

2011 Cross Country Rules Meeting

David Anderson, Asst. Executive Director
Iowa High School Athletic Association

John Overton, Assistant Director
Iowa Girls High School Athletic Union



ADMINISTRATIVE INFORMATION

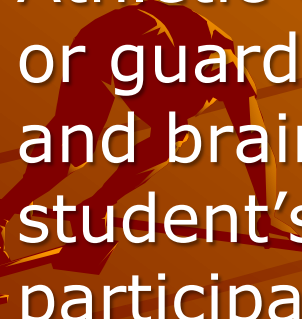
Joint Cross Country Advisory Committee



Randy Wilson, Chair	Knoxville
Terry Thompson	Non-school Official
Mike Jay	Columbus, Columbus Jct.
Marty Thomae	Benton, Van Horne
Troy Becker	Cedar Falls
Ric Collins	Marcus-Meriden-Cleghorn
Nick Nordheim	Williamsburg
Rod Smith	Woodbine
Chad Willeford	Southeast Polk

CONCUSSIONS

Iowa Code Section 280.13C states, in part, “Annually, each school district and nonpublic school shall provide to the parent or guardian of each student a concussion and brain information sheet, as provided by the Iowa High School Athletic Association and Iowa Girls High School Athletic Union. The student and student’s parent or guardian shall sign and return the concussion and brain injury information sheet to the student’s school prior to the student’s participation in any interscholastic activity for grades seven through twelve.”



CONCUSSIONS

Iowa Code Section 280.13C continued – “If a student’s coach or contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity, the student shall be immediately removed for participation. A student who has been removed from participation shall not recommence such participation until the student has been evaluated by a licensed health care provider trained in the evaluation and management of concussions and other brain injuries and the student has received written clearance to return to participation from the health care provider.”

HEADS UP: Concussion in High School Sports

A FACT SHEET FOR PARENTS AND STUDENTS

HEADS UP: Concussion in High School Sports

The Iowa Legislature passed a new law, effective July 1, 2011, regarding students in grades 7 – 12 who participate in extracurricular interscholastic activities. Please note this important information from Iowa Code Section 280.13C, Brain Injury Policies:

- (1) A child must be immediately removed from participation (practice or competition) if his/her coach or a contest official observes signs, symptoms, or behaviors consistent with a concussion or brain injury in an extracurricular interscholastic activity.
- (2) A child may not participate again until a licensed health care provider trained in the evaluation and management of concussions and other brain injuries has evaluated him/her and the student has received written clearance from that person to return to participation.
- (3) Key definitions:

"Licensed health care provider" means a physician, physician assistant, chiropractor, advanced registered nurse practitioner, nurse, physical therapist, or athletic trainer licensed by a board.

"Extracurricular interscholastic activity" means any extracurricular interscholastic activity, contest, or practice, including sports, dance, or cheerleading.

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a "ding," "getting your bell rung," or what seems to be a mild bump or blow to the head can be serious.

What parents/guardians should do if they think their child has a concussion?

1. OBEY THE NEW LAW.
 - a. Keep your child out of participation until s/he is cleared to return by a licensed healthcare provider.
 - b. Seek medical attention right away.
2. Teach your child that it's not smart to play with a concussion.
3. Tell all of your child's coaches and the student's school nurse about ANY concussion.

What are the signs and symptoms of a concussion?

You cannot see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your teen reports one or more symptoms of concussion listed below, or if you notice the symptoms yourself, keep your teen out of play and seek medical attention right away.

STUDENTS:

If you think you have a concussion:

- Tell your coaches & parents – Never ignore a bump or blow to the head, even if you feel fine. Also, tell your coach if you think one of your teammates might have a concussion.
- Get a medical check-up – A physician or other licensed health care provider can tell you if you have a concussion, and when it is OK to return to play.
- Give yourself time to heal – If you have a concussion, your brain needs time to heal. While your brain is healing, you are much more likely to have another concussion. It is important to rest and not return to play until you get the OK from your health care professional.

Signs Reported by Students:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not "feeling right" or is "feeling down"

PARENTS:

How can you help your child prevent a concussion?

