

ARTICLE XXXIV - BOYS & GIRLS CROSS-COUNTRY

Section A - Season

1. Start date will be determined yearly by CCS.

Section B - Teams, Start of Games, and Length of Periods

1. A school must field a Varsity team before it fields a Boys JV or Frosh/Soph or a Girls JV team.
2. There will be competition in Boys Varsity and JV, Girls Varsity and JV Teams. Boys and girls Frosh/Soph teams may also be fielded.
3. Dual meets will start at 4:30 P.M., and league finals at 2:00 P.M, or by AD's mutual agreement.

Section C - Contests, Scrimmages, and Tournaments

1. Contest limits, scrimmages and tournament requirements will follow CCS guidelines and regulations.
2. We will use the League scheduling matrix and will have a 2 year cycle.
3. All postponed games will follow Article XXII, Sec B:
 - a. All makeups will be played on the next available date, unless mutually agreed upon by both schools.

Section D - Eligibility and Movement of Players

We will adhere to Article XIII of the SCCAL Constitution.

1. Article XIII, Section C & D:
 - a. Athletes can move up and down between FS/JV and varsity the entire year, but, in Cross-Country, not against the same opponent on the same day at both levels.
 - b. Note the following guidelines:
 - i. No individual athlete may exceed the CCS maximum contests allowed, and understand that participating in a JV and varsity meet counts as two contacts.
 - ii. Coaches must track their student-athletes who move between JV and varsity to ensure that they do not exceed the CCS max contest limit.
 - iii. Seniors may not run on sub-varsity Cross-Country teams.

Section E - Championships and Individual Championships

1. League championships will be decided by scoring one point for a dual meet victory and by scoring 20 points for 1st in the league meet: 18 for 2nd, 16 for 3rd, 14 for 4th, 12 for 5th, 10 for 6th, etc.
2. In case of a tie in a dual meet or the league meet, the tie will be broken by counting the sixth runner of each team involved in the tie. The team with the lowest placing sixth runner will be determined the winner. If one team has no sixth runner, and the second team does have a sixth runner, the team with a sixth runner will be determined the

winner. If neither team has a sixth runner, the tie will be broken by discounting each team's fifth runner, then adding up the scores of the first four runners, and the team with the lowest score will be determined the winner.

3. In case of a tie in total league championship points (dual meet points plus league meet points), the tie will be broken on the basis of performance at the league meet. The team finishing best at the league meet will be determined the league championship winner.
4. No spiked shoes will be allowed in league meets or the league championships meet.
5. The site of the league championship will be determined by a majority vote of the coaches prior to the start of the season.
6. To be eligible for the league championship meet, a student must have participated in at least half of the league dual meets. The only exceptions would be due to:
 - a. Illness, injury, or other serious medical hardship.
 - b. Academic ineligibility which has been corrected.
 - c. A CCS exemption.

Section G - Equipment and Facilities

Section H - Order of Events and Scoring

Section I - Medical Attention

1. See Article XXIV:
 - a. The coach of every team must have in his/her possession, or in the possession of the school's Athletic Trainer if in attendance, school-district approved medical care permits for every member of his/her team which allows for emergency medical care. This permit must be signed by the appropriate parent or guardian.

Section J - Miscellaneous