

## **CROSS-COUNTRY BY-LAWS**

1. League competition shall consist of three jamboree meets. Each of the first two jamborees will count 25% toward the league's final overall standings, with the final jamboree counting 50%. A team may use up to ten runners for varsity races in the first league jamboree, but only a maximum of seven runners for the second and third jamborees.
2. Teams will receive points for the standings of each jamboree, from 9 (first place with nine teams competing) to 1 (ninth place with nine teams competing). These points are doubled for the third jamboree. The sixth runner tie-breaker will be used to break ties for standings in each jamboree. There is no tie-breaker for ties in the final overall standings, and co-championships are possible.
3. Junior varsity races are to be run after varsity races on the same dates.
4. All-league teams will be determined by the following procedure: 1) the top 24 individuals in the first two meets will receive points from 24 for first place to 1 for twentieth place; the point assignments for the third meet are doubled (48 for first place, 46 for second, etc.). The weighting of the cross country all-league selection will therefore be 25-25-50 format. This aligns the all-league selection with the same weighting that determines the league champion. 2) At the end of the season, the individuals with the seven best point totals are first team all-league and receive gold medals, the next best seven totals are second team all-league and receive silver medals; the next best seven totals will be third team and receive medals. Ties for position on all-league teams will not be broken.

### Cross Country Meet Protocol

- A. A coaches meeting should be held with all participating coaches and the official starter prior to the start of each race. NFSHSA Rule 3, Section 4, Articles 1-9
- B. Combining of male and female participants should not be done unless covered in the pre-meet meeting with all coaches present and the official starter. NFSHSA Rule 1, Section 2, Article 3.
- C. The course is the responsibility of the host school. The host coach

should meet and greet all visiting coaches and team members, providing them with a map of the course and a guide to show them the course and its markings, NFSHSA Rule 9, Section 1, Article 1

- D. Any discrepancies in the course prior to the meet should be reported to the host coach and the official starter. NFSHSA Rule 9 Section 1, Article 2.
- E. At the conclusion of each race, the official shall approve, in the presence of the coaches, the final results of the meet.

### **PERTINENT GENERAL BYLAWS FOR ALL F.M.L. SPORTS**

1. Each school may regulate its own pre-game ticket sales to its own students for home games.
2. In case of a school being closed due to inclement weather, all non-varsity events may be postponed or canceled. The playing of all varsity or combined varsity and JV matches will be determined by the athletic director and administration of the schools involved.
3. In case of inclement weather, the following criteria shall be met:
  - B. When one or more schools cannot attend a multi-team League event (four or more schools) due to a weather related or act of God event, the event is to be postponed and rescheduled for the next available date, with the League picking up any costs for officials who show up to work the originally scheduled event.
4. Noise making devices, including the human voice, will not be allowed to be used in an unsportsmanlike manner. The home team management will have the right to remove any such object, or person, from the sporting activity.
5. The Flint Metro League takes the position that the practice of good sportsmanship is essential and that all members should adopt a common policy. Member schools are expected to implement a plan to promote responsible behavior by fans and all persons associated with athletics. It is suggested that schools use contest programs, the media, bulletins, and meetings as a means for promoting good sportsmanship. Member schools

should also have plans for the monitoring of home and away contests and for dealing with those persons who violate the principles of responsible behavior.

6. During league competitions and tournaments, the host school administration, the sport administrator, and/or designee of either, is charged with the authority to act on any situation that might arise that is not covered herein.
7. Home school will contact league-approved media to report contest results.
8. Grievance and Protest Procedure:
  - A. All protests must use the following procedure:
    1. The principal/designee of the protesting school will notify the League president and its opponent(s) by phone the following school day of the intent to protest.
    2. All violations and protests will be directed to the League president in writing. This protest must be done in writing by a school administrator within 72 hours of the event.
    3. The League president will appoint a three member committee of non-involved schools to determine whether the protest is valid and make a recommendation for a course of action to be voted on by the conference membership not involved in the protest.
  - B. Courses of action possible when a violation is determined and a protest is upheld include:
    1. Letter of censure (duplicate will be sent to each member school and any game official who may have been involved)
    2. Forfeiture of League contest(s)
    3. Probation for one year in the sport involved

4. Ineligibility for championships (such ineligibility to be in the sport involved only, for one year only, and the year involved to be determined by the membership); no all-sports points awarded that year
  5. Other courses of action as deemed appropriate to the violation
- C. All contests in which an ineligible player or players are used shall be forfeited and the score be that of a forfeited contest. This includes League championship tournaments.
- D. If use of an ineligible player or players by a League champion is determined, and forfeitures under section C above prevent a team from maintaining its championship, the championship for that sport for that year will be awarded to the second-place team and All Sports Award points adjusted accordingly. In the event of co-championships, the remaining championship team would maintain its championship.
9. The only League awards to be made in any sport are the ones sanctioned by the League.
  10. The FML will NOT recognize an MVP athlete for each sport.
  11. Each varsity sport will be allowed a Coach of the Year selection. That coach will be presented a certificate.
  12. To receive FML honors, an athlete has to finish the season in good standing. The definition of “good standing” is to finish the season on the team and meet minimum requirements for that sport’s awards.