

Center State Conference Cross Country Guidelines/By-laws

I. RULES TO BE FOLLOWED:

- A. National Federation
- B. New York State Public High School Athletic Association

II. STARTING DATES:

- A. Determined by Section III

III. DETERMINATION OF CHAMPIONS (varsity only):

A. Three divisions

- 1. Two champions in each division (boys and girls).

<u>Division 1</u>	<u>Division 2</u>	<u>Division 3</u>
Adirondack	Canastota	Hamilton
Clinton	Cooperstown	New York Mills
Herkimer	Mount Markham	Old Forge
Holland Patent	Sauquoit Valley	Oriskany
Ilion	Sherburne-Earlville	Poland
Little Falls	Waterville	Remsen
		WCV (travel with Poland)
		Westmoreland (travel with

Oriskany)

- <Frankfort>
- <Mohawk>
- <Morrisville-Eaton>
- <Oppenheim-Ephratah>
- <Owen D. Young>
- <Richfield Springs>
- <Rome Catholic>

< > = CSC schools without cross country as of 2012

B. Regular Season

- 1. Five week schedule with a sixth week as a make up date.
- 2. Multi-school Meets
 - a. Scored as dual meets
 - b. Only the first scheduled meeting between schools will be used to figure league record.

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- c. Each victory within a school's division earns 2 points towards the final standings of the league.

C. Championship Meet

1. Held two Saturdays before Sectional 3 Championship and State Qualifier Meet
2. Selection of the host school:
 - a. Alphabetical order with schools combined; not from one division to the other division each year
 - b. To be eligible to host the school's coach must be in attendance at both of the pre and post season meeting the previous year as well as the preseason meeting that year.
 - c. Site and course must be approved by all three division chairpersons
3. To be eligible to participate in the championship meet an athlete must participate in at least three cross country meets or have a petition submitted and approved by the coaches at the coaches' meeting on the day of the championship meet.
4. Meet Costs:
 - a. A third-party timing and scoring service will be retained for the championship meet.
 - b. Three NYSTF&CCOA officials will officiate the meet.
 - c. The cost of this service will be paid by the league.
5. Formula for point totals:
 - a. First place receives an amount of points equal to the number of complete teams racing that day times 3 points (example: if there were nine complete teams in the race the first place team would earn 27 points).
 - b. Second place earns three points less and so on down to the last complete team that would receive 3 points.
 - c. Add regular season points and championship meet points together to determine divisional winners.

IV. PLANNING FOR LEAGUE CHAMPIONSHIP MEET:

- A. Site rotates alphabetically with all schools in the league combined.
- B. Date is the second Saturday prior to sectionals.

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1. Start time is 10:00 a.m. (unless a different starting time is agreed upon by a majority of coaches)
 2. If that Saturday is used for scholastic testing then an afternoon start time will be used.
- C. Order of races
- D. Order of races
1. Odd Numbered Years:
 - a. Modified boys
 - b. Modified girls
 - c. Junior varsity boys*
 - d. Junior varsity girls*
 - e. Varsity boys
 - f. Varsity girls
 2. Even Numbered Years:
 - a. Modified girls
 - b. Modified boys
 - c. Junior varsity girls*
 - d. Junior varsity boys*
 - e. Varsity girls
 - f. Varsity boys

*Junior varsity races may be run combined in case of anticipated failing light or inclement weather conditions to complete the championships in a timely fashion.
- E. Coach of host school responsible for running the Championship Meet
- F. Duties of League Chairpersons
1. Assist host school as needed
 2. Responsible for award winners
 - a. All competitors in the Championship Meet will receive a ribbon
- V. SECTION 3 CHAMPIONSHIP MEET:
- A. All teams (maximum of 10 runners) are eligible as long as the Section 3 guidelines for participation have been met.
1. Only seven count to displace and five to score

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2. The qualifying standards for entry into the section championship meet are:
 - a. A runner or team must meet the minimum number of competitions (six) or have been granted the appropriate waiver.
 - b. The runner or team must be sanctioned.
 - c. The team need NOT be a full team to participate
3. Move-up Dates
 - a. Move up of individual to varsity/junior varsity from a modified program is in mid-season. This date will be announced to the League Chairpersons each year at the Section 3 Pre-season meeting on the Wednesday before Labor Day.
- B. Postponements of the meet are non-existent due to required permits and deadlines for state championship meets.
- C. The team that represents the section at the State Championships consists of the winning team in each class plus the top five finishers other than the winning team members.
- D. Responsibility of varsity coaches to submit their rosters to the Section 3 Cross Country Chairperson by the designated date. Coaches are also requested to inform the Section 3 Chairperson if they are not going to participate in sectionals.

