



Iowa Girls High School Athletic Union
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



August 25, 2015

Dear Cross Country Coaches, Athletic Directors and Officials-

It's hard to believe that schools are back in session and cross country competitions have begun. Your kids had the opportunity to practice in all sorts of weather conditions this first two weeks of practice from a few hot and humid days to cool and rainy ones. Please review the slides in the online rules meeting and 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. As in the past, we cannot emphasize enough the importance of hydrating your athletes prior to, during, and after practice.

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 Thursday, August 27, 2015. 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.

State Qualifying Meet Sites – The 20 state qualifying meet sites will be posted on both organizations' web sites within the next week. The state qualifying meet assignments will be posted during the week of October 5. The state qualifying meets will be held on Thursday, October 22, 2015, beginning at 3:00 PM for the two two-class sites and 4:00 PM for the single class sites. **NOTE THE TIME CHANGE FOR THE TWO-CLASS SITES AS TO WHAT IS PUBLISHED IN THE FALL MANUAL!** The rain date for the meet is the next day, excluding Sunday. The state meet will be held October 31 at Lakeside Golf Course in Fort Dodge.

Practicing at State Qualifying Meet Sites – As mentioned in the rules meeting, the advisory committee proposed and both governing bodies' boards approved a change to the practicing at a state qualifying meet site policy for the 2015 season. The new policy now reads, *“Once the state qualifying meet team assignments have been posted, the state qualifying meet site is closed. No team or individual is permitted to practice or be on the state qualifying meet course except for a school that uses the course for its regular practice and any school competing in a regular season meet held there after the release of the team assignments until 12:00 Noon on the day of the state qualifying meet. Violation of this rule will result in the school not being allowed to compete in the state qualifying 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 Greg Blank (iaxcresults@gmail.com; please note this is new email address from 2014) 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 –Again for the 2015 cross country season, the IHSAA and 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 ¼ 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.

Varsity and Sub-Varsity Combined Races – The two offices have received a few questions regarding the slide in the rules meeting pertaining to combined varsity and sub-varsity races as it pertains to the General Transfer and Open Enrollment rules. As stated in the rules meeting, students ineligible at the varsity level under the General Transfer and Open Enrollment rules may not compete in combined varsity/junior varsity races. This interpretation is not new for the 2015-16 school year as it was first published in the 2007-08 IHSAA Handbook. We know there are many meets that combine both races for a number of reasons. A solution we are proposing to schools is to divide you varsity and junior varsity into two races and to start your junior varsity race five minutes after the start of the varsity race. For a boy/girl one class meet, meet managers are only extending the meet by ten minutes and all participants have a chance to compete on a particular day.

Drones – Multiple schools have contacted our offices regarding drones being flown during competition. During regular season competition, local meet management shall determine if drones may be flown at their meet. The IHSAA and IGHSAA currently do not have a policy prohibiting drones, but the organizations are working on creating a policy prohibiting drones that will be in effect for the state qualifying meets. Once that policy is approved, we will share that information with all coaches, athletic directors and officials.

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.

Junior High – We have received many calls this first part of the season asking if junior high cross country participants are required to have ten days of practice prior to their first competition in part to the new school start date. Neither organization requires a specific number of days of practice prior to a junior high participant's first cross country meet. Junior high cross country teams are allowed to participate in seven meets.

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,



Jared Chizek
Assistant Director



John Overton
Assistant Director