



# 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 be grades 9 and 10.
  - 1.3** Girls Junior Varsity may be grades 9, 10, and 11.
  - 1.4** All seniors must compete at the varsity level in all sports.
  - 1.5** The following races are acceptable for participation by cross country participants provided they align with 1.1 through 1.4 of Article II Section I:
    - (A) Varsity Boys/Girls
    - (B) Junior Varsity
    - (C) Frosh/Soph
    - (D) Varsity B races
    - (E) Grade Level races (i.e. 9th, 10th, 11th, 12th)
  - 1.6** No Cross-Country participant is allowed to enter in an Open race.

## 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.
- SECTION 6** Four(4) of the thirteen (13) meets that teams shall participate in will be SCVAL sponsored meets which will consist of only SCVAL member schools.

## **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:
- 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)
- 2.4** Girls Junior Varsity No limit of entrants (grades 9 -11)
- 2.5** Boys Frosh/Soph No Limit of entrants (grades 9 & 10)
- 2.6** 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