



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

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***Iowa High School Athletic Association***

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July 27, 2012

Dear Cross Country Coaches and Officials,

Most of us cannot wait for this hot and dry summer to end. Hopefully as we begin our fall cross country season the weather will improve.

**Online Rules Meeting** - A reminder that both boys and girls head coaches must view the online cross country rules meeting. The meeting will be available on Monday, July 30 and will continue to be available for attendance credit until August 23, 2012. 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 IGHS AU website. Please make certain that you view the meeting.

**Use of Registered Officials** - A cross country meet must be started by a registered track and field official. If the event involves both boys and girls, the official must be registered with both the IGHS AU and the IHSAA. Officials, there is nothing you need to do other than have paid your re-registration fee for the 2012-13 year. Your varsity status as a track and field official last spring makes you eligible to start/referee cross country this fall.

**Heat and Hydration** - The National Federation is placing special emphasis this year on heat and hydration. With the hot, dry summer we have had this is a very timely subject. It appears this weather pattern could continue into the fall. Please pay close attention to the heat and hydration slides in the online rules meeting. We need to make a special effort to protect the health and safety of our students.

**Lightning Guidelines** - Although thunderstorms have been scarce in the state this summer, the ones we saw produced some very significant lightning. Lightning guidelines are included in the online rules meeting. Please have a plan for your practice and meets if lightning occurs. We need to be prepared to remove runners from the course in lightning occurs during competition.

**Jewelry and Uniform Rule** - We are only going to speak specifically about one rule change. The jewelry rule and uniform rules have not changed. Jewelry of any type is prohibited at all times. Remember our common definition of jewelry: "If you weren't born with it, it is jewelry." With that said, the change in the rule this year is that when a competitor is discovered wearing jewelry or **an illegal uniform**, he or she will receive a warning. Not a team warning, but a warning for each competitor. Once a competitor has been warned, a subsequent violation will result in disqualification from the event. The referee and coach need to be notified. With that said, it is virtually impossible to be disqualified for a jewelry or uniform violation in cross country unless the competitor refuses to comply with the instructions of an official before the race begins.

**Rule Books and Case Books** - Both the IHSAA and the IGHS AU now provide rule books and case books to member schools and officials on an alternating year basis. What this means is that when you receive a rule book and case book it will be used for a two year period. 2012 is a year when the Track and Field Rule Book and Case Book were not provided to member schools or officials. With Iowa being a 100% member state of the

NFHS Officials Association, registered officials do have access to a rule book and case book online. This information is available at <https://nfhs.arbitersports.com/front/105401/Site> through an arrangement with Arbiter Sports. You will click on Publications and use your email address and Arbiter password to view the books.

**State Qualifying Meets and State Meet** - Although the specific school assignments have not been made, the sites of the state qualifying meets will be posted on our websites early in August. The specific assignments will be posted some time the second week of October 1. The state qualifying meets will be held on Thursday, October 18, 2012, beginning at 4:00 pm. The rain date for the meet is the next day, excluding Sunday. The state meet schedule is very similar to last year's meet. The state meet will be October 27 and will be held at Lakeside Golf Course in Fort Dodge.

We will be communicating with you again as issues and concerns are brought to our attention. Please do not hesitate as coaches and officials to contact us if you have questions throughout the season.

Sincerely,



John Overton  
Assistant Director



David Anderson  
Assistant Executive Director