Every sport is different, but there are steps your children can take to protect themselves from concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

Signs Observed by Parents or Guardians:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Information on concussions provided by the Centers for Disease Control and Prevention.

For more information visit: www.cdc.gov/Concussion

IT'S BETTER TO MISS ONE CONTEST THAN THE WHOLE SEASON.

IMPORTANT: Students participating in interscholastic athletics, cheerleading and dance; and their parents/guardians; must sign the acknowledgement below and return it to their school. Students cannot practice or compete in those activities until this form is signed and returned.

We have received the information provided on the concussion fact sheet titled, "HEADS UP: Concussion in High School Sports."

Student's Signature _____ Date _____

Student's Printed Name _____

Parent's/Guardian's Signature _____ Date _____

Student's School _____

Concussion in Sports

www.nfhslearn.com

NFHS

Concussion In Sports - What You Need To Know

CDC
SAFER • HEALTHIER • PEOPLE

1 2 3 4 5 6 << PREVIOUS NEXT >>

Unit 1: Concussion Overview
Introduction
What is a concussion?
What happens to the brain?

Unit 2: The Problem

Unit 3: Your Responsibility

Unit 4: Review

Course Evaluation

**When in doubt,
sit them out!**

Link at www.iahsaa.org

Guidelines for Handling Contests During Lightning Disturbances

- ◆ ALL thunderstorms produce lightning and are dangerous.
- ◆ Lightning often strikes as far as 10 miles away from the storm.
- ◆ **Each school should have a lightning safety plan**, which includes knowing where teams & spectators will go and how long it will take them to get there safely.



Guidelines for Handling Contests During Lightning Disturbances

- ✦ **If thunder is heard, or cloud-to-ground lightning is seen, immediately suspend the contest** and instruct everyone to take safe shelter.
- ✦ Once the contest is suspended due to lightning, **wait at least 30 minutes after hearing the last thunder before having teams & spectators leave safe shelter and resuming the contest.**
- ✦ Complete guidelines regarding lightning safety appear in every NFHS rule book and on the IHSAA web site.
- ✦ Remember, **lightning kills, play it safe!**

ADMINISTRATIVE INFORMATION

DISTRICT AND REGIONAL CROSS
COUNTRY MEETS NOW REFERRED TO
AS

STATE QUALIFYING
MEETS



ADMINISTRATIVE INFORMATION

**STARTING DATES FOR PRACTICE SAME
FOR BOYS AND GIRLS**

AUGUST 8, 2011



**COMPETITION FOR BOTH
ORGANIZATIONS CAN BEGIN ON
MONDAY, AUGUST 22, 2011**

ADMINISTRATIVE INFORMATION

SCHOLARSHIP RULE 36.15(2)

FIRST COMPETITION DATE IS
AUGUST 22, 2011 –STUDENTS ARE INELIGIBLE
ON THIS DATE

STUDENTS WILL BE ELIGIBLE TO COMPETE
ON
SEPTEMBER 21, 2011

PLEASE BE REMINDED THAT STUDENTS WHO
ARE ACADEMICALLY INELIGIBLE CANNOT
COMPETE AT ANY LEVEL



ADMINISTRATIVE INFORMATION

MEET LIMITATION

SAME FOR BOYS AND GIRLS

TEN (10) MEETS



THE TEN (10) MEET LIMITATION DOES NOT INCLUDE THE STATE QUALIFYING MEET AND THE STATE CHAMPIONSHIPS

ADMINISTRATIVE INFORMATION

MEET LIMITATION

YOUR SCHOOL IS ALLOWED THE MEET LIMITATION AT EACH LEVEL, (I.E. VARSITY, JV, FRESHMAN). JUNIOR VARSITY TEAMS MAY COMPETE IN LOWER LEVEL VARSITY MEETS IF THE MEET CONTRACT CLEARLY STATES YOUR SCHOOL IS SENDING A JV TEAM AND ALL PARTICIPATING SCHOOLS ARE NOTIFIED PRIOR TO THE DATE OF COMPETITION.

