



Iowa Girls High School Athletic Union

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Iowa High School Athletic Association

PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



September 9, 2013

Dear Cross Country Coaches and Officials,

We have not had much luck with the heat and humidity so far this season. It appeared we were going to get a break but the weather has stayed very hot and will be for the next couple of days. Hopefully there will be significant cooling coming later this week. It appears you have made good decisions regarding the weather conditions as there have been very few calls to either of our offices.

Heat/Emergency Plan – Even though the forecast is for cooler weather, each meet host still needs to have a plan in place to deal with adverse weather conditions (heat/cold/lightning) and other emergency situations that might arise at your meet. Starter/referees you should converse with the meet host before competition begins about how certain circumstances will be handled if they develop.

Meet Postponements/Cancellations – Remember that we have a very liberal policy regarding rescheduling of postponed meets and the scheduling of replacements meets for cancelled meets. You do not need the permission of either the Girls Union or Boys Association if you reschedule a postponed meet or schedule a replacement meet if a meet is cancelled. Make certain your Athletic Administrator is involved in any decisions and that you do not exceed the 10 meet limitation.

Wheelchair Competitors – We are uncertain about the number of wheelchair competitors we have this fall. It would be very helpful if you could notify our offices if you have any wheelchair participants in cross country this fall.

Competitor's Uniform Adaptation – This is a repeat section from the last correspondence to you. Since it is an Iowa adaptation and reads differently than the rule book in your possession or posted online, we think it is important to repeat again. The National Federation has passed a new rule regarding visible undergarments. The IHSAA and the IGHSAA 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.**

Head Bands – We are getting calls about head bands. In the warm conditions we have been having students have been wearing head bands to keep perspiration off their faces and out of their eyes. Head bands are allowed. Head bands need to be a single solid color, unadorned except for a manufacturer's logo or school logo. Remember all other head gear and hats are not allowed unless an exception is made for adverse weather conditions. Bandanas folded to have a head band appearance are not legal.

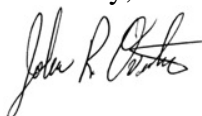
Jewelry & Uniforms Violations – It may be easy to believe with the new jewelry and uniform rules that we no longer have jewelry & uniform rules. That is just not true. If a competitor is discovered wearing jewelry, or is in an illegal uniform prior to the beginning of the race, they should be instructed to remove the jewelry and make the change to a legal uniform. If the student refuses to do so, or is unable to do so prior to the start of the race they should not be allowed to compete. Instructions of officials prior to the start of the meet are not a warning and failure to comply with the instructions of meet officials can lead to disqualification. It is true, that if jewelry or an illegal uniform is discovered during the race it is a warning to the competitor and there is no disqualification. That limited consequence does not eliminate the expectation and the requirement that all competitors must be in a legal uniform and jewelry free at the start of the race.

Non-School Events – Both organizations have had calls about students competing in road races and fun runs in your communities. These are non-school events and the participation of your students is governed by your school's non-school participation policy required by the Iowa Code. Remember, participation in these events is individual participation and school teams cannot compete as a team. Accordingly, when a group of students want to run in these events, and they all happen to be on the cross country team that is fine. It is important not to wear school equipment or use school transportation for these events. Doing those two simple things eliminate any concern about your school team participating. **Just make sure your students do not except a cash award or any award with a value greater than \$50.**

Submission Of Meet Results – Since the IGHSAU and the IHSAA do consider the IATC rankings in our qualifying meet assignments, it is very important that the ranking be as accurate as possible. The key to rating accuracy is the submission of meet results. As you know, we do not have a requirement for meet results to be posted. In our August 23 letter we encouraged you to submit your meet results to the IATC. We are again, on behalf of the IATC, requesting that if you host a meet, a set of results needs to be submitted to Bill Neal (bill.neal@mchsi.com).

We hope to get out to some meets this week. If you have questions or concerns, please do not hesitate to contact either of our offices. We will communicate questions and concerns to all coaches and officials through this type of correspondence.

Sincerely,



John Overton
Assistant Director



David Anderson
Assistant Executive Director