

#### 4.034 Exceptions to National Federation Rules

\*\*Courses for the sectional and state final meets for both boys and girls shall be no more than 2.1 miles nor less than 1.9 miles in length. Every effort should be made to run on a two-mile course. The length of the course for the state final races will be 2.0 miles. The boys and girls will run in separate races during the state series. [8-1-1]

\*\*The finish line for all regular season meets and invitationals, as well as the IESA state series meets 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 the bib number. Essentially the chip is used as a timing device. NFHS Track and Field and Cross-Country Rules allows for this scoring method. The finish line area shall be set-up in accordance with National Federation rules. [8-1-3; 8-3-3]

\*\*Sectional hosts that do not use a chip scoring/timing system must have their finish line in accordance with NFHS rule 8-1-3. The finish line for all sectional meets shall be at the mouth of the chute. [8-1-3]

\*\*One false start shall be permitted each contestant in each race. [8-6-1]

\*\*Names and/or numbers of identical color and design on the same place of all members' uniforms shall be ruled identical. [4-3-2]

\*\*Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform. [4-3-1(b-3)]

\*\*A race **MAY (not shall)** be recalled by the starter if a runner falls in the first 100 meters due to contact with another runner. [8-4-4-a]

\*\*Unapproved adornment devices shall not be worn. [4-3]

\*\*At the State Meet only, a video review of all races will be conducted. Hip numbers will be required to be worn for all state meet runners. [3-3-4]