

CAPITAL VALLEY CONFERENCE

CROSS COUNTRY BY-LAWS

ADOPTED BY THE CVC ATHLETIC BOARD: April 19, 2010

Section 1 - Starting Date

1.1 The first day of practice, first scrimmage and first contest is determined by the Section.

1.2 A coaches meeting shall be held prior to the first allowable contest.
Adopted: January 11, 2012

Section 2 - Official Rules

2.1 The official rule book shall be the National Federation of State High School Association rule book.

Section 3 - Contacts

3.1 The number of contacts allowed is determined by the Section.

Section 4 - Meet Times

4.1 All center meets shall begin at 4:00 PM.

4.2 Time of the League Meet shall be determined by course availability.

Section 5 - Game Results

5.1 The host school shall be responsible to notify the media with meet results.

Section 6 - Change in Classification

6.1 During non-league meets athletes may move from one classification to another. In league play a player may move only to a higher classification. An athlete may not participate in more than one classification in one day.

6.2 For section qualifying, athletes may be moved from a higher classification to a lower classification if that division is appropriate to his/her year in school.

Section 7 - Championship

7.1 Competing schools will earn one (1) point for each school defeated in the center meets and two (2) points for each team defeated in the league meet. The champion shall be the team with the highest point total.

7.2 Divisions of competition and distance will be:
Boys and Girls Varsity - 3.1 miles or 5K
Girls and boys Frosh/Soph - 2 Miles

Section 8 - Miscellaneous - Activity Specific

8.1 CVC schools shall be assigned duties prior to the start of the season to assist in running center meets and the league meet.