

## CROSS COUNTRY RULES

### PROPOSED CHANGES ARE IN RED

1. All meets will be run using MIAA rules.
2. During the regular season, the first race should start by 3:30.
3. Although not mandatory it is recommended to have at least one official assigned by each school.
4. The regular season Conference Champion will be determined by the best conference Won-Lost record **in each division**.
5. Adequate time should be allowed to have visiting team(s) tour and become familiar with the course before a meet.
6. The home team is responsible for providing adequate spotting along the course where needed, such as at dangerous intersections, blind crossings, heavily traveled roads, etc.
7. To allow for accurate scoring, runners may be handed a stick or card showing their placing as they cross the finish line.
8. **The Mayflower Athletic Conference Championship Meet:**
  - a. Will be held annually at a predetermined site at the end of the season.
  - b. **Numbers of entries for the varsity and JV race will be unlimited. In the varsity race walking will not be permitted (unless because of injury). A bench mark time of 35 minutes has been set for both boys and girls for the Varsity Race.**
  - c. **The top 7 finishers from each division will be named All-Stars.** An eighth slot will be available in case an elite Conference athlete is unable to finish the race. **Runners of the Year will be determined by the first-place finisher in the both the boys and girls race in each division.**
  - d. Teams with less than 5 runners will run as individuals and are eligible for all individual awards.
  - e. **Medals will be awarded to individuals placing 1<sup>st</sup> to 7th from each division in each gender**
  - f. Plaques will be awarded to the top two finishing teams for both boys and girls

NOTE: All runners must start the race and finish the race with their team uniform on.