

2025-SIJHSAA
CROSS-COUNTRY EXCEPTIONS TO
NFHS RULES
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***The SIJHSAA follows National Federation of High Schools (NFHS) Rules. These are the same that are used by the Illinois High School Athletic Association. The following are exceptions to the NFHS Rules.**

- 1. Course for regional and state final meets for both boys and girls shall be 1.86 miles in length.**
- 2. The boys and girls will run in separate races during the cross-country state series.**
- 3. The finish line for all regular season meets and invitationals, as well as the SIJHSAA state series meets shall be at the mouth of the chute. At the state final meet, computer scoring shall be used. The computer tag will be attached to the bib number. Essentially the chip is used as the timing device. NFHS Track and Field and Cross-Country Rules allows for this scoring method. The finish line area shall be set-up in accordance with National Federation rules (8-1-3; 8-3-3).**
- 4. Regional hosts that do not use a chip scoring/timing system must have their finish line in accordance with NFHS rule 8-1-3. The finish line for all regionals meets shall be at the mouth of the chute. (8-1-3)**
- 5. Uniforms may be taped or knotted when done for the purpose of allowing a better fitting uniform [4-3-1 (b-3)]**
- 6. A race MAY (not shall) be recalled by the starter if a runner falls in the first 100 meters due to contact with another runner. (8-4-4-a)**
- 7. Unapproved adornment devices shall not be worn. (4-3)**
- 8. The torso determines the finish for the runner, not an arm or foot outstretched.**
- 9. Jewelry may be worn as long as it isn't a danger to the runner or other contestants. This judgement may be made by the officials for the meet.**