

**ORANGE COUNTY INTERSCHOLASTIC
ATHLETIC ASSOCIATION
BOYS AND GIRLS CROSS-COUNTRY BY-LAWS
Adopted October 4, 2006**

1. The current year National Federation and NYSPHSAA Rules and Regulations as stated in the New York State Handbook shall apply except with regard to scoring which will change to:

All Meets in the OCIAA will score five runners. The 6th and 7th runners may displace other teams runners. The higher 6th place finisher shall determine the outcome if a tie exists. Runners from incomplete teams will be dropped from team scoring. A team without 5 runners will be given a score of 15-40.

2. Maps of all Cross-Country courses, especially new ones, will be sent to the Athletic Coordinator, Sports chairperson and opponents, one week prior to the first scheduled meet.
3. All Cross-Country courses will be properly marked.
4. Teams shall be given the opportunity to jog the course.
5. Cancellation or postponement of any meet necessitates that the Athletic Coordinator be notified.
6. Courses should be designed with safety in mind and will not cross any public highways.
7. If a school does not have a full squad (5 Varsity runners) they should notify their opponent no later than 1 day prior to the scheduled date of their meet.
8. Division Championships (Team) will be determined at a date, time and site to be established by the Chairperson and OCIAA Athletic Coordinator.
9. AWARDS (Varsity Only):

Plaques: Boys and Girls Division Champions

5 - Division Champions (Team)

1 - OCIAA Meet Champion (Team)

OCIAA Championship:

Medals: Boys and Girls (Individual)

1 - Gold 1 - Silver 23 - Bronze

OCIAA Patches: Each individual school may purchase their own patches if they choose to do so.

10. Unsportsmanlike Conduct:

a. When a coach is ejected from a meet please refer to NYSPHSAA Handbook # 27 Sportsmanship.

b. When a runner(s) is ejected or disqualified from a meet for unsportsmanlike conduct or fighting, the following action will be taken:

(1) First ejection - that runner(s) cannot attend or participate in the next scheduled meet.

(2) Second ejection - that runner(s) cannot attend or participate in the next two scheduled meets.

(3) Third ejection - that runner(s) cannot attend or participate in any remaining scheduled meets including sectionals or any higher level of competition.

c. The coach of the runner(s) who was ejected will notify his/her Athletic Director. The Athletic Director will then contact the OCIAA Athletic Coordinator's Office to confirm that the individual(s) will not be allowed to participate in that school's next scheduled meet or meets as required above.

d. A runner(s) that is ejected from a meet will not be allowed to be present at the site of any meet that individual(s) has been disqualified from participating in (home or away).

e. For unsportsmanlike violation that occur during the OCIAA season, penalties will carry over into sectional play. NYSPHSAA unsportsmanlike conduct rules will apply after the completion of the league season.

11. NYSPHSAA Modified Rules

a. Meet Conditions:

(1) A minimum of three nights rest between meets.

(2) Maximum number of meets - 10.

(3) Ten practices are required before the first scrimmage.

(4) Fifteen practices are required before first inter-school meet.

b. Meet Rules:

(1) National Federation and NYSPHSAA Rules and Regulations shall apply.

(2) The maximum distance shall be 1 1/2 miles in the first half and should increase to 2 miles in the second half of the season.

(3) Individual limits per day - 1 run.