

BYLAWS/CROSS COUNTRY

- 2.1 Cross Country will be a fall sport
- 2.2 There will be a schedule of one center meet, dual meets, and a league tournament
 - A) These dual and center meets will be scored with one (1) point given for each school that they finish ahead of on the meet.
- 2.3 The maximum number of dual and invitational meets shall be fifteen.
- 2.4 The League tournament shall be held the week before the Sac-Joaquin Section meet and two (2) points will be awarded for each team finishing below a team.

GAME ADMINISTRATION

- 2.5 There will be two divisions: varsity and frosh/soph. If Frosh/Soph competition is offered in cross-country it will be offered to both boys and girls.
- 2.6 The distance for the boys' varsity shall be three miles and not less than 2.7 miles. For all other divisions it shall be two miles and not less than 1.7 miles.
- 2.7 League Center meets shall begin at 3:30.
- 2.8 Only the top five finishers shall count in a team score, however, the sixth (6th) and seventh (7th) place runners of a team may displace other teams' runners in the final placement standings. In case of a tie, the sixth place finisher for each team will be used in breaking the tie.
 - 2.8-1 Once Frosh/Soph are moved to varsity and compete in a league meet they may not be moved back to Frosh/Soph in any league meets except that they may move back down to Frosh/Soph for the league tournament and/or for going on to sub-sections.
- 2.9 A pennant will be awarded to the winning varsity dual meet champion.
- 2.10 All-league patches will be awarded to the top eight (8) finishers in the League tournament.
- 2.11 All of the above rules shall apply to boys and girls.
- 2.12 The duties and responsibilities of running the center meet and league tournament will be shared by all the schools.
- 2.13 Restrictions on Coaches and non-participating athletes or spectators:
 - 2.13-1 Coaches and non-participating athletes or spectators are not allowed to pace runners.
 - 2.13-2 Running alongside a competitor for five or more strides would be considered pacing.
 - 2.13-3 Times cannot be given to any runners in a race unless an appointed official gives them to all runners in the race.
 - 2.13-4 Non-participants are not allowed to use bicycles before or during competition. Bicycle use is only allowed by the coaching staff before the meet for the purpose of setting up the course.