

## CROSS COUNTRY

### **6.0 GOVERNING RULES**

The National Federation rules shall govern all play except whereas modified by C.I.F. or Sac-Joaquin Section.

### **6.01 CONTACTS**

A team may have two meets per week including invitational meets.

### **6.02 START DATE**

Starting/Ending date will be designated by the CIF/Sac-Joaquin Section.

### **6.03 START TIME**

Meets shall start at 4:00 p.m. or at a time agreed upon by the coaches. All meets shall be held on an established, recognized cross-country course and all schools shall have a responsibility at each meet.

### **6.04 PLAYER CLASSIFICATION**

Prior to league play an athlete may move up or down in classification. During league competition an athlete may also move up or down in classification for the league center meet and the league championship meet.

### **6.05 RULES OF THE SPORT**

- A. The scoring school is responsible for reporting the final results to the Sacramento Bee and to the other coaches.
- B. The Delta River League shall host one center meet and a final league meet.
- C. The order for the league meets will be as follows:
  - Frosh/Soph Men
  - Frosh/Soph Women
  - Varsity Men
  - Varsity Women
- D. SCORING: Each school has unlimited entries in each race and need not declare their top seven runners. No matter how many runners from one school run in a race, only the first five are counted in the point total for that school, but the sixth and seventh from a school could be counted in determining the scores of other teams.
- E. SCORING AND STANDINGS: All schools will run in the same race. A school will receive one (1) point for each school it beats at the one center meet. A school will receive two (2) points for each school it beats at the league championship meet. The champion will be determined by total points accumulated in league meets.
- F. TIE-BREAKING: If, after the championship meet two or more teams have the same number of points, the championship will be awarded to that team (of the tied teams) which finished highest in the final championship meet. To determine the highest finisher in this situation, team scoring will be used.

**6.06 ALL-LEAGUE AWARDS AND SELECTION PROCESS**

Based on their finish in the final league meet, ten (10) women and ten (10) men in the varsity division will be selected as All-League, and one individual per school shall be selected for the Sportsmanship Award (not a member of the all league).

**6.07 POST-SEASON QUALIFICATION PROCEDURE**

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