

LOOMIS BASIN ATHLETIC LEAGUE CROSS COUNTRY RULES 2024-25

The following rules will be used at all L.B.A.L. events. This document will be made available by the home team (or event director when there is not a home team) at each event at the scorer's table to settle all questions pertaining to L.B.A.L.

- ❖ Race start times will be at 3:45 PM at the earliest. Coaches and students are discouraged from being dismissed early from school for cross country events. Early release of students may result in the student being disqualified from league finals.
- ❖ League meets or practices will be canceled/postponed when the temperature during the event reaches a temperature of 100 or higher
- ❖ League distance is 1.0 mile for all dual meets grades 4 - 8, unless otherwise noted on schedule. Finals distance is 1.0 mile for grades 4 - 8th
- ❖ Course map for all meets should be shared with all schools by host of meet
- ❖ No heckling or trash talking at any time. Person/people will be removed immediately from the L.B.A.L. event.
- ❖ No listening devices with earphones will be allowed while competing.
- ❖ Runners cannot compete outside their grade level team or gender
- ❖ There are 4 teams per school. A girl's 4/5, girls 6-8, boys 4/5, and boys 6-8.
- ❖ Regular season will consist of 3 mini meets and one finals:
 - o 3 mini meets rotating schools at Franklin, Placer, HCP, Newcastle, Penryn or Maidu Park.
 - o Finals meet at Franklin or Del Oro (if available)
- ❖ The start to each race will consist of a column of five racers wide and be 25 meters wide (or as wide as the hosting school can fit all schools) from each school on the start line. Once runners begin, they may run outside of their line. The league finals race may restart if runners are knocked over or fall in the first 100 meters at the discretion of the clerk of course or commissioner.
- ❖ At meets, there will be races for the following grades and gender for a total of 4 per meet: 4th/5th girls, 4th/5th boys, 6-8th girls, and 6-8th boys.
- ❖ No medals or scoring will be awarded at league meets; only times will be recorded

- ❖ Each school provides 2 coaches/parents to volunteer on the course

LEAGUE FINALS:

1. Team members must have participated in one regular season and cannot be added to the roster solely for the league finals.
2. Teams will consist of the following: 4/5 girls, 4/5 boys, 6-8 girls, and 6-8 boys.
3. Finals course and meet will be at Franklin or if available, Del Oro. 4/5 boys and girls will run a 1.0 mile course and the 6-8 boys and girls will run a 1.0 mile course.
4. Scoring will be based upon the NCAA platform. Top 5 runners from each school for each race will count towards their teams points.
5. **Top 5 runners** from each team will count towards scoring. Each runner will be given the score based upon their finish time in the race as such; 1st (1 point), 2nd (2 points), 3rd (3 points), etc. in each grade level and gender. If a team doesn't have 5 runners to count towards the score, they will be given the lowest finish score; ex: 50 runners in the race and you only had 3 runners, your school's team would be given 51 and 52 points for the missing runners to fulfill a team of 5.
6. In the result of a tie, the 6th runner from the two teams will be used to decide the winner of the championship banner.
7. At the league finals, there will be a total of 4 banners awarded to each team with the lowest point total. One 4/5 grade boy's league champion, one 4/5 grade girl's league champion, one 6-8th grade boy's league champion, and one 6-8th girl's league champion.
8. Individual medals are top 20 per race with first, second, and third differentiated. A total of 80 medals will be awarded to racers (20 - 4/5 boys, 20 - 4/5 girls, 20 - 6-8 girls, and 20 6-8 boys).
9. Every school must bring 2 adult volunteers to the Finals meet.
10. 2 timers are to be used for accuracy of times at finals.
11. It is the responsibility of each team to run the Final's course prior to the event.