

# DIABLO FOOTHILL ATHLETIC LEAGUE

ORLANDO CHIAVINI, COMMISSIONER  
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ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

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## CROSS COUNTRY GUIDELINES

### 1. SEASON

- 1.1 Cross Country is a fall sport, as defined by NCS.
- 1.2 Practice may start the third Monday in August.
- 1.3 Recognized teams for participation are Varsity, Junior Varsity and Frosh/Soph.
- 1.4 All league meets will be on Wednesday.
- 1.5 All Varsity races will be three (3) miles.
- 1.6 All JV and Frosh/Soph races will be two (2) miles.
- 1.7 Each school must field a Varsity team that includes its top 5 runners, before fielding a JV team, or the results (scores) will not be counted (published).
- 1.8 Each school may enter more than 7 varsity runners in any dual meet, providing they field a JV team of 5 runners.
- 1.9 Starting times: 3:30 PM

### 2. SCHOOL OF RECORDS

- 2.1 All home meet coaches are to send results of their meets to the school of records and media by 7:00 PM.
- 2.2 The league will provide NCR four part result sheets to facilitate the timelines of league results.
- 2.3 **The host school (head coach) will contact all visiting coaches no later than Monday evening at 8:30PM to discuss that Wednesday's meet mechanics.**
- 2.4 **Coaches are to send a copy of their home course map and directions to the site to all visiting coaches prior to the meet date if requested by the visiting coaches.**

### 3. COURSES

- 3.1 Courses, accuracy of distances, quality, and safety of courses will be determined by each home coach.
- 3.2 Home site will be determined by each school
- 3.3 All courses must adhere to National Federation guidelines (safety first).

### 4. HEALTH AND SAFETY

- 4.1 **In the event of an injury or concussion, the school's athletic trainer or the opponent's athletic trainer, if he/she is the only athletic trainer at the contest, has the authority to determine if a player may continue to play or practice.**

### 5. LEAGUE CHAMPIONSHIP MEET

- 5.1 The course for the League Championship Meet will be Hidden Valley Park.
- 5.2 Each school is responsible for providing two (2) responsible people to help out.
- 5.3 Order of races for league meet will be:
  - 5.3.1 Varsity Girls
  - 5.3.2 Varsity Boys
  - 5.3.3 Four non-varsity, non-championship races are allowed
- 5.4 League Commissioner(s) will be present at DFAL Championship Meet.
- 5.5 League championships will be hosted by committee.
- 5.6 There will be a certified trainer present at the league championships.
- 5.7 Up to nine athletes in varsity races; the top (scoring) seven must be declared prior to the start of the race.
- 5.8 League meet responsibilities: Acalanes: 6-8 people chute set-up/flagging, course marking; Alhambra: sound system, trainer, finish clock; Campolindo: chute, numbers/pins/packets, type results; Dougherty Valley: 6 course monitors; Dublin: 6 course monitors; Las Lomas: chute help, 6 course monitors; Miramonte: 12 chute help, finish help;

**6. LEAGUE CHAMPIONS**

6.1 The league champion will be determined by combining scores from dual meets and the November league championship meet using the following system

Dual Meets		League Championship Meet
1st	1points	1points
2nd	2	2
3rd	3	3
4th	4	4
5th	5	5
6th	6	6
7th	7	7

6.2 The team with the low combined score will be the league champion.

5.2.1 If there is a tie for first place, tied teams will be co-champions.

6.3 Incomplete teams will receive an average of the remaining place points.

6.4 The top 10 finishers in both varsity races at the league meet will receive medals

**7. ALL LEAGUE TEAM**

7.1 Top seven (7) individual runners in the Varsity League Championship Meet will be designated as DFAL Cross Country All League First Team, both the boys and the girl's teams.

7.2 Second seven (7) individual runners in the Varsity League Championship Meet will be designated as DFAL Cross Country All League Second Team, both the boys and girls teams.

7.3 Coaches may consider additional athletes on hardship basis.