

# SUBURBAN PAROCHIAL LEAGUE CROSS COUNTRY



## Rules and Procedures

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Instituted in 1986 - Revised August 2023



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## RULES AND PROCEDURES

Instituted in 1986 - Revised July 2023

Rules and cross country meet administration will conform to the standards published in *Track and Field and Cross Country Rules Book* as published by the National Federation of State High School Associations (NFHS), except where specified differently within these **Rules & Procedures**.

### SECTION 1 – League Membership

The Suburban Parochial League - Cross Country (the “League” a/k/a SPLCC) is comprised of those schools that have agreed to abide by these Rules and Procedures and have paid their initiation fee and annual membership dues as determined by the League.

Listed in alphabetical order, at the present time the SPLCC is currently comprised of 34-member schools from the Chicago Archdiocese and Diocese of Joliet:

All Saints Catholic Academy	St. Dennis Joseph Catholic Academy (SDJCA)	St. Mary of Gostyn
Ascension	St. Francis Xavier	St. Mary Immaculate
Everest Academy	St. Giles	St. Mary – Mokena
Holy Family	St. Isaac Jogues	St. Mary Nativity
Holy Trinity	St. James the Apostle	St. Michael
Immaculate Conception	St. Joan of Arc	St. Odilo (2023)
Kingswood Academy	St. John of the Cross	Sts. Peter & Paul
Notre Dame	St. Joseph – Downers Grove	St. Petronille
Our Lady of Charity	St. Joseph - Manhattan	St. Pius X
St. John the Baptist-St. Isidore*	St. Leonard	St. Raphael
St. Cletus	St. Luke	St. Scholastica Visitation

\* grandfathered as single school / team

It shall be the responsibility of each member school to: (a) conduct its cross country program in compliance with the *Rules and Procedures* of the League; (b) protect the health of and provide for a safe environment for each participating student-athlete; and (c) promote the character and the development of the values of fairness, honesty and respect for its student-athletes, coaches, school administrators and meet officials and sportsmanship.

New or rejoining member schools must submit their request for membership or reentry to SPLCC in writing, which is subject to approval by a simple majority of the League schools and pay their initiation / reentry fee and annual dues. When considering a new school for membership, consideration must be given to the safety of the student-athletes when competing at a given venue: i.e., are meet venues able to safely host the number of runners competing without the potential for injury, most especially at the start of a race.

Note: (1) If two or more schools wish to merge to create a “team,” merger is subject to approval by a simple majority of the membership and will be brought up on an individual basis, discussed and voted upon at a League meeting. Merged teams must be approved annually at the preseason summer meeting.

**Universal List:** The universal list is comprised of the League's member schools and is utilized when members do not volunteer to assume positions of responsibility to include the appointment of executive officers, meet hosts, etc. should the need arise to do so. Additions to the list are to be made at the bottom of the list in (a) the order of a member school's admittance to the SPLCC, (b) a representative of the school assumes a league officer position, (c) is the principal meet host or (d) a representative of a member school assumes an extraordinary position, such as the League's webmaster.

The Universal List was updated July 2023 at the preseason meeting to reflect schools that have closed and are no longer League members, new member schools, League officers, principal meet hosts and members who make significant contributions to the operations of the SPLCC. (See addendum)

## SECTION 2 – Officers / Committees

**A. League Officers:** The administrative authority of the League shall be vested in an Executive Board comprised of a President, Vice President, Treasurer, Secretary and two Safety Officers who are either (a) elected by a simple majority of the membership after volunteering to fill the position or (b) appointed in the order specified from the Universal List of member schools. (See addendum) Responsibilities of the League Officers include, but are not limited to the following:

- **President:** The chief executive officer of the Suburban Parochial League Cross Country (SPLCC) is its president, who is entrusted by the member schools with the direction of the League and the administration of the SPLCC's *Rules and Procedures* and administration documents. The president presides at the League's preseason summer (July) and postseason Fall (October) general meetings, conducted pursuant to *Robert's Rules of Order*. The president sets the agenda for each meeting with input from the membership and/or on their own initiative, which is: (a) reflective of the goals for the coming season; and (b) opportunities for improving the student-athlete's experience.
- **Vice President:** The principal responsibility of the League's Vice President is to (a) support the president in the performance of his/her duties and responsibilities and (b) replace the president on an interim basis in the event the president is incapacitated or unable to fulfill their responsibilities.
- **Secretary:** The League's secretary maintains all the League's written records, to include changes to the *Rules and Procedures*, the SPLCC's preseason and postseason meeting minutes, Universal List and member school's Contact List. The League's secretary serves as the principal communications officer.
- **Treasurer:** The Treasurer is the League's financial officer, managing the finances of the League. The treasurer's duties include, but are not limited to, (a) recommending the amount of annual dues based on previous and anticipated expenses, (b) issuing invoices for, and collecting, annual dues and fees from League members, (c) collecting monies from other authorized fund raising activities, (d) paying bills for authorized expenses, (e) maintaining the League's checking and savings accounts and (f) providing semi-annual financial reports at the preseason summer (July) and postseason winter (October) meetings. Financial reports are to be in writing and provide a detailed accounting of the cash inflows and outflows in a standardized bookkeeping format.
- **Safety Officer:** The SPLCC requires two (2) safety officers. Their responsibilities are:

- Reviewing team tents are for compliance with the League's "tent safety protocols" set forth Section 6.B. Instruct teams to take down tents when severe weather conditions or wind would cause a hazardous environment when tents could become airborne.
- Monitor weather conditions and recommending implementation of the League's *severe weather policy* set forth Section 6.C when threatening weather is approaching.

**B. Term / Election:** Officers serve for an indefinite term. When a member of the Executive Board decides to vacate their position, the retiring officer should give sufficient notice (6 months is suggested) to ensure the timely transfer of responsibilities to the new officer.

Vacant positions will be filled by: (a) volunteering with confirmation by the League members, (b) nomination by any League member school or (c) by appointment from the Universal List should no one volunteer to stand for election at one of the League's semi-annual meetings and voted upon by the member schools present. Voting will be via a simple majority vote.

The SPLCC is a volunteer organization that is wholly dependent on its members' willingness to assume positions of leadership, whether through volunteering, nomination and election or appointment from the Universal List. Failure to assume one's leadership responsibility, especially if chosen from the Universal List where a school is responsible, will result in: (1) a member school's membership in the SPLCC being suspended for a period of one full calendar year (i.e. two full seasons) at which time the suspended school may petition for reinstatement; or (2) in lieu of suspension, and so that a school's student-athletes are not penalized, the member school will be assessed a fee equal to two-years annual dues, plus the normal annual dues for that season and placed on probation.

League Officers, meet hosts or members that make other significant contributions as determined by the League are exempt from the list. Such exemptions shall continue for two years after the members would otherwise be eligible to be included on the list.

When, and if necessary, the League and all member schools will reference the Joliet Diocesan Policies.

**C. Rules and Event Committee:** The Rules and Events Committee will be comprised of League Officers and experienced coaches who volunteer or are appointed by the League President with the concurrence of the other League Officers. There are no specified terms for the Rules and Events Committee members and members will be replaced as they opt to vacate their position. Experienced coaches are considered to have at least a minimum of 1 year of SPLCC coaching or administrative experience.

