

Wayne Finger Lakes League

Boys & Girls Cross Country

Handbook

INTRODUCTION

Since merging the Wayne and Finger Lakes Leagues in 1984, the quality of the teams and individuals have improved remarkably, giving our league the distinction of being one of the finest in Section V and the State. To help Carry on this fine tradition, and help administrate the league, this handbook has been developed to help clarify rules and procedures set up by the Wayne-Finger Lakes Cross Country Committee.

Committee Organization

| | |
|-----------------------|---------------|
| League Coordinator | Paul Pfeiffer |
| Assistant Coordinator | Ed Courtney |
| Assistant Coordinator | Kris King |

League Chairperson

Duties of chairpersons include:

- Prepare schedule
- represent league to Athletic Directors and Sectional XC Committee
- organize and run Early Season Scramble, Modified Invitational and League Championship Meets.
- hear and decide protests
- conduct pre and post season meetings and provide minutes of meetings
- assume other responsibilities as outlined in chairman's handbook

Election of Chairpersons

At the post-season meeting during the final year of current league chairman ensure. These newly elected chairpersons will work in conjunction with the present chairpersons for one season in order to facilitate a smooth transition.

Meeting Procedures

All rule changes and procedures will be voted on at the post-seasonal meeting in November. A pre-season meeting will be held the following August on the second Thursday of the month. If information for each meeting has not been received by the first of the month, the coach should call his league chairman or AD.

Meeting Format

The chairman is responsible for an additional letter to be mailed a week before the meeting. The letter should contain the date, time and place of the meeting and an agenda of what is to be discussed. Any items added to the agenda should be presented to the chairman before the letter is mailed or before the meeting formally begins.

League Format

Member schools have been divided into three divisions based on student enrollment 9-11 grades. All league meets are closed to Wayne-Finger Lakes Schools Only.

Schedule

Scheduling will take place at the November meeting and will follow this format:

1. A five or six block of numbers will be arranged to make up a schedule that has no duplication.
2. Starting with the school that has the highest finish at the league meet and moving to the last place finisher, a random draw will take place to assign each number a school.
3. The first block of meets, not to begin before the second Tuesday of September, and finish on the fourth Tuesday of October. Wednesdays will be make-up days for cancellations due to extreme conditions. Saturdays will be Invitational days.
4. The League Championship Meet will be conducted on the last Saturday in October. In case this day is a testing day (SAT's, ect.) no race will be scheduled before 2:00 PM.
5. Home and away meets will be determined on a yearly basis, taking into consideration where the majority of the teams in that block met the previous season, the number of home meets each school has and the distance each school has to travel. Every school will have at least one home meet per year and two meets at most.

Meet Administration

Organizations of league meets are the responsibility of the home team. Course layout, marking, scoring, chute construction and officiating are all in the realm of responsibility. Girls will not run in the boy's race if scoring is taking place. Score should not be kept in the modified race, but emphasis should be placed on individual time and place. Every effort should be made to notify each coach involved with modified programs, to ensure that there will be competition.

A league results sheet should be used to record the time and team score. A copy should be given to each visiting as soon as possible. Each coach should be available to help and should be getting his/her own results to provide a back-up. All results should be reported to the Democrat and Chronicle, Finger Lakes Times and to The League Chairman in time for the following day's paper. **This should be done by the home team Coach.**

Starting Times and Order of Races

1. In general, starting times for all meets shall be 4:30 PM However, whenever possible, a team should be given sufficient time (a minimum of 20 minutes) to warm up and preview the course.
2. If a team has not arrived by 4:30 PM, wait 15 more minutes, and then start the races.
3. The order of races is as follows:
 - a. Modified
 - b. Varsity and JV Boys
 - c. Varsity and JV Girls

Uniforms

1. Each member of each team is required to wear a team uniform in competition.
2. Refer to **NFHS UNIFORM RULES SUMMARY**

Courses

1. A good cross country course is imperative to promote the sport. A course should reflect the strength of a runner with uneven terrain and challenging grades. It should be wide enough at its narrowest part to allow passing, and have a surface that is free from holes and obstacles. Flags and/or cones should mark all turns when natural boundaries are not used. A course should be at least 3 miles long, but no longer than 5,000 meters, and should be accurately measured with 1 and 2 mile splits.
2. All coaches should agree upon any course changes, alterations (due to weather, repairs, etc.) before the start of the race. Any alterations must be reported to the league chairs and the person recording league results.
3. Course sites: There are alternate course sites in case of poor conditions. The county chairpersons are responsible for contacting all coaches, schools, athletic directors, and assignor of officials concerning a site change due to site problems. All coaches must receive ONE week notice of change. In case of emergency situations such as flooding, fallen trees, etc., a 24 hour notice will be sufficient.

