

CAPITAL VALLEY CONFERENCE CROSS COUNTRY BY-LAWS

ADOPTED BY THE CVC ATHLETIC BOARD: April 19, 2010
LAST REVISED: January 21, 2016

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

5.1 Game times shall be indicated on the officially adopted league schedule.

5.2 Time of the League Meet shall be determined by course availability with approval of the Athletic Board

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.

Section 9 - All Conference Selection

Revised: August 19, 2015

9.1 The first ten (10) finishers in the boys' and the girls' varsity divisions of the league meet will be designated as all-conference and be awarded all conference patches and certificates. The next ten (10) finishers shall be designated as Second Team and receive a certificate.

9.2 Conference results shall be forwarded to the league commissioner and to the media for publication.

9.3 No all-conference awards shall be selected below the varsity level.