Committee members meet when necessary to discuss issues raised during the season or at League meetings and make recommendations to the Members regarding resolution of those issues. In addition, the members of the Committee are meant to draw on their collective experience and serve to share information, make jobs less confusing and/or intimidating to new volunteers and provide guidance on how to run a meet. The Committee is a resource to be utilized by all members of the SPLCC.

**D. Ad Hoc Committees:** From time-to-time specific issues related to the operation of the League will arise and need to be addressed. In this eventuality, the President will solicit volunteers or appoint representatives from member schools to examine research and make recommendations to be voted on by the membership. In cases where an immediate solution or action is needed, the members of the Executive Board and/or Rules and Events Committee will be empowered to implement an action plan.

### SECTION 3 – Dues and Fees

**A. Initiation Fee:** New member schools will pay, upon acceptance into the League a \$100 initiation fee.

**B. Annual Dues:** Each member school will pay annual dues based on a recommendation by the Treasurer at the preseason meeting, taking into consideration the previous season's expenses and anticipated expenses for the current season, plus any surplus.

Annual dues for the 2023 season remain at \$350 and unless changed by the membership at future preseason or postseason meetings future seasons will remain \$350.

Note: In July 2021 member schools approved a one-time \$50.00 supplemental fee to offset the cost of hiring a timing company to time and score the 2021 Championship Meet. This fee was reviewed and incorporated into the annual fee at the 2022 preseason meeting and remains unchanged as of July 2023.

**C. Other Fees:**

(1) Reentry - Schools who have opted to drop their membership for one or more season and want to rejoin the League will be required to pay a \$100 reentry fee plus annual dues, subsequent to submission of their written intent to rejoin the League and approval by a simple majority of the League members.

(2) Suspension Waiver - Not wishing to punish student-athletes of a suspended member school, the school may pay a reinstatement fee equal to double the annual dues.

(3) There are no additional fees assessed member schools placed on probation.

**D. Payment.** The League Treasurer will prepare and distribute invoices for the annual dues and any outstanding amounts owed the League. Annual dues and any outstanding fees are due and payable prior to the first meet of the season.

### SECTION 4 - Meetings

**A. League General Meetings:** There will be two mandatory meetings for Member schools yearly. The member schools will meet for preseason (summer) and postseason (fall) meetings. The preseason meeting will be scheduled on or before the last Monday in July while the postseason meeting will be held on the fourth (4<sup>th</sup>) Tuesday in October.

All member schools are required to have a representative at BOTH League meetings. This rule is meant to ensure that (a) all member schools proactively contribute their expertise and leadership through their active participation at League meetings; and (b) assure the League continues to provide a quality cross country program and experience for its member schools and their student-athletes.

**B. Coaches:** There will be a coaches' meeting at 8:15 AM the morning of each meet. All teams should have at least one coach in attendance at this meeting where any questions regarding the meet or course can be asked and answered. The meetings will be held at the scorer's tent, or an area designated by the meet's host school(s).

**C. Other:** When deemed necessary, the Rules and Events Committee (REC) will meet prior to the July preseason and/or the October postseason meetings to discuss issues brought up at SPLCC general meetings. The REC will in turn discuss those issues, make recommendations regarding those issues, and present those recommendations to the League members for further action.

**D. Penalties:** Failure to attend a general League meeting will place the member school on probation for one (1) year. Failure to attend two meetings in a row will result in the suspension of that school from the League for a period of one (1) year. Should a member school be placed on probation or suspended, the League will notify the team's head coach, athletic director, and principal. Note: So, as to not punish a school's student-athletes for the failure of its athletic administration, on the first occurrence of non-compliance and suspension the member school can opt to pay a fee equal to double the annual dues in order to participate for that season.

## SECTION 5 – Student Athlete Participants

**A. Eligible Participants:** Any boy or girl in grades 5 – 8 and in regular attendance at a member school, in good academic standing as determined by their respective school or is enrolled in the member school's Religious Education (RE) Program, to include home schooled students who are enrolled in or have completed a parish's religious education program's requirements, is eligible to compete in SPLCC activities. It is specifically noted that such participation by religious education students is at the option of the member school and that participation by Religious Ed students is allowed **ONLY** for Cross Country; RE students **CANNOT** participate in SPL T&F activities. For IESA member schools, Religious Ed students are barred from participating on the school's team.

SPL student-athletes compete by grade and gender but may compete at a higher grade level than their own grade but are limited to competing with their gender and allowed only one race per meet. Runners are, however, allowed to compete at either their own grade level, or higher, at different meets. They may **not** compete at a grade-level level lower than their own.

To compete in the SPL Championship, Meet, a student-athlete must have run and finished at least **one** of the four SPL sponsored meets prior to the Championship Meet. Note: A special waiver may be granted to a student-athlete by the League's president if the student-athlete was unable to compete in any of the four meets that precede the Championship due to injury or illness. Such waiver is subject to clearance by a physician, who authorizes the student-athlete to compete and the athlete's coach as to his/her ability to safely race.

**B. Special Needs Student-athletes:** Participation by special needs student-athletes is welcome and encouraged by the SPLCC. However, competing in meets is subject to certain provisos: (1) the safety and well being of **all** student-athletes is of paramount importance, most especially when starting and finishing a race. Where possible, the special needs athlete will start with his/her team as long as their safety and those of other competitors is not impacted; (2) race time limits (See Section 8.E) will be adhered to, and arrangements should be made by the student-athlete's coach to provide a finish time if they are unable to finish their race within the allotted time. For those special needs students who require a running companion, said companion will wear distinguishing clothing provided by the League so they are not mistaken for someone "pacing" the runner.

**C. Ineligible Participants:** Fourth (4<sup>th</sup>) grade students are ineligible and not permitted to compete in SPLCC meets. In addition, runners who are not a member of a SPLCC member school's team are also ineligible to compete in SPLCC meets. Students who are determined to be academically ineligible, as determined by their respective school, are unable to participate in practices and meets.

## SECTION 6 – Safety & Risk Management

Risk management is one of the best tools we have to keep our athletes, coaches and spectators safe and secure and protect our meets from accidents, injuries and the potential for financial loss. A proactive, preventive approach is always the best method for minimizing risks and ensuring safety! We are all in this together!

**A. Concussion Education Requirements:** The League fully supports full compliance with [Illinois] Public Act 099-0245, the *Youth Sports Concussion Safety Act* (the Act) requiring all youth sports coaches in the State of Illinois to complete a 2-hour concussion education program and successfully “test out” every two years beginning in 2016. The League acknowledges that the initial training, successful test completion and certification for all SPL coaches required by the Act is to be timely completed. The League further acknowledges that the selection of the education program and testing methodology that is compliant with the Act, as well as confirmation of compliance with the Act is the sole responsibility of each individual member school.

