



INTRODUCTORY NOTE: This bulletin has been prepared to give you a quick study guide for the upcoming Cross Country Season. Complete information will be included in the Terms & Conditions and the Manual for Schools on the IHSA Cross Country Website OR through the IHSA Schools Center. **The Following Information** deserves your special attention. If you have questions about official interpretations or recommendations for rule changes for next year, please email IHSA Assistant Executive Director Kraig Garber (kgarber@ihsa.org).

INFORMATIONAL TOOLS FOR COACHES AND OFFICIALS

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

2024 IHSA REGIONALS, SECTIONALS & STATE FINAL

1. IHSA will be using athletic.net for submitting list of participants for schools entering team rosters or individual entries. Complete instructions/procedures will be outlined in the manual for schools and managers.
2. TERMS AND CONDITIONS
Section VI. Tournament Assignments
 - A. Class 1A Series
A total of fifteen (15) regional meets will be created with three (3) regional meets assigned to a correlated sectional. There will be five (5) 1A sectionals.
 - B. Class 2A & 3A Series
A total of twelve (12) regional meets will be created with three (3) regional meets assigned to a correlated sectional. There will be four (4) 2A & 3A sectionals.
3. Section VII. Advancement of Winners
 - A. Class 1A Regionals to Sectionals
The first seven (7) placing teams and the first five (5) runners who are not members of the advancing teams in each regional will advance to sectional competition at the site to which they are assigned. In addition, in the event the 6th, 7th or 8th place overall individual finisher in the regional is not on a qualifying team, such 6th, 7th or 8th place overall finisher in the individual race shall advance from the regional to the sectional meet.
 - B. Class 2A/3A Regionals to Sectionals
The first six (6) placing teams and the first five (5) runners who are not members of the advancing teams in each regional will advance to sectional competition at the site to which they are assigned. In addition, in the event the 6th,



7th or 8th place over- all individual finisher in the regional is not on a qualifying team, such 6th, 7th or 8th place overall finisher in the individual race shall advance from the regional to the sectional meet.

C. Class 1A Sectionals to State Final

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

D. Class 2A/3A Sectional to State

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

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

A. Sectional to State Final:

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

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

NFHS CROSS COUNTRY RULE CHANGES

<https://www.nfhs.org/sports-resource-content/track-and-field-rules-changes-2024/>

IHSA CROSS COUNTRY TERMS AND CONDITIONS CHANGES

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

https://www.ihsa.org/Portals/0/CC%20Minutes_1.pdf

IHSA IMPORTANT REMINDERS

1. Detweiller Park **IS NOT** open for training sessions. Running inside of the perimeter will be allowed but running on the actual state final course will not be allowed until September 1st. There are many races planned for the course during the coming IHSA season, and so as always, an attempt is being made now to preserve the course for those events, including the IHSA State Finals. Thank you for your cooperation.

2. **REGIONAL, SECTIONAL AND STATE FINAL MEET RACE/TIME TRIALS ARE PROHIBITED BEFORE, DURING OR AFTER THE MEET(S).** It **IS NOT LEGAL** to allow high school athletes OR coaches to conduct or participate in open races/time trials.

3. It **IS NOT** legal for anyone to conduct open races/time trials for high school athletes/coaches at Detweiller Park during the days preceding the state final. This includes Friday before the state finals and Saturday BEFORE OR AFTER the state final races. ALL COACHES AND ALL ATHLETES FROM ANY SCHOOL VIOLATING THIS RULE ARE SUBJECT TO IMMEDIATE DISQUALIFICATION FROM THE STATE FINAL RACES ON SATURDAY!

Practice: Friday, November 8, 2024, 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.

4. **Video Replay and Television Monitoring Equipment:** Use of video replay or television monitoring equipment from sources other than equipment approved by the IHSA (or meet manager) WILL NOT be used to make decisions related to the state series meets. Only IHSA state meet officials, including the games committee (when called upon by the meet referee to do so), will have the authority to review ONLY the IHSA official video results. It is also required for the host to



have available a finish line camera for the purpose of "required IHSA official video review" at all regional and sectional meets. Video review will be used as the primary method of determining the outcome of all races at the regional, sectional, and state final meets. The Meet Referee and IHSA officials will review the finish line video of each regional, sectional, and state final race to facilitate accurate scoring of each race.

At regional and sectional events elaborate, multi-camera systems are not necessary. A single, well positioned camera IS satisfactory. Host schools must consult the IHSA MEET REFEREE to determine the appropriate position and angle of the finish line camera.

Regional/Sectional Video Review: The host school conducting all regional and sectional events must provide some form of video review of the finish line. This video review can be as simple as one video camera and one monitor (television or computer, etc.) or as sophisticated as the host school chooses. Placement of this camera is critical. Please consider its placement (height, angle, etc.) carefully. Meet managers must consult the Meet Referee as the decision regarding camera placement is considered. Only the FINISH LINE VIDEO PROVIDED BY meet management WILL be used to review the finish of any race. The ASSIGNED IHSA Meet Referee will review the video of the finish of race to facilitate accurate scoring of each race. Only the IHSA MEET REFEREE and MEET MANAGEMENT may view the finish line video (the games committee may also view the video, but only if invited to do so by the MEET REFEREE).

IHSA CROSS COUNTRY IMPORTANT DATES:

- August 12:** Practice may begin
- August 13:** Coaches can begin adding their Roster to Athletic.net; **Coaches may begin adding their Coaching Staff and Six Contest Verification until 10/21/2024 in the Schools Center.**
- August 13:** *First date of Officials Online Part 1 exam/Rules Presentation begin through the IHSA School & Officials Center.
- August 26:** 1st Contest Date.
*Cross Country Manual posted (School's Center and Cross-Country Activity web pages).
- August 26:** School Participation Team/Individual Entry Deadline. This is when the school indicates its intention to participate in the IHSA State Series (usually done by the AD or Off. Rep.). IHSA will then assign schools to their Sectional from that list of schools.
- September 17:** Online Rules Presentation/Officials Exams deadline. Official's availability calendar deadline/Probation and Suspension calculated.
- September 18:** **Officials Assignment process begins. IHSA Will ASSIGN licensed officials for all levels of the State Series for those who made themselves available through their availability calendar (Regional/Sectional)**
*School Regional and Sectional Assignments posted online "State Series Information and Results" link
- October 15:** Cross Country Volunteer Officials (non-paid) sign-up deadline. *IHSA will not use availability calendar for volunteer officials at the State Final meet. Officials must sign-up through their Officials Center by accepting their volunteer assignment.
- October 21:** Cross Country List of Participant Declaration deadline via Athletic.net
- October 21:** **Deadline for Coach Data Form and Six Contest Verification**
- October 26:** IHSA Cross Country Regional Meets
- November 2:** IHSA Cross Country Sectional Meets
- November 8:** State Final Practice for Qualifiers Only
- November 9:** IHSA Cross Country State Meet at Detweiller Park, Peoria, IL
- December 4:** Advisory Committee Meeting