

**Section IX Modified Sports**  
**BOYS AND GIRLS CROSS-COUNTRY BY-LAWS**  
**Updated: August 3, 2021**

1. The current year National Federation and NYSPHSAA Rules and Regulations as stated in the New York State Handbook shall apply except with regard to scoring which will change to:  
  
All Meets will score five runners. The 6<sup>th</sup> and 7<sup>th</sup> runners may displace other teams runners. The higher 6<sup>th</sup> place finisher shall determine the outcome if a tie exists. Runners from incomplete teams will be dropped from team scoring. A team without 5 runners will be given a score of 15-40.
2. Maps of all Cross-Country courses, especially new ones, will be sent to the Athletic Coordinator, Sports Chairperson and opponents, one week prior to the first scheduled meet.
3. All Cross-Country courses will be properly marked.
4. Teams shall be given the opportunity to jog the course.
5. Cancellation or postponement of any meet necessitates that the Athletic Coordinator be notified.
6. Courses should be designed with safety in mind and will not cross any public highways.
7. If a school does not have a full squad (5 runners) they should notify their opponent no later than 1 day prior to the scheduled date of their meet.
8. NYSPHSAA Modified Rules
  - a. Meet Conditions:
    - (1) A minimum of two nights rest between meets.
    - (2) Maximum number of meets -10.
    - (3) Six practices are required before the first scrimmage or contest.
  - b. Meet Rules:
    - (1) National Federation and NYSPHSAA Rules and Regulations shall apply.
    - (2) The maximum distance shall be 1 1/2 miles in the first half and should increase to 2 miles in the second half of the season.
    - (3) Individual limits per day - 1run.

## 9. Unsportsmanlike Conduct Rule

Sportsmanship: The NYSPHSAA and Section IX recognizes and appreciates that the influence and responsibility of the school administration with regard to good sportsmanship extends to all levels of competition. However, it must also be seen that the NYSPHSAA AND Section IX has been vested with the responsibility to ensure that all contests under its jurisdiction are conducted satisfactorily. This standard applies to all regular season and post schedule play.

### I. Coach (**There is no appeal to a coach ejection. The official's decision is final**). (Please refer to the NYSPHSAA Handbook – Sportsmanship; Standard 27b):

1. Any coach excluded by a certified official from an interschool competition for unsportsmanlike conduct is ineligible to coach any interschool competition in that sport until after the next previously scheduled contest at the same level (e.g. junior varsity, varsity, etc.) has been completed. **The coach may not be present at the game site.** NOTE: "Not being physically present at the site" means the disqualified coach is not to be present in the locker room, on the sidelines, in the stands or site area before, during or after the game/meet.
2. A coach who strikes, shoves, kicks or makes other physical contact with the intent to do so to another person (e.g. official, another coach, player, fan) shall be expelled immediately and banned from further participation or coaching in all sports for one year from the date of the offense.
3. The coach that was ejected will notify his/her Athletic Director of the incident on the same day that it occurred. The Athletic Director will then contact the League Coordinator as the coach(s) will not be allowed to participate in the school's next scheduled game/games as above.

### II. Player Ejections: (**There is no appeal to a player ejection. The official's decision is final**).

1. Any member of a squad ruled out of a contest for unsportsmanlike conduct (flagrant foul, two technical fouls in basketball, two yellow cards, red card, inappropriate language or taunting, fighting, etc.), the following action is **required** by the NYSPHSAA Regulations detailed in Standard #27b:
  - A. First Ejection – that player(s) cannot attend or participate in the next scheduled contest **in that sport**. If the season has ended the player(s) cannot attend or participate in the next scheduled contest in his/her next season of participation.
  - B. Second Ejection – that player(s) cannot attend or participate in the next two scheduled contests **in that sport**. If the season has ended the player(s) cannot attend or participate in the next two scheduled contests in his/her next season of participation.
  - C. Third Ejection – that player(s) cannot attend or participate in any remaining scheduled contests for the remainder of that sports season – including sectional, regional and state contests. If the season has ended the player(s) cannot attend or participate in the next three scheduled contests in his/her next season of participation.

**Please note: Disqualifications from one season will carry over to the next season of participation.**

2. Any member of the squad who strikes, shoves, kicks or makes other physical contact with the intent to do so to an official shall be expelled from the game immediately and banned from further participation in all sports for one year from the date of the offense. NOTE: "Member of the squad" includes player, manager, scorekeeper, timers, and statisticians.
3. Communication Responsibilities regarding ejections:
  - A. The coach of the player(s) who was/were ejected will notify his/her Athletic Administrator by 12 noon the following day. The Athletic Administrator must report the ejection to their respective League Coordinator by 12 noon the following day.

### III. Official:

1. Unprofessional conduct on the part of official such as, but not limited to, taunting, baiting, use of profanity, shall be reported by a school administrator from the aggrieved school to the Section Executive Director. A request will be made to the appropriate sport officials' chapter to investigate the incident and to report their action to the Section in a timely manner.
2. The official who ejected the player(s) or coach shall notify the League Coordinator prior to 12:00 Noon the following day of the name(s) of the player(s) or the coach and the infraction(s). The League Coordinator shall notify the Athletic Director of the offending school.