

CROSS COUNTRY

3.0 GOVERNING RULES

The National Federation rules shall govern all play except where 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

Refer to CIF SJS bylaw 503.5

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.
 - 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 girls and ten boys in the varsity division will be selected as All League. Coaches are to select a Coach of the Year.

Coach of the Year Process:

Nominations will be taken.

- a. A Coach can not nominate himself/herself.
- b. Coach's vote on the winner. A coach cannot vote for himself/herself

3.6 POST-SEASON QUALIFICATION PROCEDURE

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