



2024 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 current IESA Boys & Girls Cross Country State Tournament Series.

I. SCHOOL CLASSIFICATION

Seventh and eighth-grade enrollment as of September 30 of the previous school year, according to figures supplied to the IESA by the member school, shall determine the classification of each school. The teams will be divided equally into four classes each containing 1/4 of the participating schools. If two or more schools have the same enrollment number and that number happens to be where a split occurs, all schools with the same enrollment number shall be placed in the smaller class. The number that is actually used for the split can be located on the sectional assignments when they are posted on the IESA website.

II. STATE TOURNAMENT SERIES DATES AND SITES

A. 2024 Season Calendar

Activity	2024	2025
Entry Deadline (Mon.)	June 3, 2024	June 9, 2025
Final Entry Deadline	Aug. 1, 2024	Aug. 1, 2025
Practice/Tryouts may begin (Mon.)	Aug. 5, 2024	Aug. 4, 2025
Cooperative Agreement Due	Aug. 7, 2024	Aug. 7, 2025
Meets may begin (Sat.)	Aug. 17, 2024	Aug. 16, 2025
Refund Deadline	Aug. 15, 2024	Aug. 15, 2025
Initial Season Schedule Due	Sept. 4, 2024	Sept. 3, 2025
Online Roster	Oct. 9, 2024 @ NOON	Oct. 8, 2025 @ NOON
Sectionals (Fri. or Sat.)	Oct. 11 or 12, 2024	Oct. 10 or 11, 2025
State (Sat.)	Oct. 19, 2024	Oct. 18, 2025
Season must end (Sat.)	Nov. 2, 2024	Nov. 1, 2025

B. Sectional Meets

Sectional meets will be held on Friday or Saturday of Week 14 in the IESA standardized calendar (**October 11 or 12, 2024**). The sectional host shall determine the starting time for the sectional meet. The recommended start time for sectionals to begin is 3:00 p.m. on Friday or 10:00 a.m. on Saturday.

SECTIONAL RESULTS: The sectional host is responsible for entering the sectional results into the IESA website immediately after the races on Saturday so the IESA Office can begin organizing the state meet. Instructions on how to complete the results online will be sent to each sectional host.

C. State Meet Site & Time

The state meet will be held on Saturday, October 19.

LOCATION: 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.

TIME SCHEDULE: The time schedule for the state final races will be as follows:

Class 1A Girls: To begin at 9:15 a.m.
Class 1A Boys: To begin at approximately 10:00 a.m.
Class 2A Girls: To begin at approximately 10:45 a.m.
Class 2A Boys: To begin at approximately 11:30 a.m.
Class 3A Girls: To begin at approximately 12:15 p.m.
Class 3A Boys: To begin at approximately 1:00 p.m.
Class 4A Girls: To begin at approximately 1:45 p.m.
Class 4A Boys: To begin at approximately 2:30 p.m.

2024 Race Schedule

9:15 a.m. Class 1A
10:45 a.m. Class 2A
12:15 p.m. Class 3A
1:45 p.m. Class 4A

2025 Race Schedule

9:15 a.m. Class 1A
10:45 a.m. Class 2A
12:15 p.m. Class 3A
1:45 p.m. Class 4A

III. ENTRIES, ENTRY FEES, AND ELIGIBILITY

A. Sectional Entry Form

The Sectional Entry Form, **which is available only on the IESA website**, shall be used to list up to (ten) 10 runners.

To complete the form:

1. Go to the IESA home page, www.iesa.org.
2. Log-in to the "Member Center Log-In."
3. Choose your school and enter your school's password.
4. After entering the password, access the cross country entry center and the sectional entry form.
5. 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.

The Sectional Entry Form must be submitted by 12 NOON on the Wednesday preceding the sectional (October 9). 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 ensure 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. **No changes may be made to the Sectional Entry Form after 12 noon on the Wednesday prior to the Sectional Meet.**

A maximum of 10 runners may be listed on the Sectional Entry Form. Up to seven of the 10 may run in the sectional meet. 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 team that qualifies for the state meet may use any seven of the ten runners whose names appear on the Sectional Entry Form at the state final meet provided the runner remains eligible for the meet.