**B. Team Tent Use:** Team tents are intended to shield SPL athletes from inclement weather - from extreme sun to rain - but unpredictable winds can come up at any moment creating a safety hazard if the tent is not properly secured. It's shocking how easily just a small amount of wind can send a tent sailing, particularly when you put up one or more of the side walls. Accidents and injuries to athletes, coaches and spectators at SPL meets can, and have involved windblown team tents. Therefore, The Suburban Parochial League requires all member schools / teams that choose to set up a tent to minimize the risk caused by team tents by following these industry recommended steps for team tent safety.

All teams who wish to set up canopy tents at a meet venue, including the set up and break down period, should have their team tents sufficiently and safely anchored to the ground from the time their canopy tent is put up to the time it is taken down. Where permitted by venue hosts, tents should be secured with weights in addition to being staked to the ground with approved stakes. Tents should be set up by **8:00 AM** and are subject to inspection by the SPLCC's Safety Officers.

- **Canopy Weights:** The safety of athletes, coaches and spectators should be the goal of every team. As such, canopy weights should be placed carefully, using materials that are least likely to injure. Canopy weights should always be attached to the legs of team tents, and it is a League requirement that each canopy tent leg must have no less than 20-40 pounds anchoring each leg of a 10 x 10 tent and 50 pounds on a 10 x 20 tent as recommended by some tent manufacturers.
- **Examples of Good Canopy Weights**
  - Vertical sandbag weights that are specially made for securing canopies, meeting the above weight requirements, and strapped to the legs of the canopy.
  - PVC pipe capped and filled with cement can be hung on the inside of canopy poles as long as it is secured so that it does not collide with athletes, coaches or spectators.

The best weights are strapped to the bottom of each leg, and then tethered via a bungee to the top corner of the canopy, thus lowering the center of gravity of the canopy. In a strong gust of wind, even canopies secured with enough weight can be broken if the weights are not suspended from the top corners of the canopy. Staking a tent to the ground complements the use of weights but are not

sufficient individually to anchor a tent. In addition to not providing enough grip to prevent a canopy from taking flight in a strong gust of wind, non-spiraled, straight tent stakes are barely visible and can cause a serious tripping hazard to an unsuspecting athlete, coach or spectator. Meet hosts will advise if a venue's host will allow tents to be staked to the ground.

- **Examples of BAD Canopy Weights**

- Gallon water jugs are not heavy enough for large gusts of wind. One gallon of water weighs 8 pounds. One gallon of water on each corner would be the equivalent of a 3-year-old child trying to hold down a 100 square foot parachute.
- Tying tents or canopies to tables, coolers or vehicles provides tripping hazards and frequently does not provide adequate weight.
- Sandbags that cannot be placed upright and securely tied to the tent or canopy should not be used.
- **Never** use cement blocks! They are hard, easy to trip over, and are very effective toe and shin breakers.

At all costs, avoid stretched out cords and lines. Athletes, coaches, and spectators will get them wrapped around their arms or legs, causing them to trip and fall.

**Weights and canopy tie-downs should be safely secured -- "safely," meaning that the method used to secure the canopy does not create its own safety hazards:**

- Weights should not cause a tripping hazard.
- Weights that are tethered with lines should be clearly visible.
- Weights should have soft edges to avoid causing cuts and scrapes.
- Weights should be securely attached.
- Weights should be on the ground: **NOT above people's heads.**

Even when properly secured, in certain inclement weather conditions canopy tents can be precarious, and tents need to be taken down. It's suggested if wind speed is greater than 15 mph. Consequently, individual teams should designate coaches or parent volunteers to take the tent down and direct athletes, coaches, and spectators to move out of the way, so they are not injured.

**Always Be Prepared:** You should always have your canopy secured to the ground. It is not enough to have the tools necessary to secure your canopy on hand if you do not employ them. Strong gusts can come up without warning anywhere, at any time. After your canopy takes flight and causes damage it is too late to decide to secure your canopy. You should assume winds will come. Indeed, they often do. Always secure canopies. During setup and breakdown periods canopies are vulnerable to wind. Stay alert. You must be sure to completely secure your canopy as soon as you set it up and take down your canopy as soon as you remove its weights at the end of the meet. Do NOT let yourself be interrupted by ANYTHING in the middle of this process, as a half-secured canopy is as dangerous, if not more dangerous, than an unsecured canopy.

**In Conclusion - Penalties:** Teams not adhering to these canopy tent safety guidelines will be asked to take their tent down. Failure to do so will result in a team's athletes being suspended from competition and disqualified from participating in that meet.



### **C. Severe Weather Policy:** (Adopted from the IHSA / IESA)

This Policy shall be in force for all SPL sanctioned and sponsored cross country and track & field meets.

- **Severe Weather Conditions:** When thunder is heard, or a cloud-to-ground lightning bolt is seen, the thunderstorm is close enough to strike your location with lightning. Take shelter immediately. Lightning is one of the most consistent and underrated causes of weather-related deaths or injury in the United States. Nearly all lightning-related injuries occur between the months of May and September and between the hours of 10:00 a.m. and 7:00 p.m. Therefore, the greatest concern for injuries in an outdoor contest appears to be during that time, though it can happen any time of year. It is essential that host schools, competing schools, and contest officials establish dialogue in advance of the contest or event to ensure that all involved are aware of what the plan will be in determining whether or when to suspend play. Host schools are encouraged to share their plan with competing schools and officials prior to the start of the tournament.
- **Advance Planning:** Local Managers should have a documented plan in place, designated people who are responsible for monitoring the weather and a qualified person (typically a trained manager and/or officials) to make the decision to suspend play. In state series competitions, the host school administrator or official(s), if assigned, can make the decision to suspend play.
- **Monitoring Weather:** Local Managers during the contest should be aware of any potential thunderstorms that may form during the competition; if an evacuation is needed, managers should also know how long it would take teams to get to their safest location. Monitoring the weather with a weather alert radio, or with lightning detection systems, or any other available means, is recommended. If competing schools have portable devices they will be bringing to a contest and have specific policy or directions from their administration that they must follow, the school must communicate those policies with the host school. Host schools must know the policies of each school assigned to their tournament prior to its start.
- **Lightning Awareness:** Generally speaking, it is felt that anytime a cloud-to-ground strike of lightning can be seen, or thunder heard, risk is already present. It is time to seek shelter.
- **Criteria for Suspending Play:** If the local management does not have commercial weather warning equipment at the site or an efficient method of making an accurate, timely decision on location, listening for thunder is the best way to mitigate the danger. If thunder is heard, or lightning is seen hitting the ground, the thunderstorm is close enough to strike in your location. According to the National Weather Service, lightning can strike 10 miles away from the parent thunderstorm. When thunder roars, go indoors!

It is important that local managers monitor not only how far away the lightning is but also how fast it is approaching. Thunderstorms can form and move quickly, and danger can arrive quickly. Either host school administration or assigned contest officials have the authority to suspend or cancel interscholastic contests. It is recommended that those groups work together in making such a determination and use any and all available information in doing so. Participating schools with concerns at particular events should direct those to the host school management or assigned contest official.

