

## **CROSS COUNTRY**

### **3.0 GOVERNING RULES**

The National Federation rules shall govern all play except whereas modified by CIF or the Sac-Joaquin Section.

### **3.1 CONTACTS**

The Sac-Joaquin Section (Bylaw 505.2) will determine the maximum number of allowable contests.

### **3.2 START DATE**

The start and end dates will be designated by the CIF Sac-Joaquin Section.

### **3.3 PLAYER CLASSIFICATION**

An athlete may move from one athletic classification to another at any point in time during the season. The athlete is restricted to only one classification per day and must adhere to the established total number of contacts per season as stated in Sac-Joaquin Section bylaws.

### **3.4 RULES OF THE SPORT**

A. Each school must report their athletes and final results on Athletic.net

B. Official competition shall be held in classifications as indicated on approved schedule.

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|---------------------|---------|
| 1) Frosh/Soph girls | 2 miles |
| 2) Frosh /Soph boys | 2 miles |
| 3) Varsity Girls    | 3 miles |
| 4) Varsity Boys     | 3 miles |

C. Each school may have an unlimited number of entries in each classification

in the Metro League Cross Country Championship Meet.

D. SCORING and STANDINGS: All schools will run in the same race. A school will receive one (1) point for each school it beats at a center meet and

two (2) points for each school it beats at the league championship meet.

The

league champion will be determined by the total points accumulated in

these

meets.

E. TIE BREAKING: If after the championship meet two or more teams have the same number of points, the championship will be awarded to the team that finished higher in the championship meet. To determine the highest finisher in this situation, team scoring will be used.

### **3.5 ALL LEAGUE AWARDS AND SELECTION PROCESS**

Based on their finish in the final league meet, ten women and ten men in the varsity division will be selected as All League. Coaches are to select a Coach of the Year.

**3.6 POST-SEASON QUALIFICATION PROCEDURE**

Qualification will follow the Sac-Joaquin Section Cross Country Handbook.