



2009 Boys & Girls Cross-Country State Series Terms and Conditions

In accordance with Article 1.400 of the IESA Constitution, the IESA Board of Directors has approved the Terms and Conditions governing the 2009 IESA Boys & Girls Cross-Country State Tournament Series.

I. SCHOOL CLASSIFICATION

The classification of each school participating in the 2009 IESA Class A and Class AA Cross Country Tournament Series will be determined by enrollment. Seventh and eighth grade enrollment of the previous school year, according to figures supplied to the IESA by the Illinois State Board of Education, shall determine the classification of each school after an equal split of the number of entries. The number that is actually used for the split can be located on the sectional assignments when they are posted on the IESA website.

The total student enrollments for a K-7 grade only building, a 6th grade only building, a K-6 building, or a K-5 building will be as follows: For a K-7 building (or any building housing up to grade 7 only), the enrollment of the 7th grade only class shall be doubled; for a 6th grade only building, the enrollment of the 6th grade shall be doubled; for a K-6 building, the enrollment of students in grades 5 & 6 shall be used, for a K-5 building, the enrollment of the 5th grade shall be doubled.

II. STATE TOURNAMENT SERIES DATES AND SITES

A. 2009 Season Calendar

Entry Deadline (Mon.)	June 8, 2009
Practice may begin (Mon.)	August 3, 2009
Meets may begin (Sat.)	August 15, 2009
Final Entry Deadline (Mon.)	August 26, 2009
Sectionals (Sat.)	October 10, 2009
State (Sat.)	October 17, 2009
Season must end (Sat.)	October 31, 2009

B. Sectional Meets

Sectional meets will be held on Saturday of Week 14 in the IESA standardized calendar. **In 2009, this date will be October 10.** The sectional host shall determine the starting time for the sectional meet. When setting the starting time, host schools should take into consideration distances that competing teams may have to travel. Schools assigned to a sectional without a host should contact the IESA Office prior to September 1 if they are willing to host the sectional. Sectionals that do not have a host determined by September 1, will receive email notification from the IESA Office to assist in determining the sectional host. Sectional assignments will be posted on the IESA website by Friday, August 7.

It shall be the responsibility of the sectional host to enter the results of the sectional on the IESA website on Saturday, October 10. The process is very simple and there is little, if any, re-keying of names, schools, etc. It is vitally important that the sectional host complete this on Saturday so the IESA Office can begin the process of organizing the state meet. Complete instructions for completing the results online will be sent to each sectional host.

C. State Meet

The state meet will be held on Saturday, October 17.

D. State Meet Site & Time

The state meet will be held @ Maxwell Park in Normal, Illinois and hosted by Normal Parkside. Maxwell Park is located adjacent to Parkside Junior High School. Mike Clark, Associate Principal at Parkside has been designated as State Final co-managers. The girls Class A race will begin at 10:00 a.m. The boys Class A race will start at approximately 10:45 a.m. The girls Class AA race will begin at approximately 11:45 a.m. and the boys Class AA race will start at approximately 12:30 p.m.

III. ENTRIES, ENTRY FEES, AND ELIGIBILITY

A. Certification List

Principals of competing schools are not required to exchange the completed Certification List form prior to each athletic contest during the regular season. Schools are required to complete a Certification List and keep it on file. Schools are not required to send the Certification List to the IESA Office. Schools may be asked and be required to provide the IESA a copy of the Certification List on demand. The Certification List is to be used for certification of grade, birth date, and current physical examinations of competing contestants.

B. Sectional Entry Form

The Sectional Entry Form, **which is available only from the IESA website**, shall be used to list up to (ten) 10 certified contestants for state tournament series play. To complete the form, go to the IESA home page, www.iesa.org. On the upper left hand side, you must log-in to the "Member Center Log-In." From there, you choose your school and enter your school's password. After entering the password, you will then be able to access the cross-country sectional entry form. Complete the form and submit the entries. Once the school completes the online form, the sectional host and the IESA Office will have access to the form.

This form must be submitted by 12 noon on the Wednesday preceding the sectional (October 7). Failure to submit the form as required will result in your team being disqualified.

