



Iowa Girls High School Athletic Union
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

Iowa High School Athletic Association
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



October 9, 2019

Dear Cross Country Coaches and Athletic Directors-

Fall is officially here, and we are in the homestretch of the cross country season. While the calendar says October, your athletes need to continue to hydrate as we may still get a couple of warm days here in the season. From our standpoint, we have had relatively few phone calls and emails this fall with questions and concerns; however, we have received a few that we believe would be best to share with all coaches and administrators.

Distributing Liquids During Competition – Handing an athlete a cup or bottle of liquids is not considered aiding a participant. An athlete will not be disqualified for being given liquids during a race. While we prefer the liquids be provided by meet management or by a coach as both parties understand there are other competitors on the course, a spectator or manager could also distribute liquids on the course.

Watches – We are still getting questions regarding watches worn during competition. Watches with and without GPS capabilities are legal for both cross country and track and field meets. The NFHS has changed their interpretation regarding GPS as a form of an aid.

Headbands - We have been stopped and asked the difference between a head band and a hair device. Both items are allowed by rule, but each have a specific purpose and unique rules. A head band is meant to keep perspiration off an athlete's face and out of his/her eyes. A head band needs to be a single solid color, unadorned except for a manufacturer's logo or school logo, and no wider than 2 ¼ inches. A head band must be worn on and around the forehead. Bandanas folded to have a head band appearance are not legal. A hair device is something that is worn to aid in controlling the hair and keeping it back and out of the face of an athlete. Barrettes, hair pins, and ribbons are some examples of hair devices. These items can be adorned. As the name implies, these devices are worn in the hair. To keep it simple for our coaches and officials, if it is in the hair, it is considered a hair device. Remember all other head gear and hats are not allowed unless an exception is made for adverse weather conditions. Similar to what is covered below, the athlete will first be warned for the headband and then disqualified if another violation is observed.

Team Not Wearing the Same Uniform – Recall that there is a rule change for this season that no longer requires team member uniforms to be identical. The uniforms must clearly identify through predominant color, school logo, and color combination of all outer garments that members are from the same team. What happens if a seven person varsity squad appears to run with three members wearing a predominant black color running top and the other four members wearing a predominant blue color running top? If the clerk of course observes and notes the violation at check in, the team members would be required to make the uniforms legal before becoming eligible for further competition and shall be issued a warning that a subsequent violation would result in a disqualification. Now assume the clerk of course doesn't observe or

note the violation, and the seven runners are at the start line going over final instructions when it observed of the uniform violation. At that point in the event, the race will not be delayed in order to permit the team to comply with the rules. In this case, the seven team members will be warned and not disqualified at the conclusion of the race. We just want to remind everyone that a warning must be issued prior to disqualification for a uniform violation.

State Qualifying Meet Assignments – According to our manuals, State Qualifying Meet assignments will be released the week of October 14. We will review the October 15 IATC rankings and then make the final assignments. Please do not start calling our offices first thing Monday the 14th as the assignments will not be posted until later in the week when we receive the IATC rankings. Keep submitting meet results to iaxcresults@gmail.com as many of you have earlier this season to help make the rankings more accurate.

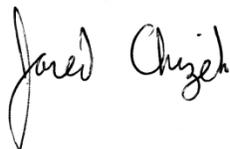
State Meet Information – More information regarding the state meet will be posted in the next two weeks. Qualifiers will be posted once we receive meet results on the 24th. Here is a link regarding the spectator admission change for the 2019 state meet: <https://www.iahsaa.org/wp-content/uploads/2019/09/Cross-Country-Ticketing-19.pdf>. Please be aware of the participating school change as well regarding complimentary admission for the traveling party and use of parking passes. Also, the state meet schedule has not changed for 2019.

11:00 a.m. Girls' 4A	1:20 p.m. Awards Ceremony 3A
11:30 a.m. Boys' 4A	1:30 p.m. Boys' 2A
12:00 p.m. Girls' 3A	2:00 p.m. Girls' 1A
12:20 p.m. Awards Ceremony 4A	2:20 p.m. Awards Ceremony 2A
12:30 p.m. Boys' 3A	2:00 p.m. Boys' 1A
1:00 p.m. Girls' 2A	3:00 p.m. Awards Ceremony 1A

Wheelchair Competitors – We have not heard from any member school regarding having a wheelchair participant in cross country this fall. This is the last call for any member schools to let us know if they have wheelchair competitors.

We will you all the best of luck as we entered the last quarter of the season. Again, if we can be of assistance, don't hesitate to contact us.

Sincerely,



Jared Chizek
Assistant Director



Gary Ross
Associate Director