

**ARTICLE 190
CROSS COUNTRY**

1900. STATE CHAMPIONSHIP DIVISION PLACEMENT OF SCHOOLS

Each Section will determine the divisional placement for its schools who qualify for the state cross country championships. CIF member schools will be required to participate in the division that has been established by their respective Section. Sections may use their own established criteria to determine placement of teams in the five divisions based on the following guidelines:

Division I	As determined by Section
Division II	As determined by Section
Division III	As determined by Section
Division IV	As determined by Section
Division V	As determined by Section, but enrollment may not exceed 600

(Approved May 2000 Federated Council/Revised May 2001 Federated Council/Revised June 2002 Executive Committee/Revised May 2005 Executive Committee/Revised May 2008 Federated Council/Revised May 2014 Federated Council)

- 1900.1** All cross country meets in the Southern Section will be conducted under National Federation rules unless otherwise provided herein.

1901. AUTOMATIC TEAM ENTRIES

Team entries into the State championship meet would be based on a formula that includes the following factors:

- A. An established baseline providing a minimum number of entries for each Section.
- B. Additional entries based upon the most recent four (4) year history of the Section team performance in each divisional race.
- C. No Section shall have more than seven (7) team entries in any divisional

race. (Approved May 2000 Federated Council/Revised May 2002 Federated Council)

1902. INDIVIDUAL ENTRIES TO THE STATE MEET

A maximum of five individuals (not on an automatic team entry), per the criteria in each division, will qualify from section to state meet finals as follows:

# of Section Teams Automatic Qualify	Sections Five (5) Individual Qualifiers to State Meet Must Finish in the Top
1	8
2	12
3	14
4	16
5	18
6	20

(Approved May 2001 Federated Council/Revised February 2005 Federated Council)

1903. SCRIMMAGES – Reference State CIF Bylaw 1206.B and 1206.C

- 1903.1 SCRIMMAGES: In the CIF-SS an interscholastic scrimmage in cross country is a training session between a minimum of two schools where no score is kept, free substitution, and spectators are not urged to attend. (See Q & A following Bylaw 220.8 for definition.) A carnival may be conducted in lieu of an interscholastic scrimmage and must be sanctioned by the Commissioner.
- 1903.2 Schools are permitted two interscholastic scrimmages which may not be held prior to September 1 and must be held prior to the team's first interscholastic contest (non-league, league or tournament).

<>1904. STARTING DATE FOR INDIVIDUAL COMPETITION

Interscholastic competition in cross country may not start until August 31.

1905. MAXIMUM CONTESTS - Reference State CIF Bylaw 1206.D

An individual of a cross country team will be permitted to enter and participate in no more than a total of 14 dual, triangular, or invitational (sanctioned) meets during the season, not including all-league or CIF Southern Section championships.

<>1906. END OF COMPETITION

All league competition for entries must end on or before Friday, November 3. Schools may compete until November 4 for non-league contests.

QUESTION: Will contest(s) played after the completion of league play and/or submission of league entries impact our seeding or rankings?

ANSWER: No, once the league entries have been submitted a school will be seeded and ranked based on a team's results as of Nov 3.

1907. OUTSIDE COMPETITION BY AN INDIVIDUAL

Refer to Article 60 for specific guidelines.

1908. PROPER EQUIPMENT

All athletes competing in cross country must be in proper team uniform and wear running shoes. Spikes will not be permitted.

1909. DISTANCE OF RACES

The maximum distance in all non-league, league, and invitational cross country competition shall be 5,000 meters (3.1 miles). A shorter distance may be adopted by a league or by mutual agreement by schools for non-league competition.

1910. PLAYOFFS

Refer to Article 35 (Playoffs) for information regarding playoff information. (Specific information will be contained in playoff information bulletins.)

1910.1 The location of the preliminary and championship meets shall be determined by the Commissioner of Athletics.