ADMINISTRATIVE INFORMATION

MEET STRUCTURE

HIGH SCHOOL AND JUNIOR HIGH STUDENTS MAY BE ON THE COURSE AT THE SAME TIME, HOWEVER, HIGH SCHOOL AND JUNIOR HIGH RACES MAY NOT BE STARTED TOGETHER



BOYS AND GIRLS RACES MAY BE STARTED AT THE SAME TIME, HOWEVER THIS PRACTICE IS DISCOURAGED

ADMINISTRATIVE INFORMATION

STATE QUALIFYING MEET INFORMATION

STATE QUALIFYING MEET SITES WILL BE DETERMINED IN EARLY AUGUST AND POSTED AS SOON AS CONFIRMED.

A silhouette of a sprinter in a starting crouch on a track, positioned to the left of the text.

STATE QUALIFYING MEET ASSIGNMENTS WILL BE POSTED THE WEEK OF OCTOBER 3

ADMINISTRATIVE INFORMATION

STATE QUALIFYING MEETS IN ALL
CLASSES WILL BE HELD ON
THURSDAY, OCTOBER 20, 2011

THERE WILL BE FIVE (5) STATE
QUALIFYING MEETS IN EACH CLASS

THERE ARE FOUR (4) CLASSES OF
BOTH BOYS AND GIRLS CROSS
COUNTRY



ADMINISTRATIVE INFORMATION

REGULATIONS REGARDING ACCESS TO THE STATE QUALIFYING AND STATE MEET COURSES

QUALIFYING AND STATE MEET COURSES CLOSED TO PRACTICE:

Only schools that use the qualifying and state meet courses for their practice and meets during the season may practice on these courses. The courses are closed to all other schools for practice at any time. *Contestants or team representatives appearing to walk or run the courses will face individual and/or team disqualification from participation in the qualifying or state meet.*

ADMINISTRATIVE INFORMATION

STATE QUALIFYING MEET INFORMATION

- THE TOP THREE (3) TEAMS FROM EACH STATE QUALIFYING MEET QUALIFY FOR THE STATE MEET



- THE TOP TEN (10) INDIVIDUALS FROM EACH STATE QUALIFYING MEET QUALIFY FOR THE STATE MEET

ADMINISTRATIVE INFORMATION

STATE MEET INFORMATION

THE STATE MEET WILL BE HELD ON OCTOBER
29, 2011

THE STATE MEET WILL BE HELD AT THE
LAKESIDE GOLF COURSE, IN KENNEDY PARK,
NORTH OF FORT DODGE

A silhouette of a sprinter in a starting crouch on a track, positioned to the left of the text.

ADMINISTRATIVE INFORMATION

STATE MEET INFORMATION

THE STATE MEET WILL BE TIMED USING CHIP
TIMING

ALL COMPETITORS ARE REQUIRED TO WEAR
CHIPS AS ASSIGNED OR FACE POSSIBLE
DISQUALIFICATION



ADMINISTRATIVE INFORMATION

STATE MEET INFORMATION

THERE WILL BE A \$10 PER VEHICLE PARKING FEE AT THE STATE CROSS COUNTRY MEET – THE FEE WILL BE THE SAME FOR PARKING ON THE GROUNDS OR IN AREA FARMERS FIELD



EACH COMPETING SCHOOL WILL RECEIVE ONE COMPLIMENTARY RESERVED PARKING PASS

National Federation of State
High School Associations



Take Part. Get Set For Life.™

Uniform Rules 9-6-1

- The uniform rule for cross country (9-6-1) is the same as the uniform rule for track and field (4-3-1).
- The same undergarment requirements for relays teams applies to cross country teams.
- Any visible garment(s) worn under the top or other visible garments(s) worn under the bottom must be unadorned and of a single (and the same) color except for the allowed school name or insignia or manufacturer's logo.
- If worn by more than one team member (two or more), the garment(s) must be the same color.



