ihsa.org) or [clowery@ihsa.org](mailto:clowery@ihsa.org) • Phone: 309-663-6377 • Fax: 309-663-7479 •

**Site:** Peoria Park District stage, located in the open area west and around the corner from the finish line at Detweiller Park.

**All times listed below are approximate. Results will not be posted, until they have been verified according to the Scoring Procedures outlined in this manual.**

## **Class 1A**

Report to staging area: 10:30 a.m.

Ceremony Begins: 11:00 a.m.

## **Class 2A**

Report to staging area: 12:30 p.m.

Ceremony Begins: 1:00 p.m.

## **Class 3A**

Report to staging area: 2:30 a.m.

Ceremony Begins: 3:00 p.m.

**Award Winner Staging Area:** The award winners should assemble behind the Peoria Park District Stage no later than 20 minutes prior to the start of their respective Awards Ceremony.

**Official Photos:** Visual Image Photography (VIP) is the exclusive official photographer for all Illinois High School Association (IHSA) State Final events. Action, feature and/or individual award photographs taken by VIP may be ordered after the Awards Ceremony at Detweiller Park or at any other time via the Internet. Fans may stop by the VIP booth in Detweiller Park before they return home today and place their order. The VIP booth is located on the west side of the course near the Concession Tent and the PACVB booth. Fans also may order from the VIP Web Site @ [www.vipis.com](http://www.vipis.com)

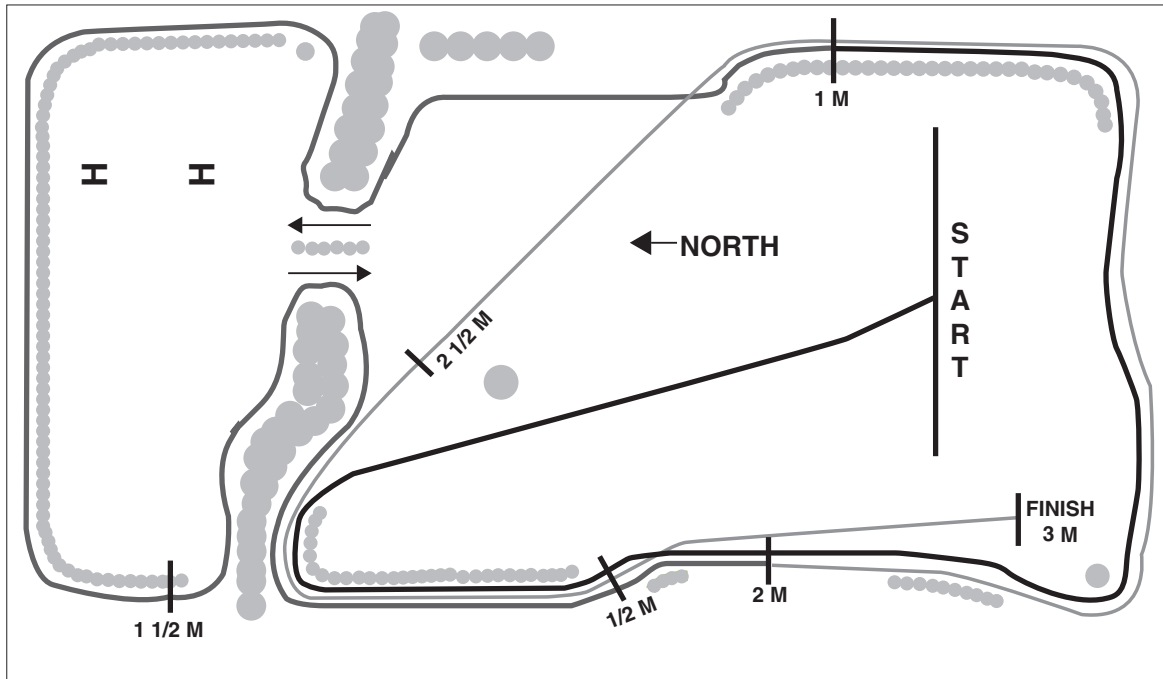
**Fan Photos:** Spectators will have access to a photo area in front of the stage during and after the respective individual and team awards presentations. A total of approximately four (4) minutes will be set aside for fans to take team photographs. It is strongly recommended that fans use the VIP service. Fans are not permitted access to the area inside the ropes behind the awards stage.

## **Award Winner Instructions**

- 1) Individual Place Winners and Placing Team members report to the back of the Peoria Park District Stage located in the open space west of the course by the shelter at least 20 minutes prior to the scheduled start of their respective Awards Ceremony. The boys and girls awards will be done separately. Individuals receiving medallions will be placed in reverse order of finish from 25th to 1st. The Coaches and members of the top 3 placing teams will be placed by team according to the order provided by the school on their Team Award Information confirmed at the time they pick up their team packet. The medallions and trophy will be presented to the schools in reverse order of finish (3-2-1).**
- 2) Award winners must assemble at the correct time, and, once all have checked in, final instructions will be given.
- 3) Each medallion winner will be introduced and enter the stage from the designated side. Proceed to the middle of the stage to the awards presenter, have the medallion draped over the recipient's head, and walk to the other side of the stage and wait there until all 25 individuals have been recognized. The top 25 should remain on stage together until instructed to leave the stage. Group photos will be taken by fans at this time. The order will be 25th place girl, 24th place girl etc. for the individuals. The team order will be 3rd place girls team, 2nd place girls team, 1st place girls team.
- 4) After each individual and team member receives their medallion, they should move to the other side of the stage and wait until all 25 individuals or their team members are present for a group photo on-stage.**
- 5) Official photographers from Visual Image Photography (VIP) will take the official photo of each person (individual finisher and/or team member) receiving an award. It will be taken as an individual portrait with the state medallion draped on the person after they received the medallion. In addition, a group photograph (top 25 individuals as a group or each of the top three teams as a team) will be taken after the medallions have been presented. These photographs will be taken behind the stage (or in the shelter in the case of inclement weather) after the medallion(s) has been presented on the stage. VIP photographers may take additional photos during the actual presentation ceremony.
- 6) Following the session with the VIP photographers, the Public Address Announcer will notify the award winners required to participate in the press conference when they are to report to the shelter. The shelter is approximately 20 yards northwest of the stage. The top 3 Individuals, plus the head coach and all members of the top 3 placing teams, in each of the six races, will leave the stage area and report as a group for the required press conference. This is in addition to any interview sessions with the media by individual runners and coaches at Detweiller Park earlier in the day.

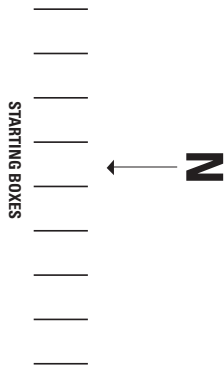
# Detweiller Park - Peoria State Final Course

RT 29



PARK ROAD

TO AWARDS  
AREA



## STATE CROSS COUNTRY MEET FINISH AREA