The following guidelines should be followed in determining when to suspend an event:

- Anytime a cloud-to-ground strike of lightning can be seen, or thunder heard, risk is present, and a contest should be suspended. ***At that point, the 30-minute rule for resumption will go into effect.***

**Note:** Due to the layout of some outdoor facilities, contest officials or tournament managers may not be able to see lightning actually "strike the ground." However, whenever lightning is seen moving out of clouds towards the ground, it can be assumed that the lightning is striking the ground somewhere, and as a result, the contest should be suspended. If lightning or thunder is not present but the weather is starting to become ominous, tournament management and/or contest officials should use all available information to determine if, and when a contest should be suspended. Care for both participants and spectators should be taken into account at this point. If in doubt, contest officials or tournament managers are encouraged to exercise caution and suspend play. Tournament officials should be ready to implement their emergency plans. However, competing schools that pull their teams or athletes off the field of competition prior to a contest or event suspension do so at the risk of forfeiture or disqualification from the game or event. Suspended contests or events should be resumed at a time when the weather and/or field conditions allow for resumption.

➤ **Evacuation Plan**

- **Safe Areas:** All personnel, athletes and spectators should be clearly informed of available safe structures or shelters in the event of an approaching thunderstorm. A safe structure is any fully enclosed building frequently used by people. In the absence of that - athletes and spectators should go to any vehicle with a hard metal roof. Roll up the windows and do not touch the sides of the vehicle. If no safe structure or vehicle is available, find a thick grove of small trees surrounded by taller trees or a dry ditch. Assume a crouched position on the ground with only the balls of your feet touching the ground. Wrap your arms around your knees and lower your head. Minimize contact to the ground since lightning often travels through the ground.

- **Avoid:** Tall trees or objects like light poles or flagpoles, individual trees, standing pools of water and open fields. Also avoid being the highest object on the field. Do not take shelter under trees. Avoid bathrooms if another building is available, and do not use a land-line telephone. A cellular phone or portable phone is a safe alternative if in a secure shelter or vehicle.

➤ **Resuming Activity:**

The NSSL (National Severe Storms Laboratory) recommends that everyone should wait at least 30 minutes after the last flash of lightning or sound of thunder before returning to the field or activity.

## **Section 7 - Courses / Meet Venues**

**A. Course Measurement:** To ensure accuracy, the host school(s) of each meet must measure all courses in one contiguous route. Courses should not be measured in parts, which are then added together. To accurately measure each course, you must walk the entire course with a measuring wheel, as runners will run it. Accuracy is very important to the runners, so please measure the courses carefully and correctly. If the course is found to be longer or shorter than the given grade distance it should be indicated on the course map. Note: For the Championship Meet, the course must have an accurate distance for any record to be acknowledged and recorded.

**B. Course Markings:** Courses should be clearly marked with colored flags supplied by the League. The following flag colors will be used at all SPL Cross Country Meets:

**RED** = left turn

**YELLOW** = right turn

**BLUE** or **WHITE** = straight ahead

Runners are to run flag to flag, passing to the left side of the flag on right turns and to the right side of the flag on left turns or simply passing to the outside of the flag on turns.

If necessary, and when allowed by the owner of the venue, arrows or paint can be used to help clarify the course. In addition, when allowed by the venue owner, the course may be marked with a striper. If striping is to be done, white paint should be used to stripe. In addition to markings, spotters can also be used to direct runners through tricky parts of the course. However, flags are predominant means of marking a course and supersede any other markings.

**C. Team Responsibility:** It is the responsibility of each school's coaches to ensure that their runners know the course. Any questions regarding the course should be directed to the meet host before the meet at the coaches' meeting. There will be no official walk through, although it is suggested that teams accompanied by their coaches walk their respective course as part of their meet preparation.

## SECTION 8 – Meets

**A. Racing Season:** There will be four regular season meets and one Championship Meet. The first SPL CC meet will be held on the first Saturday in September and will continue every Saturday for five weeks ending with the Championship Meet. The League's start of competition on the Saturday of the Labor Day weekend avoids a conflict with the Championship Meet falling on the Columbus Day weekend or on the date of the IESA Sectional Meets.

**B. Greg Vogler Memorial Co-Ed Meet:** This meet is traditionally the third meet of the season and is so named to honor a long time [SMG] coach and former SPL President who made significant contributions to the League and sport of Cross Country.

**C. Race Distances:** Races will be contested over the following distances at all SPL Cross Country meets:

5<sup>th</sup> Grade Boys and Girls – 1.0 mile

7<sup>th</sup> Grade Boys and Girls – 2.0 miles

6<sup>th</sup> Grade Boys and Girls – 1.5 miles

8<sup>th</sup> Grade Boys and Girls – 2.0 miles

All races will be run based on grade and gender with staggered starts for boys and girls, with the boys running first, followed by the girls. The head starter will make the determination as to when to start a race, with input from the meet manager, host school and its volunteers, assuring one grade doesn't run over another and the chute is able to accommodate finishing runners.

**D. Cancellations:** Meets will only be canceled due to inclement weather or course conditions that present a hazard to the safety and well being of the competing athletes. The cancellation of any meet is subject to a vote of each competing team's head coach, after (a) reviewing on-going weather conditions or (b) advised of hazardous course conditions by the host school or meet management. Meets may be suspended for lightening in accordance with the League's lightening protocol and resumed when deemed safe to do so, waiting a minimum of 30 minutes after the last lightening strike. As of July 2018, the SPLCC has also adopted the IESA/IHSA Severe Weather Policy referenced in Section 6 of these Rules & Procedures. With the approval of a majority of the head coaches and sufficient meet operations support the standard format of a meet may be altered to speed up completion of a meet

before severe weather strikes. Note: The SPLCC Championship Meet has its own policy/procedure dealing with bad weather but will adhere to Section 6.C's Severe Weather Policy.

**E. Race Time Limits:** There will be a time limit for each race. After the time limit is reached, runners still on the course will not be timed. Runners will be allowed to finish in the chute, but there will be no official time. Time limits are:

5<sup>th</sup> Grade: 12 minutes

6<sup>th</sup> Grade: 18 minutes

7<sup>th</sup> & 8<sup>th</sup> Grades: 24 minutes

The starter or meet manager should communicate these time limits to the meet's official timers. This procedure is meant to keep runners who are walking the course from holding up the meet.

**F. Disqualification:** A competitor will be disqualified for wearing an improper uniform, as determined by the starter, wearing prohibited shoes, intentionally interfering with another runner (vs. incidental contact) to include elbowing, pushing, blocking or for leaving the designated course to gain an advantage, missing course flags, failing to run on the outside of flags on turns or unsportsmanlike conduct to include inappropriate language or disrespect toward a meet official. Additionally, water bottles or aid should not be given to an actively competing runner along the course during a race as this can result in disqualification as can pacing of a runner, which will also result in a disqualification. Spotters should enforce this as best as they can.

Pacing is defined as any athlete, coach, teammate, parent, or other person running alongside for a distance that is determined to aid or affect the racing of that runner. A few steps beside a runner in the process of coaching or cheering them on is NOT considered pacing. It is also not considered pacing for a coach to encourage the last runner in the race by running alongside for a short distance to encourage and help them finish the race.