Visible Undergarments

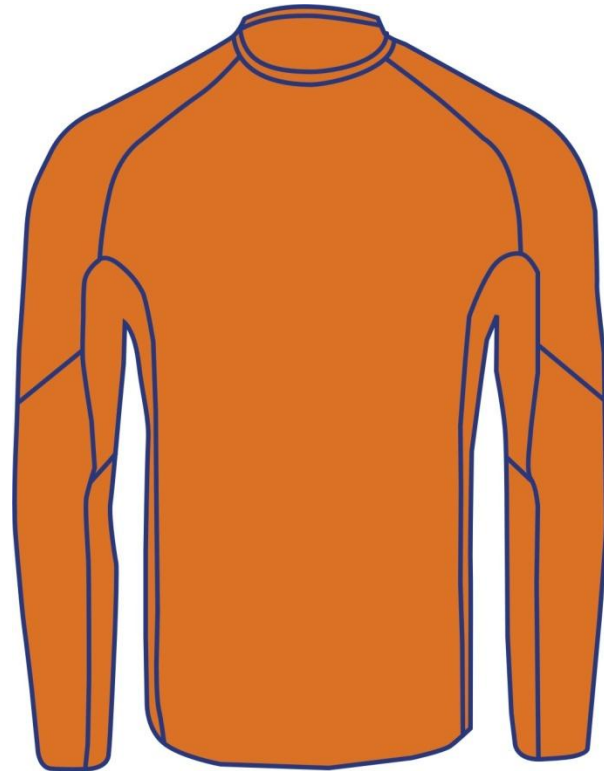
- Design and style of undergarments are constantly changing.
- Track and Field Rules Committee reaffirms the requirements of 9-6-1 that visible undergarments must be unadorned and of a single color.



Visible Undergarments

- Visible undergarments displaying seams stitched on the outside of the garment in a visible contrasting color to the undergarment are legal.

Contrasting color of seams now makes no difference. The undergarment is legal.



Uniform Rules 9-6-1



- The items on the arms are not considered a visible undergarment, and not a part of the official uniform
- These items are legal unless the games committee restricts the wearing of such items, or restricted by state association policy



Jewelry Prohibited

9-6-3, Penalties

- Jewelry shall not be worn by competitors in cross country
- Items not considered jewelry include:
 - medical alert bracelets and necklaces
 - religious medals worn under the uniform and taped to the body
 - a watch worn around the wrist
 - unadorned devices such as bobby pins and flat clips (no longer than two inches) worn to control the competitor's hair



Jewelry Prohibited

9-6-3, Penalties

- Penalty for wearing jewelry in cross country has been modified
- When a meet official observes a competitor wearing jewelry in **cross country**, the official shall:
- Notify the referee of the violation and he/she has the responsibility to notify the head coach of the violation and warning



Jewelry Rules 9-6-1

If a competitor is observed wearing jewelry prior to the beginning of the competition and is told by a meet official to remove the jewelry before competing and the competitor chooses not to do so or puts the jewelry back on the, competitor will not receive a warning and will be disqualified for “unacceptable conduct.”



Jewelry

Rules 9-6-1



Sunglasses, whether prescription or not, are not considered jewelry and may be worn by competitors



Jewelry – Medical Alerts

9-6-3a

- Changes the requirements while wearing a medical alert bracelet to accommodate new styles and materials
 - The alert **should** be visible
 - When an alert medal is attached to:
 - a bracelet made of **metal** or an **unyielding material**, it shall be taped to the body
 - a bracelet made of a pliable material, it is not required to be taped to the body
 - a **necklace**, it shall be **taped** to the body



Jewelry – Medical Alerts

Rules 4-3-3a, 9-6-3a



- Medical alert bracelets made of pliable material are not required to be taped to the body



Hair Devices

Rules 3-2-4o, 4-3-3d, 9-6-3d

- Unadorned devices, such as bobby pins, barrettes and hair clips, no longer than 2 inches, may be worn to control the competitor's hair
 - Do not require action by the games committee to be worn and are legal
 - These items, when legal, are not considered jewelry



Electronic Devices

- The use of any wireless device to communicate performance or technique information, including pictures, between coaches and athletes is always prohibited.



COURSE MEASUREMENT RULE 9-1-1

The Track and Field Rules Committee has made a rule change for 2012 regarding course measurement. The new rule will be applied for cross country in 2011. The course will now be measured along the normal running path of competitors.



CROSS COUNTRY CONTACTS

David Anderson, Asst. Executive Director
Iowa High School Athletic Association
515-432-2011 – danderson@iahsaa.org



John Overton, Assistant Director
Iowa Girls High School Athletic Union
515-288-9741 – johnoverton@ighsau.org

