

CROSS COUNTRY BY-LAWS

(Revised 5/2018)

I. SPORT

Cross Country (Boys and Girls)

II. PREFACE

The cross-country league shall operate within the constitution and By-Laws of the CVAC.

III. Rulebook

A. The National Federation of State High School Associations

B. THE COURSE

The cross country run will be over a course 1.5 to 3.1 miles (2500 to 5000 meters) in length to be determined by the games committee.

Measurement will be along the middle of the course. The course will be clearly marked. This may be with material which is not injurious to eyes or skin or by signposts with directional arrows wherever the course turns.

C. Meets

The host of the meet has the responsibility of providing timers and clerks to record the results of the meet. The home school should also disseminate the results of the meet to the appropriate media outlets unless other arrangements have been made. The host school should also have an AED at or very near the course in case of emergency.

The visiting school should, if possible, arrive approximately one hour prior to the meet starting time in order that team members can familiarize themselves with the course.

D. The first two CVAC races will be considered scrimmages for the modified runners. This is to avoid teams having more than the NYSPHSAA maximum number of contests later in the season

E. Mixed Competition

NYSPHSAA rules prohibit boys and girls starting together. The Meet Director (Starter) should determine an appropriate delay between the start of the boys and girls races. In many cases this delay is one minute. The clerk at the finish should deduct the delay time from the girls' results.

F. Meet Director Responsibilities

1. Arrange for an appropriate site. Each year the home course should be reviewed in the preseason for changes and possible safety hazards. In addition coaches should be aware of areas of their course that could be confusing to visiting teams. Under no circumstance should the race course exceed five kilometers (3.1miles).
2. There should be several monitors out on the course to direct the runners if possible.
3. The course should be marked and a finish chute should be set up. Spectators should be directed away from the course itself.
4. If the course is off site from school, restroom facilities are needed.
5. There should be emergency plans available in case of a medical emergency, weather or other incidents.
6. Provide a summary of the meet results to visiting coaches. This could be with the use of cell phones.

G. Teams

A cross-country team will consist of seven members unless otherwise agreed. In dual meets only the first seven on each team will enter into the scoring. (If a team has fewer than five runners the meet will be counted as a forfeit.)

H. Scoring

1. Scoring will be as shown in the following table:

First Place	Second Place	Third Place	Fourth Place	Fifth Place	Sixth Place	etc.
1	2	3	4	5	6	

2. All competitors who finish the race will be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the lowest number of points is the winner.
3. If fewer than five (or other number specified by the games committee) competitors of a team finish, the places of all members of that team will be

discarded and the team scores will be ranked again.

4. Ties in team scoring will be resolved by comparing the sixth place finishers from the tied teams. The team with the better sixth place finisher will prevail. In case there is still a tie, the score of the tied teams four finishers will be compared, with the best score prevailing.

5. Multi-team Meets – Invitational meets, CVAC Meet, Section 7 State Qualifier Meet, etc.

In large races, scoring is also done by adding the finish places of a team's top five runners. Runners from incomplete teams are ignored for scoring purposes, with that place being awarded to the next runner from a complete team. No more than seven runners from each team can be considered for scoring purposes. Ties in team scoring are resolved by comparing the sixth team finishers from the tied teams.

IV Time of Contest

Under normal circumstances, the modified race will begin at 4:30 PM. If the modified runners are not competing, the varsity race will commence at 4:30 PM. The varsity will start as soon as possible after the conclusion of the modified race. The coach of each participating team should be available after the conclusion of each race to help the clerks properly record the names of their finishers.

V. OFFICIAL EQUIPMENT

Not applicable

VI. Uniforms

Cross-Country competitors shall wear track uniforms. Shoes are required. Members of the same team will wear their school uniform.

VII. ELIGIBILITY FOR PARTICIPATION AT EACH LEVEL OF PLAY

Those students who have met NYSPHSAA standards and those who have met the APP standards are eligible.

VIII. POSTPONEMENTS & CANCELLATIONS

Home schools are responsible for notifying the visiting school as early as possible before meet time if a postponement is necessary.

IX. OFFICIALS

Not applicable

X. TIE BREAKERS

A. Meets

See III-H-4 above

B. DIVISION or LEAGUE

See General By-Laws XII B

XI. Divisions

The number of teams necessitates only one.

XII. SECTIONAL PLAYOFFS

See General By-Laws XIII

XIII. LEAGUE CHAMPIONSHIPS

The CVAC champion will be the team with the best dual meet record during the season. In the event of a tie for first place in league standings, the champion will be determined through a runoff at the CVAC Meet. A dual meet score will be disaggregated from the overall results to determine the league champion. If more than two teams are tied, then the tied teams will participate in a runoff at the CVAC Meet and those scores will be disaggregated from the overall results.

XIV. AWARDS

See General By-Laws XIV

XV. Meetings of Coaches

See General By-Laws XV

There will be a mandatory CVAC Preseason coaches meeting for all sports the Thursday before the first day of practice to be held at a central location.

XVI. METHOD OF SELECTING CVAC ALL STAR TEAMS

A runner will be considered CVAC Cross-Country ALL STAR if he/she has finished in the top fifteen at either the CVAC Meet or the Section 7 State Qualifier Meet. A runner will receive Honorable Mention designation if he/she has finished in sixteenth to twentieth place at either the CVAC Meet or the Section 7 State Qualifier Meet. At the request of a member school's Athletic Director, a runner missed both meets may be considered for inclusion.

Eligibility- Runners must have competed on six of the eight scheduled CVAC dual meet dates. If a runner has missed meets due to injury, illness or other circumstances beyond his/her control, the Athletic Director may ask for a waiver from the CVAC Secretary.

XVII. Method of Revising By-Laws

See General By-Laws XIII

XVIII. FEDERATION MEET ELIGIBILITY (really a Section 7 Concern)

The list of five eligible runners for the New York State Federation Meet will come from the top five finishers at the 'section 7 State Qualifier Meet.

XIX. COACHES

Athletic Directors should have an accurate, up to date, listing of all Varsity Coaches. The Coordinator should send a list to the Executive Secretary to disseminate to the Athletic Directors.