It is the ultimate responsibility of all competing teams for all athletic activities to insure that each participant listed on the Sectional Entry Form is eligible. Sectional hosts for all athletic activities are also required to check each contestant on the Sectional Entry Form. Changes will be permitted on the Sectional Entry Form until the sectional meet. No changes are permitted after the sectional.

C. Entry fees

Schools must pay an entry fee of \$45. The initial entry deadline was June 8, 2009. Those postmarked after June 17th were considered late and were required to pay a late fee. Late entry fees are doubled to the amount of \$90. No entries will be accepted after August 26th. Entry fees will be refunded only upon request prior to initial entry deadline. If you have received a copy of these Terms and Conditions from your school, your school has paid the entry fees for this year.

Late entry fees will be waived for schools designated as new members or for current member schools entering an activity for the first time which petition to participate in an activity after the initial entry deadline.

The penalty fee for a school which does not participate in the State Tournament series for which it is registered and without notification to the IESA Office and the tournament host prior to the seed meeting for that activity shall be the loss of the entry fee, a \$50.00 late withdrawal fee, and that school's share for one contest of any deficit assessment.

D. Eligibility

To enter any of the state series tournaments a student must be eligible under all of the eligibility rules and conditions of competition of the IESA. These include but are not limited to:

1. Participation

No student is eligible to participate at the same academic grade level for two different school years in the same sport. This is true whether the student attended a member or a non-member school. Participation in one interscholastic contest in a sport constitutes one season of eligibility in that sport. During the IESA season for a sport, as defined for each sport in Division 4 of the By-Laws, students shall not participate on any non-school team in the same sport as an individual or a team member. Violation shall cause ineligibility to be determined by the Executive Director. Students may participate in non-school athletic competition, either as individuals or team members, at any time they are not members of a school team in that same sport. A student becomes a member of the school team whenever the student practices with the team or appears in a contest.

No student shall be a member of a team using ninth grade or high school students. Students that are in grades 5 through 8 who meet all eligibility requirements and attend a member school are eligible to participate. At no time may a student in 4th grade or below participate in any regular season or state series interscholastic meet.

2. Age

For cross country a student shall be eligible through age fifteen (15). If a student in cross country becomes sixteen (16) before the final event in the state tournament series in cross country, he/she is not eligible to participate in cross country. Each student must provide the principal of his school with certification of his birth before practice or participation in any athletic activity. This must be a birth certificate or hospital record or a thermostatic copy of such. A baptismal certificate is not acceptable.

3. Physical examination

No student shall be permitted to compete in a tryout, practice, or game unless she has filed with her principal a certificate of physical fitness issued by a licensed physician not more than one year preceding such tryout, practice, or contest in any athletic activity. No student shall be allowed to participate following a disabling illness or injury without a physician's release.

4. Amateurism

As the result of participating in the IESA state series (regional, sectional, state) a student in a member school may accept any award (except cash) which does not exceed \$100.00 in fair market value, in the following sports: baseball, basketball, cross-country, softball, track, volleyball, and wrestling.

A student in a member school may accept a school letter for an interscholastic sport, regardless of cost.

Violation of the provisions of By-Law 3.070 shall cause ineligibility in the sport in which the violation occurred. An official ruling must be secured from the Executive Director before any student who violates these rules may be reinstated to eligibility.

5. Participating under an assumed name

In the event students participate in interscholastic competition under any other name than their own, the principal shall immediately suspend violators from further interscholastic participation. The Board of Directors shall then consider the future interscholastic participation of violators and/or persons contributing to a violation.

6. Coaching school participation

During the IESA season for that sport, no student who is a member of the school team in that sport shall participate in any coaching school or camp for any interscholastic sport after his/her name has been included on a valid Certification List for that sport. A coaching school or camp is defined as any program sponsored by an organization or individual, which provides instruction in sports theory and skills to groups of persons. Individual private lessons, school physical conditioning programs, and use of students for demonstration purposes in coaches' clinics are not considered as coaching schools and may be participated in by students in a member school.

7. All-star participation

Students shall not participate in any all-star competition in a sport during that sports season, either of a team or individual character

IV. FINANCIAL ARRANGEMENTS

A. Sectional Meet

Participating schools could be assessed on a per-team basis to cover operating deficits of a sectional meet. There is no admission fee for spectators at the sectional meet.

