

SOUTHERN MAINE MIDDLE SCHOOL
ATHLETIC CONFERENCE
CROSS COUNTRY LEAGUE BY-LAWS
~SOUTHERN DIVISION~
2014-2015

1. All officials conducting meets must be adults or qualified high school students. Securing officials for meets is the responsibility of the host school.
2. League meets will be conducted on Wednesdays if possible. The host school makes the decision on postponing a meet due to bad weather. Postponed meets should be made up the next day, or at least during the same week if possible.
3. The distance for meets (except for the “relay” and “extravaganza” meet) is 1 1/2 miles for both boys and girls, grades 6, 7 and 8. Host schools should set up the course to be as close to 1 1/2 miles as possible.
4. Scoring: The first five (5) places in a division for a team count to form the divisional team score, and the next (2) two in a division displace. Other runners for a team in a division do not count for scoring or displacement.
5. There is no limit on the number of entries in any meet.
6. There will be a “Senior” and a “Junior” division for both boys and girls. All 8th and 7th graders, regardless of age or ability must run in the “Senior” division. All 6th graders, regardless of ability, must run in the “Junior” division. Any 6th grader who has turned 14 by the date of the first meet of the season must run in the “Senior” division.
7. In regular season meets, girls and boys may be run at the same time if the numbers are small enough, but they will place and be scored separately.
8. Unless there are exceptionally large numbers in each division, for regular season meets the “Juniors” and “Seniors” will run at the same time.
9. For all meets of each season, boys will run first in odd numbered years and girls will run first in even number years.
10. Each coach must mail a team roster to the festival/end of season meet director by October 1st. The rosters must include (boys and girls separately): first name (or nickname), last name, grade, division (Sr. or Jr.), date of birth, and age as of the scheduled first meet of the season. Additions, deletions and/or corrections with respect to the roster should be made by contacting the meet director. These must be done before the start of the fifth week meets.
11. Spiked shoes are illegal in the league.
12. Each school will be assessed by the SMMSAC Treasurer to pay for the officials and operating costs of the “Extravaganza” meet, “Relay” meet and season ending “Festival”.
13. No teams may conduct practices on individual festival meet sites.
14. Ties will not be broken.

15. All courses, especially at crucial turns, will be clearly marked with directional arrows or spotters will be positioned there to direct all runners, or both.
16. Regular season meets will start at 3:30 with the walking of the course (earlier if all teams are present). Any school that cannot arrive by 3:30 must notify the host school and other visiting schools as early as possible. The "Extravaganza" meet, "Relay" meet and "Festival" meet may have different start times due to the number of participants.
17. "Relay" meet information (if applicable): This meet will be one (1) mile in length and will not be scored. At 3:30 the course will be walked. There will be seven (7) races with up to one (1) entry from each team, starting at 3 minute intervals, followed by an open race for all other runners, for both boys and girls. There will be a minimum of 10 minutes between the boys' and girls' races. Times will be recorded in all individual races, and read orally at the finish line in each of the open races.
18. Anything not covered by these "By-Laws" will be decided by the National Federation rules.