Of course, if an athlete is in distress, injured or drops out of the race and is not actively competing, fluids or aid **can and should be administered**.

**G. Pets: NO** dogs, cats or other animals should be brought to the meet site due to liability and the messes left by pets. Coaches and athletic directors for member schools are responsible for communicating this rule to the parents, extended family members and friends (spectators). When a pet is brought to a meet site, coaches and/or meet officials should politely notify the pet owner of the League's rule (and most likely the owner of the meet site) and ask them to remove the pet. If the pet isn't removed in a timely manner, the head coach of the team to whom the pet owner is affiliated with should be notified and asked to resolve the matter. If not resolved by a coach, penalties and or disqualification of the team can be imposed.

**H. Records:** League records will be kept only for the Championship Meet. If meet hosts want to establish their own course record that is acceptable and encouraged but will not qualify for League record status.

**I. Awards** – Weeks / Meets 1 thru 4:

1. Individual – Individual place ribbons will be awarded and distributed in the chute to the top 25 finishers in each of the eight races run on a meet day to include:

5<sup>th</sup> Grade: Boys (25) and Girls (25)

6<sup>th</sup> Grade: Boys (25) and Girls (25)

7<sup>th</sup> Grade: Boys (25) and Girls (25)

8<sup>th</sup> Grade: Boys (25) and Girls (25)

Note: With the elimination of team scoring for the GVM Co-Ed Meet in 2016 and the corresponding team ribbons, individual place ribbons for **all** Flight #2 runners were increased from 25 to 35.

2. Team – Team ribbons will be awarded to the first 7 runners of each team placing first thru sixth. Ribbons will be distributed to coaches the week following a meet and placed with the team's folder holding tags for the current meet. Note: Effective with the 2016 season, no team scoring will be completed for the GVM Co-Ed Meet and consequently no team ribbons will be awarded at this meet.

3. Championship Meet – Please see Section 10 dealing with the championship meet procedures.

**J. Conflicts:** Should a conflict arise, the coach / parent / meet official should speak to the team's head coach regarding resolution of the problem causing the conflict. The head coach will then determine the necessary or appropriate action needed. If the conflict involves another school, both head coaches should discuss and determine the appropriate action and if necessary, involve the League President. Should the SPL President become involved, he/she will, after appropriate consultations with meet officials, other coaches, and the involved parties, shall have the authority to make a final decision to resolve the conflict.

**K. Coaches Conduct:** Coaches best serve the interest of their student-athletes, school, and the SPL CC by being positive role models of good sportsmanship. Coaches should avoid displays of anger and should not visibly or audibly protest decisions. Nor should Coaches risk injury to or the health of a physically unfit student-athlete.

**PLEASE REMEMBER, THIS IS FOR FUN!**

## **SECTION 9 – Uniforms, Equipment, Accessories**

**A. Uniforms:** All runners must wear a team uniform consisting of a t-shirt, jersey or singlet that identifies their school that is of the same design and color. In cold weather, undergarments or sweats can be worn but the uniform top must be worn on the outside to allow easy identification of the competitor. There is no specific restriction on the shorts and/or tights or undergarments worn by competitors. However, teams are encouraged to wear shorts and/or tights or under-garments that are identical, to complete / complement the uniform top and make identification easy.

### **B. Shoes:**

(1) Each competitor shall wear shoes on both feet that have an upper and recognizable sole and heel, which can be securely fastened to the foot. In cross country, the sole may contain grooves, ridges, or track spikes (pins). Except for "track spikes" or just "spikes" which are addressed separately in paragraphs below, permitted shoes for student-athletes in all grades include trainers, cross trainers, trail runners and racing shoes which include shoes with rubber nubby soles commonly known as flats or racing flats. Shoes worn in other athletic competitions with protrusions, such as soccer or football cleats, are prohibited in all SPL cross country competitions.

(2) For the purposes of the SPL, "**spikes**" are defined as racing shoes with sockets in the sole in which metal, ceramic or plastic spikes are inserted and designed to provide grip.

(a) Junior Varsity (5<sup>th</sup> & 6<sup>th</sup>) competitors racing in SPL junior varsity races are **NOT** allowed to wear “spikes”, regardless of the spikes having been inserted in the spike sockets or left empty. (Note: Running in “spikes”, without the spikes being inserted is dangerous and presents a hazard to the athlete.) Shoes that do not have sockets into which spikes, pins or plugs are inserted, are legal and acceptable.

(b) Effective 2019, Varsity (7<sup>th</sup> & 8<sup>th</sup>) competitors, and those Junior Varsity competitors who are “running up” in a varsity race, are allowed to wear “spikes” provided that: (i) the length of the spike or pin shall be no longer than 5/8”; (ii) ceramic, plastic or metal spikes or pins must be inserted into the sockets; i.e. spikes may not be worn with empty spike sockets; and (iii) the use of spikes, and their length, at any meet is subject to approval by the venue’s host organization and will be communicated to the competing teams in the meet letter provided by the meet host(s).

Note: (1) There are many types of “spikes” and it is suggested that the student-athlete and their parents make the initial purchase from a specialty running store, as the staff will help guide you through the fitting process, and make sure you end up with the best shoe for your feet and event. If purchasing via the Internet, be sure to discuss your needs before purchasing with your coach or another knowledgeable running-shoe person. (2) Middle Distance track runners who compete in both cross-country and track can sometimes use the same spikes for all seasons. There are spikes designed specifically for cross-country, which tend to have a rubber sole with a better grip on rough or muddy cross-country surfaces vs. those for track & field.

**C. Jewelry / Headsets / Ear buds:** Runners cannot wear excessive or large amounts of jewelry, to include headsets or ear buds of any kind. The starter and / or League officials will decide disputes about the validity of shoes and / or jewelry. It is strongly suggested that a coach (or parent) inquire prior to the start of a race so as to not delay the race or cause the student-athlete to miss the race. (Note: Possession of a cell phone by an athlete during a race is cause for disqualification per NFHS Rules.)

## SECTION 10 - Procedures

### A. Pre-season:

1. Member schools will meet on or before the 4<sup>th</sup> Monday in July in preparation for the upcoming... ..season. This is a **mandatory** League meeting.
2. Team Rosters - All team rosters are to be submitted to the Head Scorer via email by a date set by the Head Scorer using the format provided by the Head Scorer or their designate. Only submit the names of those student-athletes who are cross country participants rather than the entire enrollment to avoid excess or unnecessary expense. Additions can easily be made prior to or on the day of a meet.
3. Insurance - Each school hosting a meet must order Certificates of Insurance after July 1<sup>st</sup>. The phone number for the Joliet Diocese is (815) 838-2142. If a host school is outside the Joliet Diocese, then the appropriate Diocese office should be contacted.
4. Enrollments - School enrollments for grades 5 thru 8 are to be submitted to the League President prior to the first meet of the season so as to determine whether a school is assigned to Division A, AA or AAA. (See #5 below.)