B. Entry fees

Schools must pay an entry fee of \$120 per division. The initial entry deadline was June 3, 2024. Those entries postmarked after June 3rd were considered late and were required to pay a late fee. Late entry fees are doubled to the amount of \$240 per division. No entries will be accepted after August 1st. Entry fees will be refunded only upon request prior to the Refund Deadline (Aug. 15). **Those schools listed on the Cross Country Sectional assignments on the IESA website have paid their 2024 entry fees.**

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 assessed to a school that does not participate in an athletic activity for which it is registered without notifying the IESA Office or withdraws from the state series after the seeding meeting/online ranking deadline for a given activity shall pay a \$50.00 penalty, the cost of the officials for the contest which they forfeited, and that school's share for one contest for any deficit, and any other penalties (including monetary) as deemed appropriate by the Executive Director. The \$50.00 penalty fee shall be paid directly to the host school.

C. Eligibility

To enter any of the state series tournaments, a student must be eligible under all the eligibility rules and conditions of the IESA competition. 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.

For example, if a student who was in 7th grade during the 2021-22 school year and participated in cross country will be in 7th grade again for the 2022-23 school year, that student will be ineligible to participate in cross country until 2023-24.

No student shall be a member of a team using ninth-grade or high school students. Only students who 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 WHO IS IN 4TH GRADE (OR A LOWER GRADE) PRACTICE OR PARTICIPATE IN ANY RACE IN WHICH 7TH AND 8TH GRADE STUDENTS ARE PARTICIPATING. IESA ACTIVITIES INCLUDING REGULAR SEASON MEETS AND INVATIONALS ARE ONLY FOR STUDENTS IN GRADES 5-8.*****

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 they have filed with their principal a certificate of physical fitness issued by a licensed physician not more than 395 days preceding such tryout, practice, or contest in any athletic activity. Any student who is not allowed to participate in interscholastic activities as the result of a physician's directive may not return to play until they have received written clearance from a physician.

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. The Executive Director must issue an official ruling 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

A student who is a member of the school team in a sport may participate, depending on local school district policy, in any coaching school/camp during that interscholastic sport season.

A coaching school/camp is any program sponsored by an organization or individual that provides instruction in sports theory and skills to groups of people.

Students may participate in and/or receive private lessons and school physical conditioning programs and be used for demonstration purposes in coaches' clinics.

7. School of Attendance

Students must attend a member school and can only represent in competition the school he/she actually attends. Please review the IESA Handbook for exceptions to this by-law.

IV. TOURNAMENT STRUCTURE

- A.** Boys and girls sectional meets shall be held on the same date at the same location. Boys and girls cross country races at the sectional level shall be 2 miles with boys and girls running in separate races.

There will be eight (8) sectionals in each class.

A minimum of forty-five (45) minutes will be scheduled between race start times at the Sectional meet. The meet officials may adjust this on the day of the meet for weather situations.

In the cross-country sectional and state meet, the top five finishers from a given team 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.

B. ALLOWABLE STATE SERIES RACES

SECTIONAL: On the day of the sectional, the only races that may be held prior to the completion of the awards ceremony are the varsity girls race and the varsity boys race. Any additional races (open, j.v., etc.) would have to be held **AFTER** the completion of the awards ceremony.

STATE: Schools may not conduct a race for runners who are not competing in the IESA state meet on Saturday at the site of the state meet prior to the completion of the eight state races.

V. ADVANCEMENT OF WINNERS

A. ADVANCEMENT PROCEDURE

Team Advancement to State

There will be eight (8) sectionals in each of the four classes. The first, second, and third-place sectional teams shall advance to state-level competition. For purposes of advancement of teams from sectionals to the state final, if a tie occurs at the **last qualifying spot**, the teams tied advance to the state final.

Individual Advancement to State

The top seven (7) individuals not on the first, second, or third-place teams shall advance to state-level competition.

The IESA Administrator will confirm with the host any additional individual runners within the top ten of a given sectional as state qualifiers.

- B.** For purposes of advancement, teams shall be considered to consist of those runners who participated in the sectional. However, any of the ten runners whose names appear on the Sectional Entry Form may be used as a substitute at the state final provided the runner remains eligible for the meet.

