

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 Rule Book, 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.

ARTICLE III

Practice and Game Limitations

Section 1. Cross Country participants must have a minimum of five (5) days practice before competing in a meet.

Section 2. School teams shall not participate in a meet prior to the date set by the Board of Managers.

Section 3. All team members within a given race will wear the same type of uniform.

Section 4. Practice is prohibited on Sundays.

Section 5. Teams may not start practice prior to the starting dates established annually by the Board of Managers.

Section 6. 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 Girls' Varsity, Boys' Varsity, Girls' Junior Varsity, and Boys' Frosh/Soph.

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

Section 2. The number of participants from each school shall be limited as follows:

- 2.1 Girls' Varsity A limit of seven (7) entrants
- 2.2 Boys' Varsity A limit of seven (7) entrants
- 2.3 Girls' Junior Varsity No limit of entrants
- 2.4 Boys' Frosh/Soph A limit of ten (10) entrants

Section 3. An open race shall be run at the Division finals.

- 3.1 Any student who has not participated in the official Boys' Varsity and Boys' Frosh/Soph races may enter.

ARTICLE V

Special Rulings

Cross Country Chairperson(s)

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 for their Winter meeting.
- 2.3 Compile the season results and send them to the League Commissioner 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.

ARTICLE VI

Division Allignment

- Section 1. The results of the two 1993 Division meets will be combined and the top seven (7) teams will be placed in the DeAnza Division. All other teams will be placed in the El Camino Division.
- 1.1 Scoring of the teams will be by place.
 - 1.2 If there are any ties in time between runners from different Division meets, the two tying runners will split their combined score (Example: The tying runners are placed 10th and 11th in the combined scoring. Each runner will receive 10.5 points.)
 - 1.3 The two Division meets will be held on the same date and site.

ARTICLE VII

Qualifying to CCS

- Section 1. As long as the CCS has its current policy of qualifying only half of the teams and the top ten (10) percent of individuals from a league, the following will be the SCVAL rule starting with the 1994 Cross Country season.
- 1.1 The DeAnza Division will automatically qualify five (5) teams.
 - 1.2 The El Camino Division will automatically qualify one (1) team.
 - 1.3 All other qualifying team places will be based on the following procedure:
 - 1.3.1 The two Division meets will be combined as indicated in Article VI.
 - 1.3.2 The highest placing teams will fill the remaining qualifying places.
 - 1.3.3 Any individual to qualify must finish in the top ten (10) percent of all runners and be a member of a non-qualifying team.

ARTICLE VIII

Realignment of Divisions after 1993-1994

Section 1. The automatically qualifying teams to CCS plus the next best team will compete in the DeAnza Division the following year. All other teams will compete in the El Camino Division for the following year.