

SANTA CLARA VALLEY ATHLETIC LEAGUE

CROSS COUNTRY BY-LAWS

ARTICLE I

Governing Rules

Section 1. The official rules for Cross-Country are contained in the current edition of the National Federation of State High Schools Track and Field Rulebook, in the C.I.F. By-laws, and in these League By-laws.

ARTICLE II

Classification

Section 1. The four- (4) official Cross-Country teams are Girls' Varsity, Boys' Varsity, Girls' Junior Varsity and Boys' Frosh-Soph.

- 1.1 Varsity teams may be comprised of all grade levels
- 1.2 Boys Frosh-Soph may only grades 9 and 10
- 1.3 Girls Junior Varsity maybe grades 9, 10, and 11.
- 1.4 All seniors must compete at the varsity level in all sports.

ARTICLE III

Practice and Game Limitations

Section 1 Cross-country participants must have a minimum of five (5) days of practice before competing in a meet. To be eligible to compete in the League Championship meet multi-sport athletes must have written documentation of completing at least one inter-scholastic meet on the team's official schedule.

- 1.1 To qualify for CCS an athlete must have competed in a minimum of 50% of the team's competitions. See CCS rules.

Section 2. All team members within a given race will wear the same type of uniform as written in the C.I.F. rulebook.

Section 3. Practice is prohibited on Sundays.

Section 4. Teams may not start practice prior to the starting dates established annually by the Board of Managers.

Section 5. Schools may compete in a total of thirteen (13) meets per season, not including the Division finals, and any other meets to which the school may consequently qualify.

ARTICLE IV

Division Championships

Section 1. The division finals shall determine the division standings and the Division champion in Girl's Varsity, Boy's Varsity, Girl's Junior Varsity, and Boy's Frosh-Soph.

1.1 A boys junior varsity race and a girls frosh-soph race may be run at league finals with no official league standings for team titles.

1.2 A student may compete in just one (1) classification in the Division finals.

Section 2. At SCVAL league finals the number of participants from each school shall be limited as follows:

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| 2.1 | Girls' Varsity | A limit of seven (7) scoring entrants |
| 2.2 | Boys' Varsity | A limit of seven (7) scoring entrants |
| 2.3 | Boys Junior Varsity (league finals only) | No Limit of entrants (grades 9 -11) |
| 2.3 | Girls' Junior Varsity | No Limit of entrants (grades 9 -11) |
| 2.4 | Boys' Frosh/Soph | No Limit of entrants (grades 9 &10) |
| 2.5 | Girls' Frosh/Soph (league finals only) | No Limit of entrants (grades 9 &10) |

Section 3. The top 15 finishers in the Varsity races and top 10 in the other races identified above, will be awarded All-League status.

Section 4. Senior boys and girls who do not qualify for the top seven (7) will run as non-scoring entrants in the Boys and Girls Varsity race.

ARTICLE V
Special Rulings
Cross Country Chairpersons

Section 1. The Cross Country chairperson (s) shall serve for a minimum of three (3) years.

Section 2. The duties of the Cross Country chairperson(s) shall be:

- 2.1 Call a meeting of all the Cross Country coaches prior to the beginning of the season to go over schedules, by-laws, rule changes, and anything pertinent to that sport.
- 2.2 Call a meeting of all the Cross Country coaches at the end of the season to review the by-laws, make revisions in the by-laws, and discuss problems that came up during the season and try to determine how to solve these problems. The sport chairperson(s) shall present a report with any by-law changes to the Athletic Directors at their next meeting.
- 2.3 Compile the season results and send them to the League Commission as well as to the league schools.
- 2.4 The chairperson(s) shall represent the league on the CCS Cross-Country committee.
- 2.5 The chairperson(s) shall notify the athletic director(s) and commissioner of all sports committee meetings.