VI. TOURNAMENT RULES & IESA EXCEPTIONS

- A.** All meets will be conducted in accordance with the Cross Country Rules published in the 2024 National Federation Track and Field and Cross Country Rule Book, a copy of which was mailed to all participating schools.
- B.** Schools must enter their complete regular season schedule online by the **Wednesday of Week 9 (September 4, 2024)**. As a reminder, schools must participate in a minimum of three meets prior to the Sectional meet in order to be eligible for the IESA State Series.
- C.** Full teams shall consist of a minimum of five to a maximum of seven students whose names appear on the current Sectional Entry Form. No changes may be made to the Sectional Entry Form after 12 noon on Oct. 9.
- D.** A member school may elect to enter one to four individual runners rather than a full team without being eligible for team awards.
- E. Uniforms**
- Contestants will be required to wear the regulation uniform described in the current National Federation Track and Field and Cross Country rule book (rule 9-6).
1. Contestants in the complete meet series shall wear school-issued or school-approved regulation uniforms that meet NFHS rules and the IESA interpretations that follow:
 - a. **UNIFORM:** All competitors will wear a school-issued or school-approved uniform (bottoms, jersey, or bodysuit; one- or two-piece, and shoes).
 - b. **BODYSUIT:** Competitors are permitted to wear bodysuits during competition. Previously, shorts were required at meets. The bodysuits must still meet other NFHS uniform restrictions, including logo restrictions. They can be either one or two-piece suits.
 - c. **UNDERGARMENTS:** Any visible garment(s) worn underneath the uniform top and/or bottom is considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.
 - d. **UNIFORMITY:** Each team member shall wear the same color and design school-issued or school-approved uniform (shorts, jersey, or body suit; one or two pieces). Same means "similar"

or varying shades of the same color. The printing, design, and or lettering on the jersey or bodysuit must be such that each runner can be easily identified so that as a person views the runner's uniforms together, they appear similar, and the team is easily identified. Any undergarments worn under the school-issued or school-approved uniform are not subject to being the same in color or style. It is legal for a team to wear more than one undergarment.

- e. **BIB:** At the sectional and state meet, all participants will be issued a numbered bib to be worn on the front of their jersey. **At the State Meet, runners will also wear hip numbers.**
- f. **ILLEGAL UNIFORM:** Once the race has started, there will be no disqualification for an improper uniform (unless the uniform is altered after being approved at the starting line by an official). It is the responsibility of the clerk of the course and or the referee/starter to inspect each competitor's uniform prior to the start of a race. They are not to allow a runner to compete in an illegal uniform. If the clerk is unsure of the uniform's compliance with the rules, they will request a ruling from the referee/starter prior to the start of the race. Any runner that alters their uniform after being approved by a clerk of the course will be disqualified for unsporting conduct (this would include, but not be limited to, rolling the top up, which could expose the midriff).
- g. Removable arm sleeves, calf sleeves, and wrist sweatbands are legal to wear in competition.
- h. **JEWELRY:** Contestants wearing jewelry will be permitted to compete. Narrow headbands to keep the hair from interfering with a contestant's vision will also be permitted. Contestants with painted bodies or faces, as well as any costumes, will not be permitted to compete or participate in awards ceremonies.
- i. **SHOES:** 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. The maximum length allowed by NFHS rule is 1 inch.
- j. **WATCHES:** Competitors may wear a watch during regular season and/or state series competition.

Note: National Federation Rules limit the manufacturer's logo or trademark to no more than 2 ¼ square inches

F. Splits

At the state final meet, mile times will be displayed on a clock at the 1 mile and 1.5 mile marks. Course inspectors will report any attempt to aid a competitor by calling splits anywhere else on the course, which could lead to the possible disqualification of a runner(s).

H. Starting Boxes

For all state series meets, competitors and coaches are the only people allowed in the starting boxes. Coaches must leave the boxes when requested by meet personnel prior to the start of competition.

SECTIONAL: All runners will start from a randomly assigned box. The host will assign boxes randomly in advance of the sectional meet.

STATE: 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 the day of the state meet. **All individuals who qualify from a given sectional will start from the same box.**

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. State Series Video Review

Only the video of the meet management may be used to review the finish of any race. The Meet Referee will review the video of the finish of each race to facilitate accurate scoring of each race. Only the referee and meet management may view the finish line video (the games committee may also view the video, but only if invited to do so by the meet referee). IESA or IESA Assigned Meet Referee will not view any video from spectators or coach(es) to determine the outcome or placement in a race.

At the Sectional meets, the Meet Referee will review places 1-10 for accuracy. The referee may use the video for other close finishes for other places as needed, but if there are no questions as to the accuracy of the results it is not required to review all places.