5. Divisions: Effective July 2018, the SPLCC added an additional Division to create three Divisions; A, AA and AAA. As previously, assignment to a specific Division is based on a school's and/or merged team's combined grades 5 – 8 enrollments. Division assignment is utilized for the Championship Meet only. (See Section 11 - Championship Meet for further details.) Submission of school 5-8 enrollment is due to the League President prior to the first meet of the season.

6. Worker Assignments - Each school will volunteer for or be assigned a specific meet worker assignment at the post-season (October) meeting and be responsible for that job for the entire competitive season. Confirmation of these job assignments by each school will be at the pre-season (July) meeting. Schools with larger teams and the corresponding available pool of parent volunteers should be cognizant of their ability to perform some jobs better than others or be prepared to provide volunteers when needed.

Meet worker assignments are as follows:

- **Ribbons/Awards** - Order individual, team and participation (championship only) ribbons for all meets. Sort and bring appropriate awards to each meet. For the Championship Meet and in consultation with the League President, also order and bring the Division awards.
- **Equipment** – Maintain and store all League equipment in the off-season, and ensure it is in good working order prior to the pre-season meeting. SPL CC Equipment includes:
  - ❖ All components of the Chute, course flags, measuring wheel and striper (School #1)
  - ❖ Finish line clocks; one each for Boys chute and Girls chute (School #2)
  - ❖ Scorer's tent (School #3)
  - ❖ Official and Backup Timer's watches (4 total) (Head Scorer)
  - ❖ Lightening Detector: SPLCC owned equipment kept in Meet Equipment Box
  - ❖ Meet Equipment Box on loan from SPL T&F containing two way radios, megaphone, starter's pistol, shells, yellow sleeve (School #4)
- **Tag Prep** – One school will be responsible for preparing the Tyvex runners place tags by affixing labels prepared by the head scorer and organizing them for each race, delivering them to the meet site and placing them in each school's boys and girls folders. Tags will be delivered to the meet site no later than 8:00 AM
- **Chute Control** - There will be a head finish line judge/chute manager who is in control of the chute's operation and the volunteers who "work the chute during a meet. The chute manager... is assisted by two or more additional people who are charged with maintaining the correct finish order until the runners have their tags removed.
  - ❖ **Tag Pullers** – Generally part of the Chute Control group of volunteers who physically pull the tags and place them on a stringer documenting each finisher's position. The pulled tags are coordinated with each runner's time by the Head Scorer.
  - ❖ **Pushers** – Part of the coordinated team of volunteers, under the direction of the Chute Manager, who keeps runners who have finished the race and entered the chute. Pushers keep the athletes on their feet and moving toward the end of the chute and assure that each finisher retains their finish position.
  - ❖ **Individual Ribbon Distributors** – Positioned directly behind the tag pullers, these volunteers hand out the individual ribbons for the top 25 (1 through 25) finishers in each race for Meets 1-4. For the Championship Meet, ribbons are distributed in the chute to the 11-25 finishers, plus participation ribbons. Typically, this responsibility is assigned to

two schools, with one school assuming responsibility for boy finishers and another school for girl finishers.

- **Timers** – There will be one set of timers (primary and back-up) for the boys and one set (primary and back-up) for the girls. Timers will position themselves on either side of the finish line, which is situated at the mouth of the chute. They will record times for all runners, except where runners have exceeded the established time limits for each race. (See Section 8.E)
- **Finish Line Clocks** – Two finish line clocks are maintained so that runners, coaches, and spectators may observe a competitor's time as they cross the finish line. One clock is dedicated to the boy's races and one for the girl's races. Volunteers should maintain contact with the Starter, to start the clock when the race begins. Times on the finish line clocks are NOT official times and are separate and distinct from the [Official] Timers.
- **Scorekeepers** – Under the supervision of the SPL Head Scorer, volunteers will be scoring the meet and be located at the scorer's tent / table using a computerized scoring program to determine the team scores. Both the Co-Ed Meet and Championship Meet have their own scoring methodology. However, effective with the 2016 season, the GVM Co-Ed meet teams will no longer be scored and only individual finisher ribbons awarded. Scoring methodology for the Championship Meet is discussed in Section 11.
- **Head Scorer** – The Head Scorer is responsible for managing data entry into the scoring software, printing race results (individual and team) and submitting to (a) the League President for distribution and (b) League's webmaster for posting to the SPL CC website.
- **Starter** – The starter, who by tradition has been the League President, should have a familiarity with the requirements for starting a race; the Starter for SPL CC meets does not have to be IHSA certified. Responsibilities include ensuring that all competing teams are properly positioned on the starting line, within their assigned box, that all runners in a race have been counted, and the count is communicated to the timers, runners are wearing appropriate footwear, jewelry, and uniforms and that any needed instructions have been given to the competitors. In addition, the starter should ensure the start of one race will not interfere with a race currently in progress. Once all conditions have been met, the starter will start the race. Should a runner(s) fall within the first 100 yards of a race, the starter has the option of recalling the runners to restart the race. The starter may also recall the runners should a false start have occurred. The Starter may also have an Assistant Starter help with meeting the conditions needed to run a fair race.
- **Spotters** – Also known as course marshals, Spotters are to be provided by the host school and positioned around the racecourse to assure that all runners run the designated racecourse and do not engage in any other acts that would lead to disqualification. Should a competitor be observed committing an act that would lead to disqualification the Spotter/Course Marshall should note the school for which the runner is competing and report it to the Meet Manager who will confer with the Games Committee as to whether disqualification will occur.

7. Volunteer Training – After assuming responsibility for a specific worker assignment, it is the responsibility of each school's athletic director / head coach or their designate to assure volunteers are properly trained to perform the task. Training of volunteers should occur **prior to** the day of the meet



and should not be left to the meet manager or other meet officials. This is to assure that SPL CC student-athletes have the best competitive experience possible.

### **B. Meets:**

1. The meet manager of the host school will email all information (meet letter, course maps, parking arrangements, etc.) at least one week in advance of their scheduled meet. If a new course, measurement of the course to assure accurate distances of 1-mile, 1.5-miles and 2.0-miles should be completed.

2. Maps of "new" courses or courses that have not previously been run should be submitted to all coaches as soon as possible in order to make sure that any problems or questions can be addressed prior to a meet. Where a course is run in loops, it is mandatory that all 6<sup>th</sup> grade courses have the smaller / shorter loop run first followed by the larger loop.

3. Runner's identification tags will be made available to coaches no later than 8:00 A.M. on the day of the meet in an area adjacent to the scorer's tent. Tags should be pinned to the runner's back through the shorter "component" part of the tag; not through the hole on the tag which is where the tag is placed on a stringer after being pulled. When pinning the tags on competitors, pin the tag so that the runner's hair does not interfere with the tag being "pulled." It's suggested that tags be pinned on the competitor when they have removed their sweats, so it isn't torn.

4. Team award ribbons from the previous meet, which have been placed in the same box with the runner's ID tags, should be picked up by coaches for later distribution to their team.

5. There will be a mandatory Coaches Meeting at 8:15 the morning of each meet conducted by the League President and the meet manager of the host school. In addition, the meet manager for the next meet will also provide information about the upcoming meet.

