

Mountain Valley Conference

Cross Country By-Laws

Revised : 12-10-08

1. **Rules:**
 - A. The National Federation Rule Book (as adopted by PIAA) governs.
 - B. All members of the conference shall be governed by rules and interpretations adopted by the PIAA.

2. **Levels of Competition:**
 - A. Varsity Girls
 - B. Varsity Boys

3. **Contest Rules:**
 - A. The minimum length of the course shall be 2.7 miles; the maximum length 3.1 miles.
 - B. The number of participants on one (1) team in a dual meet shall be unlimited.
 - C. The seven (7) man displacement system will be used for scoring with the understanding that five (5) competitors must complete the course in its entirety for their team to qualify for a team score.
 - D. In the event that a competitor deliberately or unintentionally cuts a course, he/she will be disqualified from the race. Only infractions witnessed by the home or visiting coaches will be valid.
 - E. Forfeit score is 15 – 50.
 - F. If any trouble spots exist on the course, it is the duty of the home team to provide the proper markers or spotters to eliminate any confusion.
 - G. Maps of the course should be sent to all visiting schools before the start of the season, and made available to visiting coaches upon arrival at each meet.
 - H. Visiting teams should be provided recommendations as to the type of equipment needed, ground rules relative to the course and a brief description of the method used in marking the course.
 - I. Visiting teams are not permitted to have a “practice run-through” (at the cross country course of another league school) in advance of a scheduled league cross country meet.
 - J. During “odd numbered years” the boys’ race will be run first; during “even numbered years” the girls’ race will be run first.

4. **Special Events:**
 - A. The opposing school should be contacted at least one day in advance of the scheduled special event.

5. **Bench/Sideline Protocol:**
 - A. The coaching staff is personally responsible for the conduct of his/her athletes at home and away contests.

6. **Postponement:**
 - A. In the case of postponement, the meet shall be played on the next available play date.

7. **Officials:**
 - A. The coach of the home team is in complete charge of the meet.

8. **Playoffs and Championships:**
 - A. The won/lost record of all league meets will determine the league champion. In the case of a tie, co-champions will exist.
 - B. The league will sponsor a championship cross country meet. Each school may enter an unlimited number of competitors in the varsity/junior varsity meet.

9. **Reporting Meet Results:**
 - A. The home team will report meet results to the following media:

<p><u><i>The Morning Call</i></u> 1-800-999-5625 (610) 820-6558 Fax: (610) 820-8654</p>	<p><u><i>Pocono Record</i></u> 1-800-756-4237 (570) 421-3000 Fax: (570) 421-6284</p>
<p><u><i>The Express Times</i></u> 1-800-360-3601 (610) 258-7171 Fax: (610) 258-7130</p>	<p><u><i>Times News of Lehighton</i></u> 1-800-443-0377 (610) 377-2051 Fax: (610) 826-9608</p>
<p><u><i>MVC League Statistician</i></u> Email: bross@stroudsburg.k12.pa.us Fax: (570) 424-0789</p>	

10. **End of Season Meeting:**
 - A. The meeting will be held on the second Wednesday prior to Thanksgiving.
 - B. Coaches must attend any meeting called by the sport chairman and must complete any forms requested. Forms include All-Star nominations, officials ratings, etc.
 - C. Each team must be represented by the head coach or the head coach's designee (to be approved by the school's athletic director or principal). If a school is not represented, a fine of \$50 will be assessed to the school.