

CROSS COUNTRY

3.0 GOVERNING RULES

The National Federation rules shall govern all play except where modified by CIF or Sac-Joaquin Section.

3.01 CONTACTS

The Sac-Joaquin Section will determine the number of maximum allowable contacts.

3.02 START DATE

Starting date will be designated by the CIF Sac-Joaquin Section. Games may be scheduled after 10 days of practice.

3.03 START TIME

Meets shall start at 3:45 pm PDT and 3:30 PST.

3.04 PLAYER CLASSIFICATION

An athlete may, during practice games, move from one athletic classification to another but may not compete in more than one classification in one day. In league and section playoff games, the athlete shall only compete at the higher classification where he/she will remain for the duration of the season.

3.05 RULES OF THE SPORT

A. The home team is responsible for reporting the final results to the Sacramento Bee.

B. Official competition shall be held in classifications as indicated on approved schedule.

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|-------------------------|---------|
| 1) Frosh/Soph girls | 2 miles |
| 2) Frosh Boys/Soph boys | 2 miles |
| 3) Varsity Girls | 3 miles |
| 4) Varsity Boys | 3 miles |

B. Each school may have an unlimited number of entries in each classification in the Metropolitan Conference Cross Country Championship Meet.

3.06 ALL LEAGUE AWARDS AND SELECTION PROCESS

Based on their finish in the final league meet, ten women and ten men in the varsity division will be selected as All Conference. Coaches are to select a Coach of the Year.

3.07 POST-SEASON QUALIFICATION PROCEDURE

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