

## **NORTH SUBURBAN CONFERENCE GUIDELINES**

### **BOYS' & GIRLS' CROSS COUNTRY**

#### **I. SEASON LIMITATIONS**

Practice may begin the Wednesday of week 6 of the I.H.S.A. standardized calendar. The first contest may be no earlier than Monday of week 9. The season shall end no later than Saturday of week 18.

#### **II. CONTEST LIMITATIONS**

Varsity - 15 dates plus IHSA Series  
Other levels - 15 dates

#### **III. LEVELS OF COMPETITION**

Boys - Varsity, JV, Freshman  
Girls - Varsity, JV

Participation: Refer to Article IX of the N.S.C. Constitution regarding eligibility.

#### **IV. COACHES' MEETING**

The NSC Coaches' meeting will be held the Monday following the Conference Meet.

#### **V. CHAMPIONSHIP**

A. Division Champions will be determined by a single round-robin schedule within each Division. Crossover matches will not count in the Division standings. In the event of ties, duplicate trophies for Division Champions will be awarded. Any school fielding a team at any time during the season is considered to have a team for NSC standing. Then, if at any time that school cannot field a team, that meet will be considered a forfeit loss (50-15). If two schools have a meet without either having a full team, or if a school cannot field a complete team in the conference meet, the result will be reported and recorded as "no contest."

B. The North Suburban Conference Championship trophy will be awarded to the school which wins the Conference meet. In the event of ties, duplicate trophies will be awarded.

#### **VI. CONDUCT OF CONTESTS**

A. Dual, Double Dual, or Triple Dual Meets.

1. In NSC meets each school will field Varsity, JV, and Freshman boys' teams, and Varsity and JV girls' teams. If a school cannot field all five levels, the opposing schools must be notified well in advance of the meet (at least two days). If schools meet more than once in the schedule, only the first meeting will count in the N.S.C. standings. If in dual NSC meets a third team is invited, the visiting NSC school must be notified before the meet date. In all NSC meets, a school must field a Varsity team before it competes at any other level.

2. Scoring - All NSC meets will be scored as duals, double duals, or triple duals. Ties in NSC dual meets (only) will be broken using the 6<sup>th</sup> runner.

3. Starting time for meets shall be no earlier than 4:45 P.M. A 30 minute warm-up will be provided after the last team arrives. The host school will have the option to change the order of events if necessary if the visiting team(s) arrive late. Head coaches will meet at the finish line as soon as the last bus arrives to discuss the order and number of races.
4. The schedule for NSC multiple dual meets should end the 2nd Monday prior to the NSC meet.
5. The host school will send out correct course maps to opponents at least one week prior to competition.
6. Properly colored turn flags are to be used to mark every turn.
7. A padded finish chute should be used for all races. A **WIDE MOUTH** chute will be required for all conference meets.
8. The order of races for all NSC dual or multiple dual meets is as follows:
  - a. Varsity/JV girls will run first in odd numbered years and second in even numbered years
  - b. Varsity boys will run first in even numbered years and second in odd numbered years
  - c. JV and Freshmen boys (races run concurrently) will run last in even and odd numbered years.
9. No entry limit - 5 score + 2 "pushers"
10. All levels will run the State Final distance (3.0 miles).
11. Meets that need to be rescheduled due to inclement weather will be rescheduled on the next mutually available date.

#### B. Conference Meet

1. To be held the Saturday prior to the IHSA Regional meet. The host school will conduct a blind draw for starting positions.
2. The NSC meet will start at 10:00 A.M. on Saturday, unless it is a National test date, in which case the meet will start at 2:00 p.m. No races will be run on the course prior to the varsity races. In all cases, the first two races will be at the Varsity level, with the order following the practice established that year in dual meets.
3. Distance will be set as per IHSA rules.
4. Seven boys/girls per school may enter, with the first five to count toward team score.
5. The NSC meet will be rotated among all NSC schools. The host school may hold the meet on a course other than its own.
6. Two judges are to be placed at the finish line.
7. An NSC Meet Committee shall consist of all Head Coaches and the host A.D., who will act as chairman of the committee.

8. Each school shall provide at least one coach or responsible adult to act as a course judge. The host school shall assign personnel.
9. One week prior to the Conference Meet, all schools shall submit their entire roster (V, JV, Frosh) to the host school.

C. Bad Weather Policy (adapted from the IHSA Policy for the State series).

The meet committee and meet manager will determine any hazardous conditions of the course and shall be alerted to pending bad weather conditions. At the pre-race meeting with coaches, they should review these guidelines and discuss the procedures to be followed should a race be interrupted due to hazardous weather conditions. Coaches will be asked to follow these guidelines:

1. If a race is in progress, an air horn or other device shall be used to notify runners and coaches that the race will be interrupted.
2. Coaches should get runners off the course and into a safe area. If there is lightning, coaches, spectators, and participants should move to available safe locations (i.e. bus, vehicle, nearby shelter) and should avoid trees and tents with metal poles.
3. If a race is stopped with the lead runner less than half way through the course, then there will be a one hour rest period before the race is restarted.
4. If a race is stopped with the lead runner more than half way through the course, then there will be a two hour rest period before the race is restarted.
5. The meet committee and meet manager may, once they have made the decision to restart a suspended meet after conditions have been determined to be safe, adjust the order of races so long as the rest periods indicated in #3 and #4 are maintained and runners are given a 30 minute warm-up before the restart.

VII. OFFICIALS

Two registered starters, paid for by the Conference, for the Conference meet.

VIII. AWARDS

- A. Trophies will be awarded as indicated in V. A. and B. No tie breaker will be used for team scoring the Conference Meet or the final Conference standings.
- B. Medals will be awarded as per the NSC Constitution. At the conclusion of the NSC Meet, all Varsity award winners will be individually recognized.

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