- The host school conducting all sectional meets must provide some form of video review of the finish line.
- This video review can be as simple as one video camera, iPad/tablet, etc. or as sophisticated as the host school chooses.
- Placement of this camera is critical. Please consider its placement (height, angle, etc.) carefully. Meet managers must consult the Meet Referee as the decision regarding camera placement is considered.

At the State meets, the Meet Referee will review the entire race.

L. Exceptions to National Federation Rules

Courses for the sectional and state final meets for both the 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] The sectional host will provide the IESA with the exact length of their course prior to meet day.

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 transponder/chip will be attached to the bib number and will be used to record the finish of the runner. 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. [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 8-3-5. 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. [8-7]

Names and/or numbers of identical color and design on the same place of all members' uniforms shall be ruled identical. [8-6-1]

Uniforms may be taped or knotted when done for the purpose of allowing for a better fitting uniform. [8-6-1]

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 [8-6]

VII. 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 that withdraws from the state series without notifying the IESA Office or withdraws from the state series after the online roster deadline shall pay a \$50.00 penalty.

Teams that cannot attend the sectional or state finals due to weather may forfeit without penalty. However, only when a majority of the schools scheduled to compete in the given contest are not able to participate due to weather will the contest be rescheduled. Should weather cause a delay or postponement in any state final activity, it is the responsibility of the IESA, along with the respective host school, to reschedule the contest.

Any coach or school official who withdraws a team from the field of play under any circumstances prior to the official completion of the contest 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.

C. ATHLETE BIBS

Bibs should be worn high on the chest of the runner and securely fastened.

Sectional Meet: At all Sectional Meets, bibs are required. Bibs must be positioned high on the front of the chest. Bibs should be white with dark numerals.



State Meet: When coaches pick up their packet upon check-in at the state meet, 10 bib numbers (with chips already attached to the bib) and **hip numbers** will be included in the packet.

IMPORTANT!

ONLY DISTRIBUTE BIBS TO THE SEVEN TEAM MEMBERS ACTUALLY RUNNING IN THE RACE. DO NOT HAND OUT THE OTHER BIBS!! THE EXTRA BIBS SHOULD REMAIN IN THE COACHES' PACKET AND LEFT AT YOUR TEAM CAMP. DO NOT PASS THEM OUT WHILE STILL AT THE STATE SITE. IF A BIB IS DISTRIBUTED TO A RUNNER WHO DOES NOT RUN IN THE STATE RACE, IT IS POSSIBLE THAT IT COULD CORRUPT THE FINAL RESULTS. You may give the bibs to the athletes who did not run at the state meet **WHEN YOU ARE BACK AT YOUR SCHOOL.**

VIII. AWARDS/AWARDS CEREMONY

A. Sectional:

Before conducting the sectional awards ceremony, host schools are required to conduct a meeting with the head coaches of all participating teams. At the meeting, complete team and individual results must be shared with the coaches. Any discrepancies in the results must be reported at that time and corrections made, if necessary, before the start of the awards ceremony. Distribute copies of results to the head coaches after the meeting.

Individual Awards: A medal will be given to those placing 1-10 in each sectional race.

Team Awards: Plaques will be awarded to the first, second, and third place teams. No additional awards will be presented to the team.

B. State Final:

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

Team Awards: 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. Award Ceremony:

An awards ceremony will be held at Normal West High School which is located just north of Maxwell Park and Parkside Junior High School on Parkside Road.

The Awards Ceremony Schedule:

Class 1A awards ceremony will begin at 11:30 a.m.

Class 2A awards ceremony will begin at 1:00 p.m.

Class 3A awards ceremony will begin at 2:30 p.m.

Class 4A awards ceremony will begin at 4:00 p.m.

IX. OFFICIALS

A. The IESA Office will assign IHSA licensed starters for each sectional.

B. The IESA Office will contract officials licensed with the IHSA for the state meet.

C. Payment

Sectional--Payment to each sectional starter is \$60.00. Two starters will be hired for each sectional.

State--Payment to staging clerks and umpires is \$40.00.

Payment to Starters is \$45.00.

Payment to Assistant Referees and Head Finish Judge is \$75

Payment to Head Umpire, and Head Clerk is \$80.

Payment to Meet Referee is \$100.00.

X. FINANCIAL ARRANGEMENTS

A. Sectional Meet

Host schools will receive \$1200 for allowable meet expenses. Host schools must complete and return the Financial Form with required documentation within 14 days of meet completion. Participating schools may not 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 the state financial report and the state expense summary form to the IESA office within two weeks after the completion of the state meet. 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.