SPORT GUIDELINES
BOYS & GIRLS CROSS COUNTRY

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo,
Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte,
Mt. Diablo, Northgate, Ygnacio Valley

Revised: November 7, 2018
Approved: December 1, 2018

1. SEASON

1.1 Girls Cross Country is a Fall Sport, as defined by NCS.
1.2 Boys Cross Country is a Fall Sport, as defined by NCS.
1.3 Starting dates for practice will be determined by NCS.

2. LEAGUE STRUCTURE

2.1 The 13 schools of the league will be divided into 2 divisions, “Foothill Division” and “Valley Division”. Division alignment will be determined based on an average of the previous 3 years’ NCS team time results. The top overall performers (boys and girls combined) will be placed in the “Foothill Division.” The remaining schools will be designated to the “Valley Division.”

3. CONTEST INFORMATION

3.1 League meets will be on Wednesdays, with a starting time of 3:30pm.
3.2 Per NCS By-Laws: Maximum number of contests: 14.
3.3 Per NCS By-Laws: Maximum number of scrimmages: 2.
3.4 Schedule of races for DAL meets will be as follows:
Even Years: FSB, FSG, JVB, JVG, VB, VG
Odd Years: FSG, FSB, JVG, JVB, VG, VB
3.5 League center meets will not be run when school is not in session, unless agreed upon by AD’s and Principals of both schools.
3.6 League center meets will take precedence over any invitational or other non-league contest.
3.7 The league season shall consist of 2 center meets.
3.8 Each school must field a varsity team that includes its top 5 runners, before being allowed to field any athletes in the JV division. Failure to do so will result in the disqualification of the offending team’s JV runners.
3.9 Each school may enter more than 7 varsity runners. The total number of varsity runners shall not be limited and the designation of the top 7 scorers shall not be required in center meet competition.
3.10 Varsity results are to be posted on Athletic.net and provided in electronic format to all coaches following each league competition.
3.11 The host school coach will contact all other school coaches no later than Monday evening at 8:30pm to discuss the following Wednesday’s center meet mechanics.
3.12 Host school coaches are to send a copy of the course maps to all other school coaches prior to the meet date.
3.13 All varsity races will be between 2.95 and 3.1 miles.
3.14 All non-varsity races will be between 1.95 and 2 miles.
3.15 In the event of injury or possible concussion, the school’s athletic trainer or the opponent’s athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to compete or practice. In the event that no athletic trainer is in attendance, a school employed certified coach has the authority to determine if a player may continue to compete or practice.

4. RULES

4.1 All courses must adhere to National Federation guidelines and must provide an adequate starting area, finish area and general trail width for the league’s FS and JV field sizes.
4.2 Contests will be conducted according to National Federation of State High School Athletic Association rules, to be superseded by the CIF, NCS, and DAL rules and guidelines.

5. EQUIPMENT AND UNIFORMS

5.1 All competitors must wear team uniforms as defined by the National Federation of State High School Athletic Association Rule Book.

6. OFFICIALS

6.1 Each head coach will serve as a member of the games committee as defined by the NFHS rule book for the purposes of determining meet mechanics.

6.2 During competition, the head coach of the host school will serve as the meet referee as defined by the NFHS Rule Book for the purposes of providing rulings on any reported infractions.

6.3 During competition, each head coach in attendance will serve as an umpire, helping to officiate by providing instruction and guidance to all athletes, and reporting rule infractions to the meet referee.

7. **DETERMINATION OF DIVISION CHAMPIONS**

7.1 Division champions will be determined by combining the results of the regular season center meets and the championship meet between the schools of each respective division. The regular season center meet results will be weighted 50% and the championship meet will be weighted 50%. Points will be awarded as follows: 1st- 1point, 2nd- 2 points, 3rd- 3 points, 4th- 4 points, 5th- 5 points, and 6th- 6 points. The team with the lowest score will be the division champion.

7.2 In the event of a tie, the schools will be co-champions.

8. **DETERMINATION OF LEAGUE CHAMPION**

8.1 League champion will be determined by combining the results of the regular season center meets and the championship meet between all schools of the league. The regular season center meet results will be weighted 50% and the championship meet will be weighted 50%. Points will be awarded as follows: 1st- 1 point, 2nd- 2 points, 3rd- 3 points, 4th- 4 points, 5th- 5 points, and 6th- 6 points. The team with the lowest score will be the league champion.

8.2 In the event of a tie, the schools will be co-champions.

9. DAL CHAMPIONSHIP MEET

9.1 All teams will run in the same races.

9.2 The course for the DAL championship meet will be Hidden Valley Park.

9.3 Schedule of races for the DAL championship meet will be as follows:

Even Years: FSB, FSG, JVB, JVG, VB, VG

Odd Years: FSG, FSB, JVG, JVB, VG, VB

9.4 The DAL championship meet will be hosted by committee.

9.5 There will be a certified athletic trainer at the DAL Championship Meet.

9.6 Up to 9 athletes may be entered by a school in the varsity races; the scoring 7 must be declared prior to the start of the race.

10. NORTH COAST REPRESENTATION

10.1 Per NCS 17.203H; All schools may enter the NCS cross country championships. There are no qualifying standards.

11. ALL LEAGUE SELECTIONS

11.1 Top 7 individual finishers in the varsity DAL championship races will be designated as First Team All-League.

11.2 Second 7 individual finishers in the varsity DAL championship races will be designated as 2nd Team All -League.

11.3 Any athlete who is deemed academically or behaviorally ineligible at their school will not be eligible for all-league consideration. Athletes who are ejected twice during the season under the NCS ejection policy will not be eligible for all-league consideration.

11.4 The DAL will provide medals to the 1st - 14th place finishers in the varsity races.

12. MEET HOSTING RESPONSIBILITIES

12.1 Center Meet #1 (Hidden Valley park):

Meet Host: Campolindo
Secure Site: Campolindo
Coordinate Timing Service: Campolindo
Provide Bib Number Packets: Campolindo
Mark Course: Campolindo
Provide Starter (includes pistol and shells): Acalanes
Provide Trainer: Northgate
Provide Head Finish Judge & direct Finish Line/Chute volunteers: Miramonte
Provide 2 Volunteers (each): All other schools

12.2 Center Meet #2 (Newhall Park):
Meet Host: Clayton Valley/Concord
Secure Site: Clayton Valley/Concord
Coordinate Timing Service: Campolindo
Provide Bib Number Packets: Campolindo
Mark Course: Alhambra
Provide Starter (includes pistol and shells): Acalanes
Provide Trainer: Northgate
Provide Head Finish Judge & direct Finish Line/Chute volunteers: Miramonte
Provide 2 Volunteers (each): All other schools

12.3 Championship Meet (Hidden Valley park):
Meet Host: Campolindo
Secure Site: Campolindo
Coordinate Timing Service: Campolindo
Provide Bib Number Packets: Campolindo
Mark Course: Campolindo
Provide Starter (includes pistol and shells): Acalanes
Provide Trainer: Northgate
Provide Head Finish Judge & direct Finish Line/Chute volunteers: Miramonte
Provide 2 Volunteers (each): All other schools