Starting Line Procedures

1. Order on the Line: Runners will line up by teams with the order determined by PICK OF THE DRAW (numbers, straws, etc.) The first **five** runners of each team will take a place on the line, with the remaining runners behind them. JV's will be on the outside of the starting line: Varsity on the inside. **This will be determined by the direction of the first turn in the course.**
2. Starting Command Procedure: The command shall be "ON YOUR MARKS". When all competitors are steady, the pistol shall be fired. For an unfair start, the starter or assistant shall recall the runners by firing the pistol. **If a runner falls during the first 100 meters due to contact with another runner, the race shall be recalled by firing the pistol.** (Federation —Rule 9 —3-3)
3. Other Responsibilities:
 - a. It is the responsibility of the host school to provide the **AED** at the start/finish area
 - b. Primary host coach will give adequate warning of the start of each race (first call 10 minutes, second call 5 minutes before the race). They will call runners to the line and answer any questions about the course. They will direct line-up order, explain finish procedures (pull tags, cards, chutes) and check to see that the timers are ready. There must be at **least two timers.**
3. Officiating: The host school may use certified officials in lieu of the host coaches running the meet. It is the host school responsibility to provide vouchers for officials.

Finish Line Procedures

1. Chutes: Provide a sufficient area BEFORE the actual finish line. Continue the chute approximately 30 feet BEFORE pulling tags or distributing the finish cards. Any change in the chute system must be by unanimous agreement of the coaches involved at the meet site.
2. Pull Tags or Cards:
 - a. Pull Tags or Cards must be easily identified as to each race. **Use color codes for Varsity Boys, Varsity Girls, JV Boys, JV Girls, Modified Boys, and Modified Girls.**
 - b. Have enough pull tags or cards to handle the maximum number of runners in the race (72 for 4 schools, 90 for 5 schools). Have extra pull tags or cards available just in case. When cards are used, Coaches should turn in their cards to the host coach within 10 minutes of the races conclusion. USE RESPONSIBLE INDIVIDUALS to hand out cards, process runners through the chute, and to score the races. The host school's coach or coaches are ultimately responsible for the operation of the races and overall meet management.
3. Timing: A time should be recorded for each finisher for each race. **There must be 2 watches operating for each race.**

Score Sheets

All coaches will use the OFFICIAL CROSS-COUNTRY SCORE SHEET format, available at the coaches' pre-season meeting. Sheets should be scored as soon as possible after each race (preferably before the finish of each succeeding race). The host coach is responsible for distributing results to all coaches as soon as possible before the schools leave.

Team Scoring Procedure (Dual Meet Scoring For All League Meets)

Art 1. Scoring shall be as shown in the following table:

Place 1st 2nd 3rd 4th 5th 6th ...

Points 1 2 3 4 5 6 ...

Art. 2. All competitors who finish the race shall be ranked and tallied in accordance with the above table. The team score shall then be determined by totaling the points scored by the first five finishers of each team. The team which scores the fewest number of points is the winner.

Art. 3. If fewer than 5 competitors of a team finish, the places of all members of that team shall be disregarded and the team scores re-ranked. Dual meet score is 15-50.

Art. 4. Ties in team scoring shall be resolved by comparing the 6th place finishers from the tying teams. The team with the best 6th place finisher shall prevail. If one team does not have a 6th place finisher, the team with the 6th place finisher shall prevail.

Art 5. If only five competitors of tying teams finish, the team scoring shall be resolved by totaling the scores of the first four finishers.

2. Displacement: Displacement must be computed before a final score is determined. Note that on each team, runners 8-18 are not figured in the scoring and the other teams' 1st through 7th runners places are adjusted accordingly. Displacement is figured because although 18 runners may compete, only the first 7 on each team count overall.

Team Scoring Procedure (Incomplete Teams - All League Meets)

1) Incomplete Team vs. Complete Team - a win for complete team with a score of 15-50.

3) Incomplete Team vs. Incomplete Team – no win or loss is awarded.

1) No Team vs Incomplete Team or Complete Team – no win or loss is awarded

Incomplete Team will be defined as teams with 1 – 4 runners competing

No Team – A school fields a boy's team but has no girl's team. Determination of whether a school will field a team will be determined at the preseason meeting each year.

Meet Cancellation & Reschedule Policy

1) If Host site is unable to host on day of meet:

A. The host school will contact other schools within the block to host meet.

B. Meet will be rescheduled for the next Thursday at host school or other school within block.

2) Weather Related Cancellations

A. League Meets

1. Meet will be rescheduled for the next Thursday.

2. Temperature Cut Off:

– At 12:00 on **League meets** if the temperature is above 90 F at the Rochester Airport all meets will be cancelled that day and moved to the following Thursday. League Chairman will make determination and notification of cancellations.

-**Scramble** would be shortened to 2000 meters.

- **Modified invite** already has a backup date.