VI. STARTING TIMES:

- A. Regular season meets start at 4:30 p.m.
- B. Meet order:
 1. Odd-numbered years: boys race first
 2. Even-numbered years: girls race First
 3. Weeks 1 and 2 – Modified race first followed by varsity
 4. Weeks 3, 4, and 5 – Varsity race first followed by modified
- C. Because of transportation, the host schools need to be flexible with the 4:30 starting time.
- D. If a team misses the start of a race after arriving at the dual meet site, it will NOT be scored from the championship meet. Host schools are requested to provide course maps and, if possible,

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provide an individual to take the visiting schools around the course. Host school is to check to see if all participating teams are on the starting line.

VII. WARM-UPS:

- A. No set time (reasonable)
- B. Visiting teams need a reasonable amount of time to see the race course and check conditions. A team cannot show up at the meet starting time of 4:30 p.m. and expect this to occur.

VIII. SELECTION OF ALL-CONFERENCE TEAMS:

- A. The first place teams in each division (Divisions 1,2, and 3 Girls; Divisions 1,2, and 3 Boys) will be all-conference school teams (all team members will receive patches).
- B. The top five individual finishers from each division and the next 15 individuals from the merged results will also receive patches.
- C. Center State Conference cross country runners qualifying for the New York State Championship Meet will earn First Team League All-star status. This runner does not displace any automatic selections.
- D. If an athlete is unable to compete at the championship meet due to injury, illness, or extenuating circumstances, the athlete's coach may petition in writing for a vote to add that runner to the all-star team.
 1. All coaches from all divisions vote.
 2. A majority vote is needed to add the petitioned runner.
 3. A petitioned runner added to the all-star team does not displace an automatic all-star selection.

IX. SUSPENSION OF CONTEST:

- A. Unless there is lightning or unsafe course conditions, the races will be run.
- B. If a meet is cancelled the make up date is the Wednesday before the league meet.

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X. PRE-SEASON COACHES MEETING:

- A. League chairpersons organize
- B. Pre-season meeting date will be the Thursday before Labor Day at 7:00PM at Sauquoit Valley High School
- C. Athletic Director representative for cross country for the Center State Conference will be requested to attend the pre-season meeting.
- D. Minutes and attendance of pre-season meeting sent to athletic directors.
- E. Coaches will confirm their roster numbers at the pre-season meeting. Coaches not able to attend the pre-season meeting will be requested to send their roster numbers to the chairpersons.
- F. Coaches will inform the league chairpersons at or prior to the pre-season meeting if they cannot host their scheduled meet(s) for that season. Coaches must be present at pre-season meeting in order to host meets scheduled at their sites for the upcoming season. Alternate host sites will be chosen at the pre-season meeting from amongst those attending the meeting to replace those host sites not represented.

XI. POST-SEASON COACHES MEETING:

- A. League chairpersons organize
- B. Post season meeting to be held the Tuesday prior to the State Championship Meet
- C. Attendance included with end-of-season report
- D. Host site for the next season's championship meet will be determined at this meeting. School next in rotation to host the Championship Meet for the following season must attend post-season meeting to declare site's adequacy for the meet. If that school's coach is not in attendance, site choice will move through the rotation to the next school in the rotation adequate to host the meet.

XII. OFFICIALS INTERPRETATION MEETING:

- A. Not applicable to Cross Country

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XIII. POLICIES AND RULES NOT COVERED BY THE RULE BOOK:

- A. Varsity athletes must compete in a minimum of three races to be eligible to compete in the league championship meet. Regular season races or Saturday invitationals may be used to meet this requirement.
- B. Dual meet scoring for incomplete teams:
 1. To be used only when incomplete teams compete against each other in weekly meets.
 2. Full teams (five runners) will always defeat incomplete teams.
 3. In contests where neither team has five runners, but both have at least three, the following rules apply.
 - Three-person teams may score a contest using three runners rather than five.
 - If at least one team has four runners, its fourth runner may displace the other team's runners. A perfect score in this format is 6-18 (1 + 2 + 3 + (4th runner displaces) v. 5 + 6 + 7.
 - A team with three runners automatically scores a win against a team with fewer than three runners.
 - In a contest where both teams have fewer than three runners, the score is incomplete-incomplete, and neither team scores a win.
- C. Host meet coaches are to fax, e-mail, or mail a copy of their meet results to the designated league cross-country chairperson by the following day. Meet results should be reported to the designated area newspapers after the conclusion of the meet by the host school.