

2024 SIJHSAA CROSS-COUNTRY ACTIVITY

UPDATE

NFHS Rule Changes

*NFHS Rule Changes will come out in early August – 2024.

Commonly Asked Questions

Q1 – Can a cross-country runner on my junior high team also run in independent races at the same time?

A – This is a local school decision. Coaches, students, and families need to check with the school administration regarding the school’s policy on participation on a school team and a non-school team at the same time.

Q2 – Can a cross-country runner wear jewelry during races?

A – Yes – unless the official on the meet deems it dangerous to the runner or fellow competitors.

Regional Information

This year each regional host will receive a \$200 stipend from the SIJHSAA to offset meet expenses. This should cover all expenses for the meet and no fees should be charged to schools entered.

Regional Sites

Class L: Waterloo, Wesclin, Benton, Marion, & Salem

Class S: ICS-Columbia, St. Clare-O’Fallon, OLMC-Herrin, Jonesboro, Summersville, New Horizon-Centralia, & Allendale

Sportsmanship

A player ejected from a contest must serve a 2-game suspension and complete the NFHS Sportsmanship Course. A payer ejected a second time during the school year must serve a 4-game suspension.

A coach ejected from a contest must serve a 2-game suspension and complete the NFHS Sportsmanship Course. A coach ejected a second time during the school year must serve a 4-game suspension.

A fan ejected from a contest must serve a 3-game suspension and complete the NFHS Sportsmanship Course. A fan ejected a second time during the school year will be banned from attending any further SIJHSAA Contests.

***Note all player/coach/fan ejection consequences must be met, documented and confirmed by the SIJHSAA previous to eligibility and or attendance is reinstated.**

****Additional penalties may be assessed by the school and/or the SIJHSAA.**

