



Updated 2016

**ILLINOIS LUTHERAN CHAMPIONSHIP
CROSS COUNTRY MEET**

GRADE SCHOOL RULES



Illinois Lutheran Championship Cross Country Meet

Rules

FORMAT

- 1.01 There shall be one division of girls' competition and one division of boys' competition. There will also be an Open Run as further defined in the supplemental rules.
- 1.02 Each competition will consist of a 2.0 mile race with boys and girls running in separate races. There shall be one Open Run.
- 1.03 The meet shall be conducted annually during the month of October.

TEAM ELIGIBILITY

- 2.01 Teams must be established squads, which have represented a Lutheran grade school during the current scholastic year.
- 2.02 Each team must have at least one person who is at least twenty-one years of age to function as the cross country coach. Each player and coach should be able to prove his/her identity by written signature and a current proof of identity.
- 2.03 Identification as needed must be proven at least sixty minutes prior to the state event.

PLAYER ELIGIBILITY

- 3.01 Runners must be full-time students of the sponsoring grade school and have complied with the eligibility rules of their schools. To participate in the state meet, players must have been full-time students of the participating school before September 10, of the current scholastic year.

Illustrations

Q: A home-schooled student is taking PE and choir at our school. This student wants to compete in athletics. The School Board has granted the student permission to play. Is this student eligible for STATE events?

A: No, the student must be a full time student to be eligible for STATE events.

Q: Our school offers an open gym program for the local public school students. They often practice with us. Are they eligible for STATE events?

A: No. They are not full time students at your school.

- 3.02 No student is eligible to participate in the same sport for two different schools during the same academic year. A student becomes a member of the school team when he/she participated in a practice or athletic contest.
- 3.03 A student who transfers his/her attendance from one school to another shall become

eligible upon completing the eligibility requirements.

Q: My son started the cross country season at one school. Due to circumstances we transferred him to another school. He would like to continue on the cross country team at the new school. Is he eligible?

A: No, but if you believe special circumstances may apply, an exemption letter for the Board of Directors consideration and acceptance will need to be written as per the directions in rule 8.04.

- 3.04 All students shall be in grades three (3) through eight (8) and shall not have passed eighth grade standing. Students who have met or completed the requirements for the eighth grade are not eligible.**
- 3.05 No student shall be a member of a high school team.**
- 3.06 A player must not have reached the age of fifteen (15) prior to the first day of September.**
- 3.07 If a player turns fifteen (15) years old prior to the first day of STATE competition, the principal must send a letter using the school letterhead that verifies that the player has been a student for the entire school year. The letter should be sent to the event chairperson.**
- 3.08 Any individual unable to comply with Rules 3.01 through 3.04, as applicable, will not be permitted to participate in the STATE event.**

Illustrations

Q: I have a player who is turning fifteen in October. What steps do I need to follow to insure his eligibility?

A: The principal must send a letter using the school letterhead that verifies that the player has been a full time student for the entire school year. The letter should be sent to the event chairperson.

Q: I have a player who will turn fifteen a few days after the STATE tournament. Is he eligible?

A: Yes.

TEAM/INDIVIDUAL ENTRY APPLICATION

- 4.01 Each team/individual is required to submit an entry application by the predetermined application date as posted on www.luthsports.org. Accompanying the entry application should be the entry fee which could be in the form of a check or money order made payable to the Lutheran Sports Association of Illinois, Inc.**
- 4.02 All entry applications must be approved by the principal of the sponsoring school.**
- 4.03 Acceptance of entry applications shall be final and entry fees accompanying approved applications shall not be refundable.**
- 4.04 Each school may enter up to ten (10) participants for the boys' STATE and girls' STATE event. If a school does not have a minimum of five (5) participants, they will not be able to compete in team scores.**

- 4.05 Schools who have more than ten (10) participants may enter them in the Open Run, which will be scored individually with no awards given.

EQUIPMENT

- 5.01 Contestants in the boys and girls STATE event shall wear school issued regulation uniforms.
- 5.02 School issued uniforms shall be of the same color and design. Same means 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.
- 5.03 Participants may not complete in an illegal uniform. It is the responsibility of the official to inspect each competitor's uniform prior to the start of a race. Once the race has started there will be no disqualifications for illegal uniforms.
- 5.04 The use of oxygen, glucose gel, inhalers, water or other prescribed medication that is not a performance enhancer shall be allowed without prior approval.

PLAYING RULES

- 6.01 The guidelines set forth by the National Federation of State High School shall govern the STATE event, except where specifically stated in these rules.
- 6.02 The distance for all races shall be 2.0 miles.
- 6.03 The meet shall have a minimum of one registered official. Officials shall be members of Illinois High School Association and selected by the Board of Directors.
- 6.04 Any protest must be submitted to the match officials in accordance with the NFHSAA cross country rules immediately following the incident being protested. The officials shall immediately deliver the protest to the Board of Directors and play shall be suspended while the directors adjudicate the protest. The judgment rendered by the directors may not be appealed and play shall resume upon such judgment.
- 6.05 Practice on the course may be closed if the conditions of the course is such that it jeopardizes the participant's safety and/or changes the overall course's condition. If weather allows, participants may walk/practice on the course during registration time.
- 6.06 The scores of the first five (5) runners from each school to finish the race will be counted in determining the team's score.
- 6.07 Schools that enter fewer than five (5) and/or schools that have fewer than five (5) runners finish the race at any level in the meet will not be eligible for team honors.
- 6.08 Runners from all schools may earn individual awards.

AWARDS

- 7.01 In each girls' and boys' division, team awards will be presented to the top eight places. Trophies will be awarded to the first, second, and third place teams. Fourth through eighth place teams will be awarded plaques. A total of thirteen (13) medallions/ribbons will be

given to the top eight placed teams. Banners will be given to both boys and girls State Champions.

- 7.02 In each division, one individual award shall be presented to the top fifteen finishers. Individual medallions will be awarded to the first, second and third place runners. Fourth through fifteenth place runners will receive a ribbon.

GENERAL

- 8.01 The Principal, and the Principal's designees, shall be responsible to the LSA and STATE hosts for matters pertaining to all athletic and non-athletic activities of their school at the STATE meet. In addition, they shall be responsible to insure that their school is properly represented at all STATE events and shall be responsible for the conduct of their participants and other persons from their school, including spectators. Coaches, managers and squad captains shall also be responsible for team conduct both on and off the playing course.
- 8.02 It is the clear obligation of students, school staff, boards of education and all other official representatives of participating schools to practice and promote the highest principles of Christian behavior, sportsmanship and ethics of competition. It is also their obligation to maintain proper crowd control at all STATE activities. The LSA, its directors, volunteers, host schools, meet sites and meet officials shall have no responsibility for crowd control nor of the actions of school representatives, including spectators. The Board of Directors shall have full authority over all schools, their representatives and spectators and shall have full authority, at its sole discretion, to penalize any school, any of whose representatives or spectators may be adjudged upon competent evidence to have violated these obligations.
- 8.03 Meet schedules will be available to participating teams approximately ten days prior to the meet.
- 8.04 Requests for granting of exceptions to published rules must be submitted in writing to all members of the LSA Board of Directors no less than fifteen (15) days prior to the date by which a ruling on such requests is required.