6. Runners should report to the starting line at least 15 minutes before the start of their race. School position on the starting line will be marked, determined by the perpetual starting list that was begun in 1992. The first school (team) on the list will be located at the far left side of the starting line, as you look out onto the course. The list/box locations will be shifted two schools each week. New member schools will be added to the bottom of the perpetual list as it stands at the time that the school joins the League.

7. Where space permits, each team (individual runners if no team) will be allowed a maximum of five places on the starting line in the assigned box. The starter has the authority to lower this number or place runners in unoccupied boxes if the starting line/box is too narrow. Slower runners should be placed in the back of the box to help prevent falls at the start of the race. In addition, the start line / runner's boxes should be segregated from spectators with a "rope line" to the rear of the starting line / runners assigned boxes.

8. The starter, or his/her designate, will take a head count of the runners prior to the start of each race. This number will in turn be provided to the official timers (primary and backup). The "head count" is to ensure that all runners are accounted for at the end of the race. (Also see Time Limits)

(a) The first race, 5<sup>th</sup> Grade Boys, will start at 9:00 AM and all other races will follow, assuring the safety of the athletes while on the course; and (b) The starter **may** call a race back within the first 100 yards should a runner(s) fall, or it's determined that a false start occurred.

9. Pacing is cause for disqualification and is defined as any coach, athlete, teammate, parent, or other person running alongside for a distance that is determined to aid or affect the racing of that runner. A few steps beside a runner in the process of coaching or cheering them on are NOT pacing. It is also not considered pacing for a coach to encourage the last runner in the race by running alongside for a short distance to help them finish the race.

10. Scoring: Boys' and girls' races will be scored separately, and teams must have a full 5-man team to qualify for team ribbons, except for the Championship meet Division awards where special rules apply. For team scores, the runner's finish place will equal the points scored for his/her team, with each team's first five runners' finish places added together. The lowest score wins, followed by the other five teams with the lowest scores in order. In cross country a perfect score is 15;  $1 + 2 + 3 + 4 + 5 = 15$ .

11. Ties: Ties will be broken by determining where a team's 6<sup>th</sup> place finisher has finished; the team with the lower 6<sup>th</sup> place finish will win the tiebreaker, and if necessary, the 7<sup>th</sup> place finisher. (See NFHS Rules book for other examples of ties and their resolution.)

### **C. Post-season:**

1. Member schools will meet on the 4<sup>th</sup> Tuesday in October to review the season: what went right; what could be done better; discuss other opportunities for improvement / clarity to improve the student-athlete experience. This is a mandatory League meeting.

2. Inventory all SPL CC equipment and confirm arrangements for storage in the off-season.

3. Ascertain whether all current season financial obligations have been paid.

4. Nominations and inductions for SPL CC Hall of Fame members, acknowledging (a) the automatic admission to the Hall of Fame by the 8<sup>th</sup> grade boy and girl winners of the Championship Meet; (b) any runner who has set a record time for his/her race at the Championship Meet, as nominated by any coach; (c) any deserving individual or team approved by a simple majority of the head coaches, or their designates, (one vote per school) and (d) retired coaches, administrators or other persons who are no longer active SPL CC members who have made a significant contribution to the League approved by a simple majority of the head coaches, or their designates, (one vote per school).

5. Assign topics for research / recommendation(s) to the Rules and Events Committee, or appropriate ad hoc committee, to report back to the membership at the pre-season meeting.

## **SECTION 11 – Championship Meet**

All attendant Rules and Procedures noted for Meets 1-4 apply equally to the Championship Meet. However, there are differences between the first four meets of the season and the Championship Meet.

**A. Course:** The host school(s) will measure the course to assure accurate race distances of 1-mile, 1.5-miles and 2-miles for the Jr Varsity 5<sup>th</sup> grade, Jr Varsity 6<sup>th</sup> grade and Varsity 7<sup>th</sup> and 8<sup>th</sup> grade races. Accurate measurement of the course is needed as the Championship Meet is the only meet where records are set and recorded as "official." This is especially important for new courses and must be manually completed by the host school and not the venue host.

## B. Individual Awards:

- Individual ribbons will be awarded the same as for the first four meets with the exception that places 11-25 will be handed out in the chute as the runner completes their race. Individual places 1-10 will receive ribbons and Championship T-Shirts at the post meet Awards Ceremony.
  - Note: Issuance of participation ribbons was suspended after the 2018 season due to cost and the lessening significance of these awards to the competing student-athletes.
  - The winners of the 8<sup>th</sup> grade boys and 8<sup>th</sup> grade girl's races will be automatically admitted to the SPLCC Hall of Fame. Subsequent to admittance to the Hall of Fame the 8<sup>th</sup> grade boy and 8<sup>th</sup> grade girl will be awarded the ***Morello Medal***.
- In the eventuality that a team has an insufficient number of runners for a team score, teams will be made "whole" with ghost runners to determine the winners of the Championship Division A, AA, and AAA awards.
- The total score of the 5<sup>th</sup> - 8<sup>th</sup> grade teams will be calculated. The scores are then added together to arrive at the point totals for the meet. The boys and girls will be calculated separately. In case of a tie for 1<sup>st</sup> place, a 6<sup>th</sup> place runner from each grade will be added to the total scores to determine the 1<sup>st</sup> place team. Note: Ghost runners are **only** used for overall calculations for Division team awards, and not for grade/gender level scoring.

## C. Divisions & Division Awards:

Teams will be divided into three divisions for the Championship Meet only; Division A for smaller schools, Division AA for mid-sized schools and AAA for the larger member schools. If a team is comprised of more than one school, then the enrollment of grades 5 through 8 of all schools making up said team will be totaled to determine its Division placement. In determining which Division a team is to be assigned to, the total student enrollment for grades 5 through 8 is added together and the medians being the point of division provides the basis for determining each school's Division assignment. If there are an odd number of ***schools*** participating in cross country, then the school with the lower median enrollment shall participate in Division A or AA. All enrollment numbers shall be forwarded to the League President prior to the first meet of the season.

**Overall Division Champions:** A first-place plaque or trophy differentiated from all other awards and plaques shall be awarded in all three Divisions; A, AA and AAA for each gender, for a total of six awards:

- Division A Boys Champions
- Division A Girls Champions
- Division AA Boys Champions
- Division AA Girls Champions
- Division AAA Boys Champions
- Division AAA Girls Champions

**Division Grade & Gender Champions:** There will be a plaque for each 1st place boys' and girls' team at the individual grade levels 5 through 8 in each Division. No awards will be distributed for 2<sup>nd</sup> and 3<sup>rd</sup> place teams.

**Overall SPL Champions:** A championship trophy or plaque will be awarded to the overall SPL Boys Champion and overall SPL Girls Champion, as determined by the combined scores of 5<sup>th</sup>

grade thru 8<sup>th</sup> grade, with a smaller trophy or plaque awarded for the overall 2nd and 3rd place teams.

Note: Effective with the 2018 season, the League no longer issues banners to the Divisional Champions.

