



CROSS COUNTRY BY-LAWS

ARTICLE I GOVERNING RULES

SECTION 1 The official rules for Cross-Country are contained in the current edition of the National Federation of State High Schools Track and Field Rulebook, in the C.I.F. By-laws, and in these League By-laws.

ARTICLE II CLASSIFICATION

- SECTION 1** The four - (4) official Cross-Country teams are Girls Varsity, Boys Varsity, Girls Junior Varsity and Boys Junior Varsity.
- 1.1** Varsity teams may be comprised of all grade levels.
 - 1.2** Boys Junior Varsity may be grades 9, 10, and 11.
 - 1.3** Girls Junior Varsity may be grades 9, 10, and 11.
 - 1.4** All seniors must compete at the varsity level in all sports. No Senior may compete in JV runs.
 - 1.5** The following races are acceptable for participation by cross country participants provided they align with 1.1 through 1.4 of Article II Section I:
 - (A) Varsity Boys/Girls
 - (B) Junior Varsity Boys/Girls
 - (C) Frosh/Soph
 - (D) Varsity B races
 - (E) Grade Level races (i.e. 9th, 10th, 11th, 12th)
 - 1.6** No Cross-Country participant is allowed to enter in an Open race.

ARTICLE III PRACTICE AND GAME LIMITATIONS

SECTION 1 Cross-country participants must have a minimum of five (5) days of practice before competing in a meet. To be eligible to compete in the League Championship meet multi-sport athletes must have written documentation of completing at least one inter-scholastic meet on the team's official schedule.

- 1.1** To qualify for CCS an athlete must have competed in a minimum of 50% of the team's competitions. See CCS rules.

SECTION 2 All team members within a given race will wear the same type of uniform as written in the C.I.F. rulebook. The uniform will include each athlete wearing a reusable scoring chip furnished by the school.

SECTION 3 Practice is prohibited on Sundays.

SECTION 4

Teams may not start practice prior to the starting dates established annually by the CCS.

SECTION 5

Schools may compete in a total of thirteen (13) meets per season, not including the Division finals, and any other meets NorCal, State, or National meets to which the school or individuals may consequently qualify.

SECTION 6

Four(4) of the thirteen (13) meets that teams shall participate in will be SCVAL sponsored meets which will consist of only SCVAL member schools.

ARTICLE IV

DIVISION CHAMPIONSHIPS

SECTION 1

The division finals shall determine the division standings and the Division champion in Girl's Varsity, Boy's Varsity, Girl's Junior Varsity, and Boy's Junior Varsity.

1.1

A boys frosh-soph race and a girls frosh-soph race may be run at league finals with no official league standings for team titles.

1.2

A student may compete in just one (1) classification in the Division finals.

SECTION 2

At SCVAL league finals the number of participants from each school shall be limited as follows:

2.1

Girls Varsity A limit of seven (7) scoring entrants

2.2

Boys Varsity A limit of seven (7) scoring entrants

2.3

Boys Junior Varsity No Limit of entrants (grades 9 -11)

2.4

Girls Junior Varsity No limit of entrants (grades 9 -11)

2.5

Boys Frosh/Soph No Limit of entrants (grades 9 & 10)

2.6

Girls Frosh/Soph (league finals only) No Limit of entrants (grades 9 & 10)

SECTION 3

The top 15 finishers in the Varsity races and top 10 in the JV boys' and JV girls' races identified above, will be awarded All-League status.

SECTION 4

Senior boys and Senior girls who do not qualify for the top seven (7) will run as non-scoring entrants in the Boys and Girls Varsity race.

SECTION 5

Each year, the varsity boys' and girls' teams will rotate who will run the first race.

SECTION 6

Rotating responsibilities for meet director(s) for SCVAL #2 and SCVAL Finals/Championships will be the same and will follow the list in SCVAL by-laws section 6. The two schools will work together with support of past Directors. Further, skip over Palo Alto and Los Altos as long as they continue to host SCVAL #1 and #3.

Directors for the meet...

	<i>El Camino</i>		<i>DeAnza</i>
2024	Mountain View		Fremont
2025	Los Altos		Lynbrook
2026	Milpitas		Los Gatos
2027	Santa Clara		Homestead
2028	Wilcox		Cupertino
2029	MacDonald		Monta Vista
2030	Palo Alto		Saratoga
2031	Gunn		

ARTICLE V

SPECIAL RULINGS / CROSS COUNTRY CHAIRPERSONS

SECTION 1

The CrossCountry chairperson (s) shall serve for a minimum of three (3) years.

SECTION 2

The duties of the Cross Country chairperson(s) shall be:

2.1

Call a meeting of all the Cross Country coaches prior to the beginning of the season to go over schedules, by-laws, rule changes, and anything pertinent to that sport.

2.2

Call a meeting of all the Cross Country coaches at the end of the season to review the by-laws,

make revisions in the by-laws, and discuss problems that came up during the season and try to determine how to solve these problems. The SCVAL CC Athletic Director chairperson shall present a report with any by-law changes to the Athletic Directors' Council at their next meeting.

- 2.3** Compile the season results and send them to the League Commissioner as well as to the league schools.
- 2.4** The chairperson(s) shall represent the league on the CCS Cross-Country committee.
- 2.5** The chairperson(s) shall notify the athletic director(s) and commissioner of all sports committee meetings.
- 2.6** Each year a rotation to responsibilities at league events and finals will occur.