



## RULES AND REGULATIONS FOR BOYS' AND GIRLS' CROSS COUNTRY

### I. COMPETITION

- A. Each division will produce a dual meet and division meet champion
- B. In accordance with MAC Athletic By-Laws, Article XI, Letter E., seniors may not participate on a JV team unless previously approved by a vote of all member schools.
- C. There will be one race conducted for boys and one for girls at each Jamboree Meet.
- D. In a Jamboree Meet the Varsity will be limited to twelve (12) runners. However, JV runners may compete in the Varsity race with a vote of the division coaches at the preseason coaches meeting. If the Varsity race includes JV runners, the Varsity runners must be identified, using a method mutually agreed upon by the coaches at the preseason meeting. If JV runners do not compete in the Varsity race, separate boys and girls JV races will be held after the Varsity races. Boys and girls races can be combined only with the approval of all coaches involved.
- E. At the Division Championship meets a maximum of eight (8) runners will participate for each school in the Varsity race. The MAC will host an exhibition race (per gender) immediately following the league meet for all eligible school member athletes. The participating schools will cover any and all incurred cost.
- F. During meets all warm-ups on the course must be complete prior to the start of the first race.
- G. At every Jamboree Meet each division team will compete against every other division team and receive a win or loss with each team.
- H. A team with fewer than five (5) runners cannot defeat a team with five (5) runners. Teams with fewer than five (5) runners will determine their score by adding the total scores of all your competition runners, then adding one point to the meet's final place runner's score for your first non-runner, followed by 2 points, then 3 points, etc. for each non-runners until you have 5 scores.
- I. Each division will compete in a Jamboree style schedule and meets. Two dates will be scheduled to host the season's competition.
- J. Boys' and girls' races will alternate starting first every other year. Boys will run first on even school years and girls run first on odd school years.
- K. The host school will be responsible for hiring a starter for each Jamboree meet. It is recommended that the host school arrange an athletic trainer, ice, water on site, and a means of transportation in the event of an injury on the course.
- L. Inclement weather: In the event of lightning or thunder during a meet, the race will be stopped immediately (by means determined by the host school) and all runners will be called back and take cover. After the required delay period, coaches will meet to determine if the meet is to be restarted or rescheduled. All attempts should be made to complete the meet. If the meet is to be restarted, a minimum ten minute warm up period will be set. If the meet is cancelled, it will be made up the following Thursday. The host school has the right to delay the start of the meet if the weather is threatening.



# CROSS COUNTRY

REVISED 9/3/14

- M. No meet will be run if the Heat Index is 95 or over. The Heat Index reading, monitoring and recording is the responsibility of the host school. The host school will have the option of the following to decide the day of the meet: to either cancel the meet or delay the start of the meet between 12 noon and 1:30 PM. At the meet starting time if the Heat Index is 95 or over the longest delay can be no more than one hour. Teams will need 30 minutes to warm up with in that hour. All meets canceled will be made up on the following Thursday.

## II. SCHEDULE

- A. It is recommended that all Jamboree meets will be scheduled for Tuesdays at 4:45 p.m.
- B. Adjustments to the starting times may be arranged between competing schools if a school arrives late. Warm up time for late arriving teams will be no more than 20 minutes.
- C. Jamboree meets are the only meets that will count toward league standings. Each school in a division will compete against each school twice a season.
- D. Coaches may make recommendations for realignment of teams at the post-season meeting.

## III. AWARDS

- A. A plaque will be awarded to the dual meet championship team in each division.\*
- B. A division meet will be held, and a plaque will be awarded to the championship team in each division. \*
- C. If the same team wins both the division meet and the dual meet championship only 1 plaque will be awarded to that school.
- D. Certificates will be awarded to members of the dual meet championship teams.
- E. The top fourteen (19) finishers in each division meet will be designated “All-Conference” and will receive medals. (Updated Sept 2014)
- F. The first place winner in each division will receive a MVP medal. There will be no ties for MVP. Only one runner can win the league’s MVP award.
- G. MAC All-Academic certificates will be awarded to the Varsity team members who earn a 3.0 GPA during their season. The fall sports season will use the first quarter grades. Individual schools are encouraged to provide similar certificates to Junior Varsity and Freshman athletes.
- H. Certificates will not be handed out by the Conference but can be found on the conference website.

\*No trophy will be awarded if less than five (5) teams compete in the dual and/or division meet competition.

Refer to the Athletic Commission By-Laws for clarification regarding the following:

1. Pre and post-season meetings
2. Division alignments
3. Medal distribution policy