



***Iowa Girls High School Athletic Union***

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***Iowa High School Athletic Association***

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August 23, 2013

Dear Cross Country Coaches and Officials-

After some relatively cool days to start the cross country season, the forecast is calling for warmer temperatures for the first week of competition. Just like last year during the very warm early part of the season, we cannot emphasize enough the importance of hydrating your athletes prior to, during, and after practice. The first 8 slides of the rules meeting provide information pertaining to heat and hydration. Please familiarize yourselves with this information as it is almost certain there will be at least one more warm weather pattern prior to the end of the season.

**Online Rules Meeting** – A reminder that both boys and girls head coaches must view the online cross country rules meeting. The meeting is available for attendance credit until 4:00 PM on August 29, 2013. Officials, you are not required to view the meeting, but you are highly encouraged to do so. The meeting link can be found on either the IHSAA or IGHSAU web site. Please make certain that you view the meeting.

**Online Concussion Course** – We are proud to announce that every boys cross country coach viewed the online concussion course prior to the first day of practice. While the likelihood of a concussion occurring in cross country is very remote, it is important that you as coaches have the knowledge to provide proper care to student athletes who experience a head injury. Again, thank you to all the coaches for completing the online concussion course in a timely manner.

**State Qualifying Meet Sites** – The 20 state qualifying meet sites are now posted on both organizations' web sites. The state qualifying meet assignments will be posted during the week of October 7. The state qualifying meets will be held on Thursday, October 24, 2013, beginning at 4:00 PM. The rain date for the meet is the next day, excluding Sunday. The state meet will be held November 2 at Lakeside Golf Course in Fort Dodge.

**Reporting Meet Results** – We do want to a moment to discuss meet reporting meet results. At the current time, the IHSAA and IGHSAU do not require cross country coaches to report their meet results. The Iowa Association of Track Coaches strongly encourages that coaches send their meet results to Bill Neal ([bill.neal@mchsi.com](mailto:bill.neal@mchsi.com)) so the IATC Cross Country Ranking Committee can adequately and fairly rank the top 15 teams in each class for both boys and girls. Both the IHSAA and IGHSAU use the IATC rankings to help determine state qualifying meet assignments. Again, there is no requirement to report your meet results or to use any particular software for managing and scoring your meets.

**Competitor's Uniform Adaptation** – The National Federation has passed a new rule regarding visible undergarments. The IHSAA and the IGHSAU are making an adaptation to Rule 9, Section 6, Article 1, c7. The rule is revised to read: "Any visible garment(s) worn by two or more team members underneath the uniform top and/or bottom shall be unadorned and of a single, solid color, but not necessarily the same length. As per NFHS rules, a single, visible manufacturer's logo and/or single school name or insignia no more than 2 1/4 inches are permitted on the undergarment." **Visible undergarments worn by teammates no longer need to**

**be the same color.** Officials no longer need to worry about whether the two inches of undergarment showing under the short are the same color on all competitors. Again, this adaptation is for garments worn underneath both the jersey top and short.

We will be communicating with you any issues and concerns that are brought to our attention. As coaches and officials, please do not hesitate to contact us if you have any questions throughout the season.

Sincerely,



John Overton  
Assistant Director



David Anderson  
Assistant Executive Director