

Article III — Cross Country

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES — No organized practice for seniors, juniors, or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
3. STARTING DATES FOR FRESHMEN — No organized practice for Freshmen may begin until the Wednesday after the other levels begin practice.
4. COACHING STAFF LIMIT — The maximum number of coaches, paid or volunteer, for cross country is 4 for boys and 3 for girls.
5. RACES AND RACE LIMITS
 - A. It is considered to be a “race” whenever two schools meet in any competition in any CIF-approved sport. The race limit for cross country is 13 meets and/or invitationals for all teams.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. Games shall be held according to the National Federation Rules.
6. STARTING TIMES

All League meets shall begin at 2:00 PM. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.

 - A. The order and times of races will be:

TIME	LEVEL
2:00 PM	Freshman Boys
2:25 PM	Frosh-Soph Girls
2:50 PM	Sophomore Boys
3:15 PM	JV Girls
3:40 PM	JV Boys

4:05 PM	Varsity Girls
4:30 PM	Varsity Boys

7. SCHEDULE

- A. There shall be three weighted League meets, with the last meet held at least one week prior to the CCS meet.

8. ELIGIBILITY

- A. Runner may be moved from team to team during the League Season.
 B. Seniors may compete on the Junior Varsity level.

9. SPORT-SPECIFIC RULES

A. Levels of Competition and Entries Per Level

There shall be the following number of levels of competition and entries per level in the three League meets:

1. Boys
 - Varsity - Maximum of seven runners from each school.
 - Junior Varsity - Unlimited number of runners from each school.
 - Sophomore - Unlimited number of runners from each school.
 - Freshman - Unlimited number of runners from each school.
2. Girls
 - Varsity - Maximum of seven runners from each school.
 - Junior Varsity - Unlimited number of runners from each school.
 - Frosh-Soph - Unlimited number of runners from each school.

B. Organization of the Meets

The three League meets shall be organized by the Cross Country chairs under the supervision of the Commissioner.

C. Cost of the Meets

The League Commissioner's Office shall pay the cost of running all three League meets.

D. Athletic Trainer at Meets

A trainer shall be in attendance at all league meets. The member schools shall determine what school will provide the trainer for each meet.

E. Spikes

Spikes shall not be worn in the League meets.

10. POSTPONEMENTS

If a League meet needs to be postponed, the Commissioner shall be notified and the meet rescheduled for the earliest possible date.

11. LEAGUE CHAMPIONSHIP

- A. The League championship shall be determined by the highest total of combined points from the three League meets.

- B. The weighted scoring system for the three League meets will be as follows:

1st meet - 25% 2nd meet - 25% Final meet - 50%

In the first two League meets, points will be awarded as follows:

1st Place 8 points

2nd Place 7 points

3rd Place	6 points
4th Place	5 points
5th Place	4 points
6th Place	3 points
7th Place	2 points
8th Place	1 point

In the Final League meet, points will be awarded as follows:

1st Place	16 points
2nd Place	14 points
3rd Place	12 points
4th Place	10 points
5th Place	8 points
6th Place	6 points
7th Place	4 points
8th Place	2 points

The above point system shall be adjusted to reflect the exact number of schools participating in a given meet.

The winner of each meet shall receive the maximum points for each meet regardless of the number of schools participating. Points will be awarded only to teams participating in a given meet.

- C. In case of ties in the standings, teams shall share the points. In case of ties between teams in a match, the tie shall be broken by the results of the 6th runner
- D. If two (2) teams tie for first place in total combined points, co-champions shall be declared and equal awards shall be given to the two teams.
- E. If either the first meet or second meet are cancelled due to weather, then the final meet shall have 2/3rd of all the points. If both the first and second meets are cancelled, then the final meet counts 100% of all the points.

12. CENTRAL COAST SECTION MEET

- A. Schools which qualify shall be entered in the CCS meet. The number of qualifiers is determined by the CCS Cross Country By-Laws.
- B. The top three individuals in the third and final League meet who are not members of a team that qualifies for the CCS meet shall be the League individual qualifiers to the CCS meet.
- C. Season Long Play — 50% Rule
Athletes must participate in at least ½ of all league meets to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.
- D. Any individual may qualify for an at-large entry into CCS Championships by matching or eclipsing a predetermined CCS qualifying time at the league finals.