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# CIF/Central Coast Section Cross Country Bylaws 2019



## **Section 1. SCHEDULED MEETINGS**

- A. *Organization:* **WEDNESDAY, AUGUST 14, 2019, 7:00 PM**  
 B. *Evaluation:* **TUESDAY, DECEMBER 3, 2019, 7:00 PM**

## **Section 2. MEET DATES / SITES**

- A. The Section Meet is scheduled for: **SATURDAY, NOVEMBER 16, 2019.**  
*If the Meet is to be called because of inclement weather, the decision will be made as close as possible to 6:00 AM on the day of the Meet. **The meet order will be set by the CCS office***
- B. The CCS Commissioner and/or staff shall be responsible for all contracts for sites used during the CCS Play-offs. The CCS Commissioner and/or staff have sole authority to schedule or cancel sites, as well as full discretion as to the assignment or re-assignment of teams to times and sites throughout the CCS Play-offs. The CCS Commissioner and/or staff have the final authority in any disputes over sites or times of play, and the decision of the CCS Commissioner is not subject to appeal, due to the immediacy of running the Tournament for the good of the whole. Neutral sites are not a policy of the CCS and should not be expected in any rounds of play. Sites will be assigned by the CCS for the good of the Tournament.
- C. League entries, from League Qualifying Meets, are to be submitted electronically by League Representatives, via email as described in the CCS Cross Country Participant Information Bulletin and also as posted on the CCS web site before: **NOON, on MONDAY, NOVEMBER 11, 2019**
1. League representatives must submit their final League entries including names of both Team and Individual Qualifiers after removing all scratches and inserting all alternates.
  2. Once League entries are submitted, individual alternates will not replace scratched athletes.

## **Section 3. DIVISION PLACEMENT**

The previous year's grade 9-12 CBEDS figures, as listed below, will be used to adjust the size of each division insuring that each division, except Division V, has the same number of schools. Division V will be set at 500 and below.

- If more than one school has the same enrollment at the "point of division," all schools with that enrollment would be placed in the higher of the two divisions.
- If the number of schools was not a multiple of four, the "extra" school(s) would be placed beginning in the higher divisions.
- When determining the divisions, the CCS staff will utilize a list of enrollments without school names attached to insure objectivity.

## **Section 4. QUALIFYING FROM LEAGUE TO SECTION**

- A. *Qualifying from the League Meets to the Section Meet will be accomplished as follows:*
1. The top half (rounding up) of complete teams competing in their respective final League event which qualifies athletes to the CCS Meet at the Varsity level advance to the Section Meet.
  2. All Leagues are guaranteed at least one (1) team in each Division that they have represented in their League.
  3. If a team does not automatically qualify for the Section Meet at its final League event which qualifies athletes to the CCS Meet at the Varsity level, it will qualify as an At-Large Entry if it meets the following condition:
    - a. The combined time for a team's top five (5) runners (team time) at its final League event which qualifies athletes to the CCS Meet at the Varsity level is less than the average of the median team time for 1997 and subsequent years at the Section Meet for the Division in which the team competes.
- B. Each League qualifies the top three (3) individuals from their respective final League event which qualifies athletes to the CCS Meet at the Varsity level (not on a qualifying team).
1. If an individual does not automatically qualify for the Section Meet at its final League event which qualifies athletes to the CCS Meet at the Varsity level, he/she will qualify as an At-Large Entry if he/she meets the

following condition:

- a. An individual's time at his/her final League event which qualifies athletes to the CCS Meet at the Varsity level is less than the average of the median individual time for 1997 and subsequent years at the Section Meet for the Division in which the individual competes.
- C. When two (2) or more basic Leagues join together to form supplemental Leagues, the following shall apply:
1. When supplemental Leagues are formed, and each of the two (2) or more Leagues currently have Automatic Qualifiers to the CCS Tournament, the new supplemental Leagues shall retain the total of their previous Automatic Qualifiers [e.g., Leagues 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].
  2. The League Board of Managers having governance authority over the supplemental Leagues shall determine in its bylaws how those Automatic Qualifiers will 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.