B. State Meet

Host school should forward all vouchers for all workers and expenses to the IESA office within one week after the completion of the state meet. IESA shall reimburse the host school for all expenses turned in on vouchers. The financial report shall detail those expenses that will not be approved. The following items will not be approved as expenditures: payment for substitute teachers, rental of playing facilities, and cost of utilities used during a tournament unless previously approved by the Executive Director. The host school will receive an amount approved by the Board for their share of t-shirt sales. The host school shall keep all concession revenue. No merchandise may be sold without the approval of the IESA Office. There is no admission fee for spectators at the state meet.

V. TOURNAMENT STRUCTURE

- A. Boys and girls cross-country races at the sectional level shall be held separately, although boys and girls meets shall be held on the same date at the same location.

There shall be nine Class A sectionals and nine Class AA sectionals.

In cross-country sectional and state meets, the top five finishers shall be counted toward team standings. When meets include both team and individual entries, see Rule 9-2 in the *National Federation Track and Field Rule Book* for scoring procedures.

The distance for both boys and girls shall be 3200 meters with boys and girls running in separate races.

VI. ADVANCEMENT OF WINNERS

- A. The first, second, and third-place sectional teams plus the top five individuals not on the first, second, or third-place teams shall advance to state level competition. All teams tied for the **last qualifying spot** will advance to the state meet. In addition, in the event the 6th, 7th, 8th, 9th, or 10th place individual overall finisher in the sectional is not on a qualifying team, such 6th, 7th, 8th, 9th or 10th place overall finisher in the individual race shall advance from the sectional to the state final meet.
- B. For purposes of advancement, teams shall be considered to consist of those runners who participated in the sectional. However, any runner whose name appears on the Sectional Entry Form may be used as a substitute at the state final provided the runner remains eligible for the meet.

VII. TOURNAMENT RULES & IESA EXCEPTIONS

- A. All meets will be conducted in accordance with the Cross-Country Rules published in the 2009 National Federation Track and Field and Cross-Country Rule Book, a copy of which is included in this mailing.
- B. Full teams shall consist of a minimum of five to a maximum of seven students whose names appear on the current Certification List. No changes may be made to the Sectional Entry Form after the sectional meet.
- C. A member school may elect to enter one to four individual runners rather than a full team, without being eligible for team awards.
- D. A maximum of 10 runners may be listed on the Sectional Entry Form. Up to seven of the 10 may run in the sectionals. If a school runs more than seven individuals in the sectional race, all runners in that race from that school will be disqualified and may not advance to the state meet. For purposes of advancement, teams shall be considered to consist of those runners who participated in the sectional. However, any runner whose name appears on the Sectional Entry Form may be used as a substitute at the state final provided the runner remains eligible for the meet.
- E. **Uniforms**
All runners must wear shoes. Spiked shoes or flats are recommended. Spiked shoes are recommended to have spikes that do not exceed 5/8 inch in length.

Contestants will be required to wear the regulation uniform as described in the current National Federation Track and Field and Cross Country rule book. See 9-6 of National Federation Track and Field Rule Book.
Note: National Federation Rules limit manufactures logo or trademark to 1 1/2" x 1 1/2" square.

At the state meet numbers shall be worn on the front and back of the uniform.

- F. **Timing Devices**

Competitors are not allowed to wear a watch during regular season and/or state series competition.

G. Splits

At the state final meet split times will be called out at the 1 mile mark. Any attempt to aid a competitor by calling splits anywhere else on the course will be reported by course inspectors and could lead to possible disqualification of a runner(s).

H. Starting Boxes

The only persons allowed in the starting boxes will be competitors and coaches. Coaches must leave the boxes prior to the start of competition. All runners will start from a randomly assigned box. Box assignments will be given to the coach when they pick up their final packet on race day. **All individuals who qualify from the sectional will all start from the same box. The 1st, 2nd, and 3rd place qualifying individuals will start from the front of the box and the 4th and 5th qualifying individuals will be behind the first three individuals.**

I. Ethics of Competition and Sportsmanship

Unethical and unsportsmanlike conduct by competitors, coaches and spectators will be punishable under the provisions of By-laws 5.121 and 5.122.

