PCAL SPORTS RULES
CROSS COUNTRY (Boys and Girls)
Amended by PCAL Board of Managers September 2026

1.1 Season of Sport

This sport shall be conducted in the Fall season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

League competition in Cross Country shall be conducted in four divisions formed according to league by-laws and policies concerning Division Placement (See Article 19 of the League By-Laws as well as the League's Division Placement Policy as published on the League website.)
Those four divisions shall be named as follows: PCAL-Gabilan; PCAL-Mission; PCAL-Cypress; and PCAL-Santa Lucia.

The placement of teams into the four divisions shall be determined annually as follows: by a formula as developed by the AD subcommittee named for Cross Country division placement matters. That formula is as follows unless and until changed by the Board of Managers:

Step 1. Take League Championships individual results for all divisions. Remove Seniors and rescore the Meet. Identify top Boys teams ranked 1-13 and top Girls teams ranked 1-13.
Step 2. Place Top 7 Boys & Top 7 Girls Teams in Gabilan Division, one for Boys and one for Girls.
Step 3. Place the next 6 Boys and 6 Girls teams (8 thru 13) and their corresponding gender mates, including those whose gender mates are in Gabilan Division, into the Mission Division. Note: This requires that Gabilan and Mission Divisions run together in order that both genders of a school will be at same location on same day.
Step 4. Place the next set of teams (combined boys and girls team scores) into the Cypress Division.
Step 5. Place the remaining teams (combined boys and girls team scores) into the Santa Lucia Division.
Note: Team placement and numbers of teams in each Division may vary from year to year based on the finishes of the respective league teams for the given year and data produced after removing the Seniors and rescoring the Meet.

1.5 League Schedules

1.5.1 Center Meets

The league schedule for each Division shall consist of three (3) Center Meets or as otherwise decided by the League Board of Managers from year to year. Each Center Meet shall, to the extent practical, consist of two divisions (Gabilan-Mission in one Center Meet and Cypress-Santa Lucia in the other) at the same site and time and shall have designated host league schools for each division; those host schools shall be responsible for running that Center Meet. See 1.5.2 below regarding scheduling of these Center Meets.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review and modification as needed. The Athletic Directors Council shall then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule. Unless decided otherwise for good reason, the Center Meets shall be scheduled on back to back Wednesdays and Thursdays, with Gabilan-Mission being on Wednesdays in odd years and Cypress-Santa Lucia being on Thursdays in odd years, with even years being reversed on Wednesdays and Thursdays.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 of the PCAL By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Contests

The following provisions shall govern all regular season cross country contests hosted by a League School. Tournaments or Invitational events may be conducted under differing rules not in conflict with the rule book for this sport.

1.6.1 Rules

Contests in this sport shall be governed by the rules of the National Federation of High Schools for that sport and in accordance with any additional rules set forth in these Rules.

1.6.2 League Contest Start Times

Center Meets shall start at 3:30 PM.

1.6.3 Center Meet Order of Events

Competition in Center Meets shall be run in the following order: Varsity Boys and Girls JV Boys and Girls (Boys and Girls in same alternating pattern as Varsity); Frosh-Soph Boys and Girls. Some Center Meets may not have a Frosh-Soph level. ***For PCAL Center and Championship meets, the CCS Championships schedule of events for the season will dictate the order of boys first or girls first in each level. In 2026, Girls will go first at each level, followed by boys.***

1.7 League Championship Meet

There shall be a League Championship meet that shall be conducted as follows:

1.7.1 Format

The League Championship Meet shall involve all four divisions, and be held at Toro Park, unless otherwise decided by the League Board of Managers. Each division and gender shall be scored separately, though some or all may run together on the course. There shall be events for Varsity, Junior Varsity, and Frosh-Soph.

1.7.2 Order of Events

For PCAL Center and Championship meets, the CCS Championships schedule of events for the season will dictate the order of boys first or girls first in each level. In 2026, Girls will go first at each level, followed by boys.

1.8 Entries to Center Meets and League Championship Meets

1.8.1 Role and Duty of Coaches

- To send in entries through timing system used for the meet in question.
- To ensure that each entry has a designated level for that runner (V-JV-FS)

1.8.2 Timing of Entries.

Once the race has been run, the runner shall be scored in the level (V-JV-FS) in which entered by the coach.

1.9 League Championship Determination

Each of the four Divisions shall have a league champion, determined as follows: Each team shall receive one point for every team beat in each Center Meet plus three points for each team beat in Championship meet. The league champion shall be the team with the most total points. If a tie, the tie

breaker is order of finish of the teams in the Championship meet. If still a tie those teams shall be Co-Champions of the division.

1.10 League Qualifiers to the CCS Championships

As set forth in the CCS by-laws for cross country, advancement to the CCS cross country championships shall be determined solely on the basis of the results of the League Championship meet. The League Championship meet shall be run with all four Varsity divisions on the course at the same time, one race for boys and a second for girls. While the divisions shall be scored separately for Division Championship determination, the CCS qualifying teams shall be the Top One-half of all PCAL schools fielding a full Varsity team of at least 5 runners at the League Championship meet, plus any others qualifying pursuant to CCS Cross Country rules and by-laws.

1.10 All League Selections

Each Division shall have its own All-League selections, with those selections based solely on the results of the Division finals meet as set forth hereinabove. Those selections shall be made and announced in accordance with the provisions of PCAL By-Laws, Article 24.

1.11 Season Long Play (50% Rule)

In Cross Country, an individual athlete will be unable to participate in the CCS playoffs due to failure to meet the CCS Playoff Policy regarding "Season Long Play (at least ½ the regular season league events), that athlete will be ineligible to participate in the League meet on behalf of his/her school. The League Commissioner shall make the final determination with respect to an individual's eligibility, including the exceptions involved in that CCS Playoff Policy.

End PCAL Cross Country Sports Rules.

History:
March 2018: Original
September 2018: Amend how center meets scheduled
March 2019: Add division placement formula. Amend CCS qualifier provisions.
January 2026: Clarified order of Center Meets year to year.
September 2026: Further Clarified order of Events for Center Meets and League Finals [1.6.3 and 1.7.2]