B. League Championship – If Weather related event dose not allow the running of our league championship,

1. The meet will be held the following Monday at the host schools course.
2. If the site of the League Championship is not in condition to hold the event. the event will be moved to: Marion

The date will be determined based on notification to change venues.

Sports Standards for Interschool Competition

1. Number of practices prior to 1st scrimmage Varsity and JV (Team 10, Individual 8); Modified (Team 10, Individual 10)
2. Number of practices prior to 1st contest Varsity and JV (Team 10, Individual 10); Modified (Team 13 and Individual 13)
3. Team and individual number of Varsity and JV contests is 18 and Modified is 10.
4. Minimum time between contests for Varsity and JV is 2 nights and Modified 3 nights.
5. Individual limitations per day Varsity and Jv — 5,000 meters or 3.1 miles.
6. To enter and run in a sanctioned meet, a runner must have met the minimum standard of practices needed to participate in the contest.

Cross-Country Coaches' Etiquette

1. All coaches should provide a model of good behavior for their athletes and should exemplify good professional conduct. Any departure from good professional conduct could result in a letter from the County Chairperson to the athletic director and coach. Follow the proper League Protest Procedure.
2. It is the responsibility of the host school to "properly run" all meets assigned. These obligations include starting and scoring as well as marking the course, providing traffic safety on courses where runners cross roads, and making sure that the course is cleaned up before the teams depart. It is expected that Non-hosting schools will offer assistance.

Enforcement of Rules

1. It is the responsibility of the host school's coach to enforce all the rules of Cross-Country as laid out in the State and Federation Rulebooks. Rules that seem to cause the most problems are listed below:
 - A. Uncalled for roughness of any kind shall lead to disqualification of the runner(s) concerned

B. Any language that is abusive or obscene shall call for disqualification of the runner(s) who use such language.

C. It is the responsibility of the coach to inform his/her athletes of proper etiquette and sportsmanship.

* All infractions of rules must be observed by a coach, official or admitted to by a runner when confronted with the issue.

** An athlete disqualified for un-sportsmanlike conduct must have his/her school file a report concerning that incident with Section V.

Divisional Champions

Divisional Champions will be determined by the following criteria

The Sum of #1 and #2

1. Number of wins against league opponents
2. League Championship placing.
3. (A win by forfeit is still a win).

Example: At the League Championship Meet, first place will be worth points equal to the number of schools in the league and last place will be worth one point. Add to this the number of total wins, including forfeits, accumulated during the league meets. If this total is higher than any of your divisional opponents, you are the league champion. Ties will be recognized. If a team starts the season and then drops out, the results vs. that team will be removed from the records of all teams, All schools must be represented in every league meet.

All-League Selection

1. A runner must compete in two-thirds of the league schedule (4 league meets) to be considered All League. Coaches must notify the County Chairperson with the name of any athlete that does not have the 4 required league meets and will be completing in the WFL League Championship Varsity Race.

2. The top 25 finishers in the meet will be automatic All-League selections. Also, any runner who is one of the top 10 in his/her division will also be an All-League selection, even if he/she finished below the top-25 mark (certificate and patch).

3. A "Super 7" team shall be chosen for both boys and girls. This shall be the top seven in the league meet. (Patch).

Awards

1. Each divisional champion team will receive a trophy from the league.
2. Individual ribbons to the top 50 places at the League Championship Meet.
3. Certificates to All-League award winners courtesy of the league coaches. .
4. Additionally, All League patches are presented courtesy of the league coaches.
5. "All League" team members shall receive a shirt courtesy of the league coaches.

Coach of the Year Award

will be voted on at the League Championship Meet, one for each division, both boys and girls.

Post Season Competition

1. An athlete must compete in **six (6) SANCTIONED MEETS IN ORDER TO COMPETE AT SECTIONALS OR STATES.**
2. If an athlete does not have six meets, a letter of appeal must be submitted for that athlete, explaining why that athlete has not competed in six meets. If it is for sickness or injury, medical documentation is needed.
3. The coach must submit his/her entries for the Sectionals by the due date. All signatures are required. Please follow the directions in the Section V Handbook, as failure to do so may result in your team being barred from the Sectional Championship.
4. **7 athletes** from the roster of 10 may compete in the Sectional Championship race.
5. The winning team in each class, and the first five individual finishers not on the winning team will advance to the NYSPHSAA Championships. In Classes CC and C as well as Classes DD and D, only one team will advance and the top 5 individuals overall.

Handbook Validity

Each season shall be governed by those rules and policies adopted at the post season meeting of the previous season and the pre-season meeting of the current season. In NO case shall rules or policies be added, amended or suspended at the post season meeting and applied to the season just completed.

