Article III - Cross Country

300. Official Rules - The current issue of the National Federation rule book will be used.

301. Practice

"The WBAL will reflect the CCS By-Laws (Article V, Section 3, F-Practices) regarding practices."

a) Interscholastic practice during the school year is defined as:
   i. Any school team or individual activity organized by the coach that is intended to maintain or improve a student-athlete's skill proficiency in a sport AND/OR
   ii. Any school team or individual activity that includes skill drills, game situation drills, inter- squad scrimmages or games, chalk talks, film review, meetings outside of school time (excluding parent meetings). AND/OR
   iii. Any other coach-directed or supervised school team or individual activity or instruction for a specific sport AND/OR
   iv. Any other team or individual instruction for a specific sport organized or supervised by any team member, or anyone else associated with the team or the school AND/OR tryouts.
b) Any single practice session shall be no longer than 3 hours in length.
c) There shall be a minimum of 3 hours between any two practice sessions in a single day.
d) Double day practices shall not be held on consecutive days.
e) Conditions for Optional, Non-Mandatory Off Season Individual & Small Groups Skill Development: Coaches are allowed to work with their athletes in a designated off season 8 week program individually or in a small group of no more   than 4 athletes, no more than one hour a day and no more than twice a week for an athlete.

302. Team Make-Up

a) Varsity teams shall be composed of not less than five runners and not more than seven runners; a team unable to field a minimum of five runners will forfeit to the other team or teams, but those runners can run as individuals.

b) Any runners beyond the 7th runner must enter the JV race.

c) Teams should run their fastest 7 as the varsity, however coaches will have flexibility to not fill a varsity team in the first two races, but must be filled in the CCS Qualifier.

d) A JV team race will be composed of teams with a minimum of 5 runners per team with no maximum.

303. Scoring

a) Only the first 5 finishers for each school shall be scored for team points, but a school's 6th and 7th runners may displace another school's finishers to a lower placing.

b) In the event of a tie, National Federation Rules will apply. Compare the 6th place finishers from the tying teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with the sixth place finisher shall prevail. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

c) Varsity and JV Runners will be scored separately in separate races.

304. League Meets

a) There shall be three meets involving all of the participating schools. The first two meets count 25% toward deciding the league champions, and the last meet counting 50%. Teams not finishing at least five runners will be considered in last place for that race. If multiple teams do not finish at least 5 runners, then the team with the higher number of athletes finishing will place ahead of the other incomplete teams. If there are incomplete teams that finish with the same number of athletes, those athletes' places will be added to determine a "score" and the team with the lowest score will place ahead for that race in the team standings. Below is a sample of the scoring used for determining league standings:

<u>Team Finish</u>   Points Awarded for <u>League Standings</u>

First Place Team	1 x 25%	=	0.25
Second Place Team	2 x 25%	=	0.50
Third Place Team	3 x 25%	=	0.75
Fourth Place Team	4 x 25%	=	1.00
Fifth Place Team	5 x 25%	=	1.25
Sixth Place Team	6 x 25%	=	1.50

Etc.

b) The location and dates of the three meets will be decided on by the Board of Managers, usually upon the advice of the Cross Country committee.

c) All of the schools in the league will run together as one league – no divisions.

d) At league meets there will be four races – JV Girls, JV Boys, Varsity Girls, Varsity Boys.

e) Starting order for the races will rotate each year based on CCS Championships race order.

f) Suggested start times for races 3:00/3:30/4:00/4:30. The Final meet will start 2:00/2:30/3:00/3:30 if the date is after daylight savings or 2:30/3:00/3:30/4:00 before daylight savings.

g) If an athlete does not finish a race, the coach needs to indicate this status to the official timer.

305. WBAL Final Meet

a) The teams and individuals who advance to the CCS Championships will be determined by the results of the third meet only. The top half of the league (rounded up) will advance to CCS.

b) Schools must run their 5 fastest runners in the CCS Qualifying race.

c) There will be a team JV Champion award based on the same scoring criteria as Varsity – 25/25/50.

d) Runners must have participated in one of the two preliminary league meets in order to participate in the finals. Extenuating circumstances may petition to BOM to allow participation.

   i. Prior to each league meet, coaches are mandated to send their medical or family emergency roster to the coach rep. All Petitions for the league Championship Final Meet for athletes who have not competed in the two

league meets, must submit their petition to the Coach Rep before the League Entry Deadline; the Coach Rep will follow up with the Board of Managers for approval to compete.

    e) Top 10 runners will receive medals.

306. CCS Advancement (from the CCS Cross Country bylaws)
    a) Team Advancement
        i. Half (rounding up) of the teams competing in each League Meet advance to the Sectional Meet.
        ii. All Leagues are guaranteed at least one (1) team in each Division that they have represented in their league.
        iii. If a team does not automatically qualify for the Section Meet at its League Championship Meet, it will qualify as an At-Large Entry if it meets the qualifying condition:
            1. The combined time for a team's top five (5) runners (team time) at its League Finals is less than the average of the median team for 1997 and subsequent years at the Section Meet for the Division in which the team competes.
        iv. If there is a tie in the standings for CCS Advancement then the results of meet #3 will be used to break the tie.
    b) Individual Advancement
        i. Each league qualifies the top three (3) individuals (not on a qualifying team.)
    c) When two (2) or more basic Leagues join together to form supplemental Leagues, the following shall apply:
        i. When supplemental Leagues are formed, and each of the two (2) or more leagues currently have Automatic Qualifiers for the CCS Tournament, the new supplemental leagues shall retain the total of their previous Automatic Qualifiers (e.g. League A and B each have three (3) Automatic Qualifiers. When the new supplemental leagues are formed, combining A and B they will have a total of six (6) Automatic Qualifiers).
        ii. The League Board of Managers having governance authority over the supplemental Leagues shall determine in its bylaws how those Automatic Qualifiers shall be allocated from the supplemental Leagues. In the absence

of a basic league tournament to determine Section qualifiers, the basic league MUST allocate an automatic berth to each of the supplemental League Champions.

307. Course Lengths
    a) The course length shall be fall with NFHS rules for all WBAL competitions.

308. Awards
    a) A League MVP and First and Second Team All League will be chosen at the post season meeting for the varsity team only.
    b) League Championship will be determined by the results of the three league races at a percentage of 25/25/50.
    c) In case of a tie, co-Champs or ties in standings will not be broken.

309. Crowd control
    a) The home school has every right to ask someone from the home or visiting school to leave due to inappropriate behavior.
    b) If an incident does occur, fill out the CCS incident form and send it to the league commissioner.

310. League Representative
    a) The stipend for the League Rep will be $500.