

CROSS COUNTRY BY-LAWS

OFFICIAL RULES

The official rules for cross country are contained in the current edition of the National Alliance Track and Field Rule Book, in the CIF By-Laws, and in these league by-laws.

CLASSIFICATIONS

The three official cross country teams are the varsity, sophomore, and freshman teams.

GENERAL RULES FOR ALL CLASSIFICATIONS

1. Cross country participants must have a minimum of five (5) days practice before competing in a meet.
2. School teams shall not participate in a meet prior to the date set by the Board of Managers.
3. All team members within a given race will wear the same type of uniform.
4. In all meets involving only the SCVAL, spikes may not be worn.
5. Practice is prohibited on Saturdays, Sundays, state and national holidays.
6. Teams may not start practice prior to the starting dates established annually by the Board of Managers.
7. A sport season ends with the Section, Northern Cal, or state competition, whichever is latest.
8. Schools may compete in one (1) meet per school week. (*unless rained out*)
9. Schools may compete in a total of thirteen (13) meets per season not including the League meet, and any other meets to which the school may consequently qualify.

LEAGUE FINALS

1. The league finals shall determine the league standings and the league champion in varsity, sophomore, and freshman cross country.
 - 1.1 A boy may compete in just one (1) classification in the league finals.
2. The number of participants from each school shall be limited as follows:
 - 2.1 Varsity - A limit of seven(7) entrants.
 - 2.2 Sophomore and Freshman - A limit of ten (10) entrants.
3. An open race shall be run at the league finals.
 - 3.1 Any boy who has not participated in the official varsity, sophomore, or freshman races may enter.
4. Medals shall be awarded to the boys who finish the first ten (10) places in each official race (varsity, sophomore, and freshman.)

March 15, 1974

COMMENTS

- I. The next two schools in line will help the host school in some capacity. Since the District Meet becomes the League Meet in 1974, the District Meet host school rotation will continue as indicated.
- II. The League representative will serve for two or more years. Most leagues have the same person serving for more than one year; consequently, these leagues who change their representatives each year are at a disadvantage because each year's discussions are usually based upon matters discussed the previous year or years.
- III. STAL and WVAL will decide their league dates by May. I feel that a Friday will be our date. CCS Commissioner Arnold has stated that the CCS Cross & Country Coaches Committee must decide on date of CCS. Since it is the IV. latest possible date in 1974, many want CCS on the Friday before Thanksgiving, not the Wednesday before. All Center Meets, League and Regional Meets, plus Invitationals and National Postal can't be decided until the CCS date is set. Thus the cross country schedules cannot be made at this time. We will get them completed as soon as possible.
- V. Changes were made to upgrade the By-Laws. Several rules were dropped because they were obsolete. The section concerning Article VIII of Board of Managers was deleted and all those sections applying to cross country were added to new By-Laws. (General rules 5, 6, and 7) It was too difficult to have rules referring to cross country in general by-laws, so to prevent any confusion, they have been placed in cross country By-Laws.

In order to have State Competition in cross country, the State CIF Board has delayed State Competition until area meets (Northern Cal) are effective. It is felt that by having a Northern Cal meet, the various problems of a State Meet will be solved much like wrestling was. The old C-By-Laws would not have allowed our league to compete, so the term Northern Cal was added to General Rule #7 and Rule #9 was reworded. The CCS will decide who qualifies for Northern Cal. I feel that only the top four teams in CCS would be eligible. Our league has generally, through the years, had one team in the top four.

The coaches voted to continue the same awards. It was felt that the competition has been very close during the past years and that our National teams have won a large majority of the awards.

- VII. I have asked that these two items be placed on the agenda for the April CCS Cross Country Coaches Committee meeting.
- VIII. Mr. Arnold stated that the National Division will host the Region II meet in accordance with an earlier football coin toss. (Hope you coaches note that without flipping a coin - the American Division won both coin tosses. We were lucky because I never win on a flip!)
- IX. Los Altos appears to be stronger than all the other teams combined. I believe that we are fortunate to be in a league where the competition has been close in past years, and appears to be close in the coming years. Don't expect to be invited to their 3 or 4-way meets unless you are very weak. I also don't believe that LA will be available for small meets with any of our schools who might have a bye.