

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 of practice before competing in a meet. To be eligible to compete in the League Championship meet multisport athletes must have written documentation of completing at least one inter-scholastic meet on the team's official schedule.
- Section 2. All team members within a given race will wear the same type of uniform as written in the C.I.F. rule book.
- 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. ~~_____~~ *[Signature]*
- 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 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.

Section 4.

10 IN THE OTHER RACES

The top 15 finishers in the ~~varsity~~ VARSITY RACES & TOP identified ~~varsity~~ above, will be award All-League status.

ARTICLE 5
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 be-law changes to the Athletic Directors at their
- 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.