Wayne-Finger Lakes Cross Country

Modified Rules

1. Practice may start September 1st.
2. Individuals and teams need **10 practices to scrimmage**.
- The earliest modified athletes would be allowed to scrimmage with a Sept. 1st start date is Sept. 12th. (As most schools don't start practice until the 1st day of school this date will vary).
3. Individuals and teams need **13 practices to compete in a meet**.
-The earliest modified athletes would be allowed to compete in a meet with a Sept. 1st start date is Sept. 16th and eligible for league competition would be Sept. 22nd. (As most schools don't start practice until the 1st day of school this date will vary).
4. Practice sessions – Only 1 practice per day (Session limits: 45 minutes – 2 hours)
- Only 6 days of calendar week.
5. Athletes must have 3 nights rest between contests.
6. Individuals and teams may only compete in 9 contests per season.
7. The maximum distance is 1.5 miles for the first part of the season. After October 1st the distance may increase to a maximum of 2.0 miles.
8. All 7th and 8th grade students are allowed to run modified. 9th grade students must run @Junior Varsity or Varsity level.
9. Modified teams will follow the varsity schedule of their school. At league contests, the modified race will be the first race of the day. Usually at 4:30 pm.
10. Modified athletes may not wear spikes.

Promotion

A RESOLUTION BY BOARD OF EDUCATION

WHEREAS, Section 135.4(c) (7) (ii) (a) (4) of the Regulations of the Commissioner of Education provides for a board of education to permit pupils in grades no lower than seventh grade to compete on interscholastic athletic teams organized for senior high school pupils, or senior high school pupils to compete on interscholastic athletic teams organized for pupils in the seventh and eighth grade; and WHEREAS, **these pupils are to be placed at levels of competition appropriate to their physiological maturity, physical fitness** and skills in relationship to other pupils in accordance with the standards established by the Commissioner of Education; and WHEREAS, the State Education Department issues the standards for these pupils to compete under a program called the Selection/Classification Program;

1. A contestant must fill out and have approved all appropriate paper work as required by NYS Selection / Classification before an athlete is allowed to compete at the Junior varsity or varsity level. *(Coaches note that section V travels to state meets as a team with two overnights as part of the trip. Please make sure that all athletes that are promoted also have obtained the proper maturity for such an event).*
2. Athlete must move up to varsity before **Mid-Point** of their teams modified season.
3. Athlete must have 10 practices (either at the modified or varsity level) to be eligible for competition.
4. Athlete must compete in 6 meets (either at the modified or varsity level) to qualify to run in sectionals. A contestant in grades 7th or 8th grade who practice or compete against freshman, junior varsity or varsity performer shall NOT return to the modified athlete program in the same season, in the same sport.

Coaches, please familiarize your self with the 2008-2010 edition of the HANDBOOK of the New York State Public High School Athletic Association. A Handbook can be obtained from your Athletic Director.

Selection Classification.....51- 77
Modified Program.....97, 121 - 150

Wayne-Finger Lakes Cross Country - League Meet rotation

2009 Marion

2010 Midlakes
2011 Newark
2012 North-Rose Wolcott
2013 Pal-Mac
2014 Penn Yan
2015 Red Jacket
2016 Sodus
2017 Waterloo
2018 Wayne
2019 Williamson
2020 Bloomfield
2021 Red Creek
2022 Canandaigua
2023 DeSales
2024 Geneva
2025 Clyde-Savannah
2026 HAC
2027 Honeoye
2028 Lyons
2029 Marcus Whitman
2030 Mynderse

Coaches May

1. Except invitation to host League Championship and Coaches Scramble.
2. Postpone invitation for 1 year.
3. Decline invitation and be placed at the end of the rotation list.

League Meet Requirements:

1. Adequate Parking for buses and spectators.
2. Adequate restrooms/portajohns for athletes and spectators.
3. Telephone, first aide, ambulance/trainer on site.
4. Shelter large enough for awards ceremony.
5. 5k measured cross country course.
6. Unobstructed starting area large enough to accommodate 150 runners.
7. Race running surface should be free of hazards.
8. Race course must be wide enough for safe passing.
9. Race course will be in compliance with the National Federation Cross Country Standards.
10. Paved running surfaces will be restricted to 5% of the total race distance and man not to exceed 50 meters in length for any segment.
11. A secure and safe finish area with adequate chute.
12. The race course will be available for teams to practice on or tour at least the week prior to the league meet.
13. The race course must be used for competitive races for one year before the championships are run on it.
14. A sheltered area with electric for T-Shirt sales and scoring.
15. The host school must submit a list of costs related to using the race site that will be reimbursed by the league (Trainer, ambulance, portajohns).
16. A committee of coaches will visit and evaluate proposed sites before final approval.

Written 1987 Dale Ladd League Chairman

Updated 1990 Dale Ladd League Chairman

Updated 2003 Bob Goodell League Chairman

Updated 2008 Carl Johnston League Chairman