

COLONIAL LEAGUE
CROSS COUNTRY RULES AND REGULATIONS

- 1) The starting order for the Colonial League meet shall mirror the starting order of the District XI Tournament for the current year.
- 2) Minimum length of a course shall be 2.7 mile. The maximum 3.1 miles.
- 3) Maps of the course will be sent to all visiting schools one week before the start of the season. Visitation privileges will also be extended through arrangements with the home coach.
- 4) The results of the competition must be submitted via the Colonial League website and all other applicable media outlets by the home/host team. These results must be reported on the same day the competition took place.
- 5) A PIAA track official should be assigned to start and finish all regular season meets.
- 6) If any trouble spots exist on a course it is the duty of the home team to provide proper markers or spotters to eliminate any confusion.
- 7) This league will sponsor a League Cross Country meet within a week prior to the District XI meet. Each school should enter a total of seven (7) persons in the varsity meet. Following this meet a sub-varsity meet will be held with no limitations on the number of participants.
- 8) Any school who is not able to fill a team will forfeit the match to the opposing team(s). If both teams have less than 5 runners, they will follow National Federation rules.
- 9) In case of a tie, the newspaper should be informed that the winner was determined by displacement.
- 10) The Colonial League prohibits the use of tobacco and/or tobacco products by participating and non-participating team personnel, including coaches, during any interscholastic athletic contest at any level of interscholastic athletic competition.

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Miscellaneous:

- | | <u>Saturdays</u> | <u>Evenings</u> | <u>Afternoons</u> |
|--|------------------|-----------------|-------------------|
| 1. Starting Times | 10:00 a.m. | | 4:00DST-3:45EST |
| 2. Rule - Home team is required to enter scores on the Colonial League website and any other applicable websites on the night following the competition. | | | |

ALL-LEAGUE SELECTION CRITERIA

- 1) Each Head Coach will vote for whom he/she determines to be the top fourteen (14) runners in the Colonial League.
- 2) Coaches are to rank the runners from 1 – 14 (top runner receive 14 points, next best 13 points.....). Total points will be tabulated by the ranking value given to each runner.
- 3) The seven (7) individuals accumulating the highest point totals will be named to the First Team, with the top recipient being declared the “League MVP”.
- 4) The next seven (7) individuals accumulating the highest point totals will comprise the Second Team.
- 5) Any remaining individuals who receive at least one point will be recognized as “Honorable Mention”.
- 6) COACHES MAY NOT VOTE FOR THEIR OWN RUNNERS!