#### **D. Scoring Formula for Division Awards Only:**

- a) Record the lowest 5 finishers for each school.
- b) If a school has less than 5 finishers, each missing runner will receive a "ghost runner" value calculated as follows:
  - i. Take the total number of runners in a race and add 1. For example, if there are 100 competitors in a race, add 1 for a "ghost runner" value (i.e., 101).
  - ii. The total number of runners + 1 becomes the "ghost runner" value and is added for each missing runner on a team. Example: Team A has 3 runners who compete, finishing 10, 20 and 30 = 60. Add to that score, 101 twice, for a team score of 262.

#### **E. Severe Weather – Championship Meet:**

The League president and the meet host's manager will make the initial determine of any potentially hazardous conditions due to bad weather. Subsequent to this determination, head coaches shall be alerted to the pending bad weather conditions and coaches will be asked to follow and communicate these guidelines to their respective teams.

If the threat of bad weather and hazardous conditions are or will be present, it would be in the best interest of everyone not to start any race. Rain, wind, and cold are **not** defined as bad weather. While not intended to be an all-inclusive list of bad weather conditions, lightning, thunder, hail, and tornados **are** definitions of bad weather. If present, the League's head coaches, via majority vote, shall have full control to decide whether a meet should begin and/or continue. If severe weather is in the area, meet management should wait until the weather has cleared before starting any race. If a race has started and bad weather comes up during the race, the following guidelines should be followed:

- a. If a race is in progress an air horn shall be used to notify runners and coaches that the race is being suspended.
- b. Coaches should get runners off the course and into a safe area. If there is lightning, seek shelter in a bus, vehicle, or nearby building. Do not go under a tree or under tents with metal poles.
- c. If the race is stopped with the lead runner **less than halfway** through the course, then there will be a **one-hour** rest period. All runners will go back to the starting line and the race will start all over.
- d. If the race is stopped with the lead runner **more than halfway** through the course, then there will be a **two-hour** rest period. All runners will go back to the starting line and the race will start all over.
- e. If the majority of the runners have finished and the race has to be called because of bad weather, the results will stand if the last runners who have not finished do not affect the results of the top teams.

f. If the race cannot be completed on the scheduled day, depending on the availability of the course and the agreement of a majority of the head coaches, then: (1) the race will be run on the Sunday or next available weekday following the canceled meet, subject to the respective archdiocese policy for athletic contests or (2) if the course is not available, a majority of head coaches can vote to cancel the meet and championships will be vacant for that season.

**Note:** Situations described in c, d, and e above are extreme situations and may never happen, especially if no race is started with the threat of bad weather in the area. Every effort to complete the race when it is safe to resume should be made for the benefit of the conduct of the IESA State series.

## SECTION 12 – Hall of Fame

The *Suburban Parochial League - Cross Country Hall of Fame* was established to honor those who have made a positive impact on the Suburban Parochial League and the sport of cross country through individual, team performance or those individuals who have provided outstanding service to the League, its student-athletes, teams, and member schools.

Eligibility for the Hall of Fame:

- ❖ The winner of the 8<sup>th</sup> grade boys' and the 8<sup>th</sup> grade girls' race at the SPL – CC Championship Meet.
- ❖ Any runner that has set a Championship Meet time record for his or her grade.
- ❖ Any deserving runner or team approved by a simple majority of SPL coaches (one vote per school) after a motion is made by a coach to nominate them for entry.
- ❖ Coaches, administrators, and other persons who have performed outstanding service to the League, approved by a simple majority of SPL coaches (one vote per school). Active members of the SPLCC generally are not to be considered for Hall of Fame membership, until the candidate retires as an active coach or administrator and is no longer actively involved with the SPLCC.

The League will (a) provide individual Hall of Fame inductees with a specially commissioned medal inscribed and known as the Morello Medal and have the name of the inductee registered as a Hall of Fame member on the League's website. The **Morello Medal** is named after League co-founder Ray Morello and recognizes his long-term contributions, distinguished excellence and commitment to the Suburban Parochial League and the sport of cross country. If a coach desires **Morello Medals**, be awarded to all members of a team, the coach and/or respective school will bear the expense of those medals. (Medals are issued to individual inductees and are provided at no cost to the individual athlete or school.) Except for the boy's and girl's 8<sup>th</sup> grade Championship Meet winners, who receive their Morello medals at the post Championship Meet awards ceremony, all other Hall of Fame nominations and inductions are to be made at the post-season (October) meeting.

Each school has **one** vote to be cast by the head coach or their designee.

## SECTION 13 – NFHS Track & Field/Cross Country Rule Book

Except where specified differently within these **Rules and Procedures** meet administration will conform to standards published in *Track and Field and Cross Country Rule Book* as published by the National Federation of State High School Associations (NFHS).

## SECTION 14 – Extraordinary Circumstances

From time-to-time conditions may require temporary suspension or changes to the League's *Rules and Procedures*, that affect the operations of the League. When these conditions exist, the League's Officers and members of the *Rules and Events Committee* will meet and draft an addendum to the *Rules and Procedures*, that will be (a) temporary in nature and (b) designed to address a specific extraordinary circumstance.

As time is of the essence in addressing an extraordinary circumstance, approval of the temporary changes to the *Rules and Procedures* will be approved by a simple majority of the League's Rules and Events Committee and will not require a vote by the full membership. Said changes to the *Rules and Procedures* will be **temporary** and will not be in effect for any longer than one season. Should implementation of the changes be deemed necessary for more than one season, approval of the change as a formal amendment to the *Rules and Procedures* shall be subject to a roll call vote by the full League membership.

### UNIVERSAL SCHOOL ABBREVIATIONS

All Saints Catholic Academy	ASCA	St. Mary of Gostyn	SMG
Ascension	AS	St. Mary Immaculate	SMI
Everest Academy	EA	St. Mary – Mokena	SMM
Holy Family	HF	St. Mary Nativity	SMN
Holy Trinity	HT	St. Michael	MIKES
Immaculate Conception	IC	St. Odilo	SO
Kingswood Academy	KA	Sts. Peter & Paul	SSPP
Notre Dame	ND	St. Petronelle	PETS
Our Lady of Charity	OLC	St. Pius X	PIUS
St. Cletus	CLETUS	St. Raphael	RAPH
St. Dennis Joseph Catholica Academy	SDJCA	St. Scholastica	SS
St. Francis Xavier	SFX	Visitation	VIS
St. Giles	GILES		
St. Isaac Jogues	SIJ	* grandfathered as single school / team	
St. James the Apostle	SJA		
St. Joan of Arc	ARC		
St. John of the Cross	SJC		
St. John the Baptist/St. Isadore*	SB/SI		
St. Joseph – Downers Grove	JOES		
St. Joseph – Manhattan	SJMAN		
St. Leonard	LEO		
St. Luke	LUKE		

### ADDENDA to SPL – CC Rules & Procedures

Please see the additional addenda regarding the:

- (a) Co-Ed Meet Rules and Procedures
- (b) Finish Chute diagram
- (c) Suggested Checklist for hosting a SPLCC meet
- (d) NFHS's "A Parent's Guide To Concussion,"
- (e) Universal List

~ All are available on the SPLCC website ~