

CROSS COUNTRY BY-LAWS

1. GOVERNING RULES

1. Competition shall be governed by National Federation and California Interscholastic Federation (CIF) rules.

2. CLASSIFICATIONS

1. There shall be four (4) official teams: Boys Varsity, Girls Varsity, Boys Frosh/Soph and Girls Junior Varsity. There will be an unofficial classification of Boys Varsity "B" and Girls Varsity "B" of unlimited runners. (11/98)
2. Teams will be limited to seven (7) runners in each official division.
3. If a Frosh/Soph **or girls JV** runner moves up to the Varsity, he/**she** must remain at that level for the rest of the dual meet season. That runner may return to the Frosh/Soph level for the league meet. (11-22-04)

3. CHAMPIONSHIPS

1. The League Championship shall be determined by the dual meet record **1 point for a win – 0 points for a loss (50%)** and the league meet (50%). The first place team earns **8 points, the second place 7 points, etc.**, which determines final placement. The finish at League Finals will decide ties if necessary. **(12/02/10)**
2. In the event of a tie in the standings, that tie shall be broken by the position in the League Finals.

4. MEET RESPONSIBILITIES

1. The responsibilities for each dual meet and the league finals will be established at the fall organizational meeting of the coaches.

5. MEET LOCATIONS AND TIMES

1. Dual meet starting times: 3:30 P.M. until Daylight Savings Time ends, then 3:00 P.M. League Finals - as announced.
2. Meet days will be determined by each division. (11-17-94)

6. MEET REGULATIONS

1. In order to compete in league finals, teams must participate in all league contests. Only the Commissioner due to extenuating circumstances may waive this by-law. (11-22-04)
2. **In the event that a meet is canceled due to inclement weather, i.e., rain, mud, excessive heat, etc., the said meet shall be made up at the next available date. If it is**

not made up before the next meet or before League Finals, said meet shall be scored at the next scheduled meet. (12/02/10)

7. LEAGUE FINALS

1. The division chairs are responsible for the League finals.
2. A budget and a meet bulletin are to be presented to the Commissioner one month prior to the meet for approval. The budget should contain the following:
 - a. Provisions for a trainer
 - b. Communication method for the day of the meet
 - c. Individual league and school responsibilities
 - d. Meet director fees and expectations
3. The date and race times will be set by the league office. (11-22-04)