

2025 SIJHSAA CROSS-COUNTRY ACTIVITY

UPDATE

NFHS Rule Changes

*NFHS Rule Changes are posted on the SIJHSAA Website. (www.sijhsaa.com)

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

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.

Class S Reduction in number of regionals

The SIJHSAA Board of Control approved the reduction of Class S Cross Country Regionals from 7 to 6 regionals. This was suggested by the Cross Country Advisory Committee. This will make the regionals larger with more even number of teams participating to qualify for the state meet. In regional competition, the top 3 teams and next 5 individuals not on a team will advance to the state meet.

September 10, 2025 – School Participation Form Submission All schools entered in the Cross Country State Series must submit a participation form designating whether they will be participating as a team or just entering individuals. This form will be submitted to SIJHSAA Associate Director – Tracy Lauderdale. The submission information will be used to assign school for regional competition. Regional assignments will be released shortly after the September 10 submission date. The School Participation Form is included in this document.

Regional Sites

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

Class S: ICS-Columbia, St. Clare-O'Fallon, Pinckneyville Consolidated #204, Jonesboro, Summersville, St. Mary's Centralia

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.**