#### **D. HARDSHIP APPEALS**

1. Hardships may only be considered for qualification from League to the CCS Meet;
2. Hardships only applies to an illness/accident that is non-sports related;
3. The athlete must be under a medical doctor's care;
4. Any request for hardship must be presented to the League Meet Director, IN WRITING, before the start of the athlete's race in the League meet;
5. The athlete must have posted a previous mark in that season at an official meet on the course that is being used for that athlete's league meet that is better than the last individual qualifier's mark;
6. The hardship hearing will be held on or before the second working day following the request for hardship;
7. Appeals shall be conducted according to the respective League's By-Laws.
8. If approved, the athlete will be added to the field of individual qualifiers from that league into the CCS Meet.

### **Section 5. QUALIFYING FROM SECTION TO STATE**

- A. The number of team entries into the CIF State Championship Meet is based on a formula involving the following: *(the allocation of entries from each Section for the current year can be found on the CIF website: [www.cifstate.org](http://www.cifstate.org))*
1. An established baseline providing a minimum number of entries for each CIF Section
  2. Additional/reduced entries may be allocated in subsequent years, based upon the most recent four (4)-year history of the Section team performance within each Divisional race;
  3. No CIF Section shall have more than seven (7) team entries in any Divisional race;
  4. A maximum of five (5) individuals, per criteria in each division, will qualify from Section to State meet finals as follows: If the division has 2 automatic qualifiers, the five must finish in the top 12. If the division has 3 automatic qualifiers, the five must finish in the top 14 and if the division has 4 automatic qualifiers, the five must finish in the top 16.
  5. If a State qualifier indicates that he/she will not compete in the State Meet, the next qualifying individual may be substituted as long as the respective scratch is declared and finalized by the end of the day at the Section meet. No such alternates will be allowed after entries have been submitted to the State CIF.

### **Section 6. RULES**

- A. The current **National Federation Track & Field and Cross Country Rules** will be followed, with the modification that **NO SPIKES ARE ALLOWED ON THE COURSE!**
- B. Coaches need to pay particular attention to **Rule 8-6-1 through 3** (Competitor's Uniform).
- C. Any school allowing an ineligible student-athlete, or more than seven (7) team members, to compete in the Section Meet is subject to disqualification from the Meet and from any other meets during the current season which are subsequent to the above infraction.
- D COACH MUST BE PRESENT**

Coaches are expected to be present at the Meet. All student-athletes competing in any CCS contest (scrimmages, alumni contests, pre-season, League and CCS Play-offs) must be accompanied by a coach that meets the following criteria, as addressed in [CIF Bylaws 308 & 506](#):

**1. MUST BE THE "REGULAR COACH"**

The coach of either a public or private school team or athlete must be the coach of record for that school for the current season and must comply with all requirements of [CIF Bylaw 506](#).

- a. **PUBLIC SCHOOLS** - All public school teams must be coached by a person who meets the requirements of the California Ed. Code and the California Administrative Code Title V.

- b. **NON-PUBLIC SCHOOLS** - In the case of a non-public school, a person engaged by that school on a yearly contract basis as a regular member of the school coaching or teaching staff and certified by the administrator for that school as competent for the position held.

## 2. **EMERGENCY SITUATIONS**

In the case of an emergency ONLY, the principal of the school may designate an alternate coach, as long as it is done in writing prior to the contest and submitted to the League Commissioner for all pre-season and League contests and the CCS Commissioner for CCS Play-off contests. Any alternate coach MUST be an individual who meets all the conditions required in Section 6.E.-1a. (above) in the case of a public school, and Section 6.E.-1b. (above) in the case of a non-public school.

## 3. **NO COACH PRESENT = STUDENT INELIGIBLE**

## **Section 7. APPEALS**

- A. Any Head Coach can report an infraction to the Meet Referee.  
 B. The Meet Referee will investigate the infraction, using all possible resources before making a ruling.  
 C. The ruling of the Referee is final, except in the case of a rule interpretation. Interpretations may be appealed to the Jury of Appeals, in writing, within 30 minutes after the announcement of event results.

## **Section 8. AWARDS**

- A. 20 Team Trophies: Champion and Runner-Up Teams in all Divisions.  
 B. 70 Medals for members of championship teams: 7 medals for each championship team (all girls and boys divisions).  
 C. 70 Medals for Individuals: 1st- through 7th-place finishers, Girls and Boys, in all Divisions.

## **Section 9. ELIGIBLE ATHLETES**

- A. All athletes must be in good standing with their League, school and the CCS in order to compete. No ineligible athletes will be allowed to compete.  
 B. Any player or coach who is disqualified from a Tournament contest for FLAGRANT MISCONDUCT or UNSPORTSMANLIKE BEHAVIOR will be disqualified from all remaining contests in that sport that season, including Nor-Cal and State CIF competition.