J. Ergogenic Aids

The use of oxygen, glucose gel, inhalers or other prescribed medication that is not a performance enhancer shall be allowed without prior approval.

K. Jewelry

Contestants wearing jewelry will be disqualified. Contestants with painted faces or bodies as well as any costumes will not be permitted to compete.

L. Exceptions to National Federation Rules

Distance for both boys and girls shall be set at 3200 meters with boys and girls running in separate races. [9-1-1]

The finish line for the state meet shall be at the mouth of the chute. **At the state final meet, computer scoring shall be used. The computer tag will be attached to an ankle strap, or laced into the shoe. Essentially the chip is used as a timing device. The 2009 NFHS Track and Field and Cross-country Rules Book allows for this scoring method. The finish line area shall be set-up in accordance with National Federation rules. The local managers of regular season meets and sectional contests shall determine the finish area for their meets. [9-1-3; 9-3-3]**

One false start shall be permitted each contestant in each race. [9-6-1]

Names and/or numbers of identical color and design on the same place of all members' uniforms shall be ruled identical. [9-5-1]

Uniforms may be taped or knotted when done for the purpose of allowing for a better fitting uniform.[9-5-1(b)]

Watches are prohibited from being worn during all competition [9-6-7c]

VIII. TOURNAMENT POLICIES

A. Authority

By authority of the IESA Constitution and By-Laws, the Board of Directors shall interpret and enforce the Terms and Conditions.

B. Failure To Appear And Forfeiture Of Contest

Any school who withdraws from the state series without notifying the IESA Office or withdraws from the state series after the seeding meeting shall pay a \$50.00 penalty, the cost of the umpires for the contest which they forfeited, and that school's share for one contest of any deficit assessment. A team failing to field the required number of starting players within ten minutes of the scheduled game time shall forfeit the game unless there are extenuating circumstances beyond the control of the participating schools. The IESA Office and tournament host school must be notified of such. A game or match that is played even though the school failed to field the required number of starters within 10 minutes of the scheduled game time cannot be protested for that reason. No state series contest shall be forfeited due to weather conditions. If the administrator of any participating school determines he or she cannot reach the tournament site due to weather conditions, the host school shall reschedule that particular game as soon as possible. The IESA Office and the opposing schools shall be notified of the rescheduling. Other contests scheduled on that particular date may still be held. Any coach or school official who withdraws a team from the field of play under any circumstances prior to the official completion of the game shall forfeit all rights to protest, except when the principal of the forfeiting school believes circumstances which affected the health, safety, or welfare of the students required such action, he or she may file a protest.

IX.AWARDS

A. Sectional:

Individual: Ribbons will be awarded to the first ten (10) placing runners.

Team: Plaques will be awarded to the first, second, and third place teams. In addition, ten (10) ribbons will be presented to the competitors of the first, second, and third place team winners in sectional competition.

B. State Final:

Individual: Medals will be awarded to the top 25 individuals in each class at the state cross-country meet.

Team: Trophies shall be presented to the top four teams in each class. In addition, fifteen (15) medals will be presented to the competitors of the first, second, third, and fourth place team winners in each class at the state final competition.

- C.** At the state final, a formal awards ceremony will be held at Parkside Jr. High School which is located next to Maxwell Park. The Class A awards ceremony will begin at 1:00 p.m. and the Class AA ceremony will begin at 2:30 p.m.

X.OFFICIALS

- A.** The IESA Office will assign IHSA licensed starters for each sectional.
- B.** The IESA Office will contract starters licensed with the IHSA for the state meet.
- C. Payment**
Payment to sectional starter is \$50.00.
Payment to Class A state meet starter is \$35.00.
Payment to Class AA state meet starter is \$35.00.
Payment to state meet referee is \$80.00.

XI. 2009-10 CROSS-COUNTRY ADVISORY COMMITTEE

Mr. Joe Buresh, Annawan, Board of Directors Liaison; **Mike Brehm**, Paxton-Buckley-Loda; **Diane Stateman**, Lemont Old Quarry; **Steve Huber**, Elmwood; **David Frintner**, Arlington Heights South; **Owen Fuller**, Marseilles; **Paula Sereleas**, Frankfort Summit Hill. There are two coaches' openings. If you are interested in serving on the committee, please contact the IESA Office.