## **Section 10. SPORTSMANSHIP**

- A. The member schools of the CIF-Central Coast Section are committed to providing a sportsmanlike environment for students, coaches and spectators.

### **Our Sportsmanship Definition is:**

*A person who can take a loss or defeat without complaint, or victory without gloating and who treats his/her opponents with fairness, courtesy and respect.*

- B. The following behavior is **unacceptable** at all CIF/CCS High School contests

- berating your opponent's school or mascot
- complaining about officials' calls (verbally or in gestures)
- berating opposing players
- artificial noise makers
- obscene cheers / gestures
- negative signs

- C. **Sportsmanship Contract**: To this end, each school is required to submit one (1) signed Sportsmanship Contract on or prior to September 15 of the school year. This contract confirms that the principal has verbally and through written communication addressed the importance of sportsmanship to his/her student body, faculty and community.  
 D. **Each Principal** is required by the CCS Board of Managers to meet with any team or individual athlete(s) from his/her school participating in the Tournament to review CCS Sportsmanship Information.

## **Section 11. PRACTICE AT CHAMPIONSHIP SITES**

No arrangements for practice at competition sites are allowed by the CCS once the site of the Tournament has been announced. See the "General Tournament Information" Section of the CCS Playoff Bylaws (below) for the specific policy. Schools found in violation of this rule may be barred from further participation in Section Play-offs. CCS Playoff Bylaws—General Information

**PRACTICE AT COMPETITION SITES**

No arrangements for practice at competition sites are approved by the CCS.

- A. If the site of a future contest is open to public use (i.e., municipal tennis courts, public golf courses, etc.), they may be used for practice, subject to the control and policies of the owner/operator. **NO SPECIAL PERMISSION MAY BE SOUGHT.**
- B. College and community sites **SHALL NOT BE USED** by any school team, except as noted above, or if the school has a contract throughout the season to use the site as its home facility.
- C. Use of another school's facility, once designated as a Tournament site, **SHALL NOT BE ALLOWED!** **PLEASE DO NOT ASK FOR ANY SUCH USE!**

**NOTE:** These prohibitions are necessary for two significant reasons:

- We do not wish to inconvenience our hosts by additional usage; AND
- Near-by schools, with easier access to a particular facility, have a distinct advantage over distant schools.

*Failure to comply with these regulations may affect the school's further participation in that Tournament during the current year or in the future.*

**Section 12. TOURNAMENT INFORMATION**

The CCS [Participant Information Bulletin](#) will be posted on the CCS web page and sent to all schools and the media approximately three (3) weeks prior to the Meet.

**OTHER IMPORTANT DOCUMENTS RELATED TO PLAYOFFS:****CCS PLAYOFF POLICY** - [Click here to see entire policy](#)**SEASON LONG LEAGUE PLAY**

The sole purpose of CCS Playoffs is to provide a post-season championship event for its member school teams and athletes who have been engaged in season-long league play in a given sport.

- A. Section playoffs are to be conducted as the culminating activity for teams and/or individuals who have been engaged in season-long league play in a given sport.
- B. Schools or leagues which do not conduct a given sport on a recognized league basis for the majority of a given sport season will not be allowed to enter playoff competition. Exceptions to this general policy may be made by the Board of Managers as a result of a unique, short-term and specific circumstance beyond a school's control that directly causes the school to be unable to participate in that sport in season-long league play,
- C. In individual sports, (swimming, track & field, cross country, tennis, golf, gymnastics, badminton, wrestling), a student athlete must compete in at least ½ of the regularly-scheduled league meets in order to participate in the CCS playoffs in that sport. The specific qualification standards outlined in the CCS bylaws for each of these sports must be met in addition to this general minimum participation standard. Exceptions to this rule may be considered by the league **ONLY**

- if there is a serious medical condition or hardship that is beyond the student's control and which clearly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests OR
- if the student has corrected a scholastic ineligibility in the most recent grading period which occurs after the first half of the league season is complete and which directly and solely causes their lack of participation in a minimum of ½ of their regularly-scheduled league contests.
- if through internal team competition and ladder movement an athlete has not had the opportunity to participate in ½ the regular-scheduled league contests.

**CCS SPORTSMANSHIP POLICY** - [Click here to see entire policy](#)