



**Cross Country**

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## Cross Country

### I. ELIGIBILITY

- A. Each team must be from a participating member college in good standing with the NCCAA and have an eligibility list (see Eligibility Section) filed with its respective Regional Chair before the first meet. Only seven members per team shall be allowed to compete in the National Championship.
- B. All NCCAA member institutions must send to the National Office a completed Declaration of Intent to Participate form by September 15 for all varsity sports. (See Forms & Procedures section.)

### II. CHAMPIONSHIP INFORMATION

- A. It shall be the responsibility of the host institution to communicate National Championship information via email and website by October 15. The following must be included:
  - 1. Release forms
  - 2. Lodging information
  - 3. Restaurant facilities
  - 4. Dressing facilities
  - 5. Transportation information
  - 6. Course map
- B. Each coach must secure an information packet at the coaches' meeting (time and place to be determined by the host institution). Final scratches must be made at this time.
  - 1. The women's race shall be 5,000 meters in length and shall start at 10:00 A.M.
  - 2. The men's race shall be 8,000 meters in length and shall start at 11:00 A.M.
  - 3. Times shall be called at designated meter marks.
  - 4. It is the responsibility of the host institution to devise the most accurate scoring procedure possible. All coaches must be informed in advance of the method to be used.
  - 5. A one-command start shall be used, followed by the firing of the gun.

### III. RULES FOR THE CHAMPIONSHIP

Any individual runner who runs a time during the season that is equal to or faster than the upper 50% of their division, or that is equal to or better than the average of the three previous years' NCCAA National Meet in their event, shall be an "Automatic Qualifier" to the current National Meet. Times shall be rounded up to the nearest whole second. Any complete team that has three or more individuals hit the qualifying mark shall be an "Automatic Team Qualifier."

The National Cross Country Championship shall follow the NCAA rule book.

- 1. The distance of the race shall be 8,000 meters for men.
- 2. Ties shall be broken by the NAIA/NCAA tie procedures.
- 3. Guidelines for apparel should be consistent with those of the NCAA.

### IV. AWARDS

- A. Men's and Women's (Division I) awards shall be presented as follows (see Awards Section):
  - 1. Team championship banner for first place.
  - 2. Team plaque for second, third and fourth places.
  - 3. Coach of the Year plaque to the coach of the winning team.
  - 4. All-American plaques to the top 15 individuals.
  - 5. Duplicate All-American certificates to the top 15 runners.
  - 6. A combined men's and women's championship certificate shall be presented to the top five teams.
- B. Men's and Women's (Division II) awards shall be presented as follows:
  - 1. A team banner for the Division II Invitational Champion shall be awarded at the National Championship.
  - 2. Top 5 plaques shall be presented to the first five Division II finishers. If there are less than three teams competing, only one Top 5 plaque shall be given. If a Division II runner places in the top 15 places, he/she shall receive the All-American award given without regard to Division.
- C. The Wheeler Cross Country Award for Men and The Ray Bullock Cross Country Award for Women

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These awards were established in order to enhance excellence in Christian cross country competition and to perpetuate the Christian philosophy and faith as exemplified through Christ-like cross country participation in NCCAA member institutions. See [Appendix A](#) for procedures and nomination form.

**D. Scholar Team Award**

The Scholar Team Award shall be awarded to those teams who meet the following criteria:

1. An institutional team must select five qualified competitors in order to be nominated.
2. All five student-athletes from the nominated team must be competing in the National Championship.
3. Each nominated student-athlete must have completed a minimum of 24 institutional credit hours at the nominating institution prior to the current cross country season.
4. The nominated institutional team must have a minimum GPA of 3.0 on a 4.0 scale.
5. The nomination form (see Forms & Procedures Section) must be signed by the institutional Registrar, Athletics Director and coach.

**E. Combined Team Award**

Each men's team score is added to the women's team score. The team with the lowest combined score between the two teams is the Combined Team Champion. The recipient shall be recognized at the National Cross Country Championship. A certificate shall be given.

**V. SELECTION OF SCHOLAR-ATHLETE**

All forms must be sent to the National Chair one week prior to the National Championship (see Forms and Procedures section of the Handbook).

Eligibility:

1. Grade point average shall be a minimum of 3.40.
2. The student-athlete must be in at least his/her junior year of attendance.
3. The applicant must be making normal progress toward a degree.
4. If the applicant has transferred, he/she must have one semester completed at the nominating institution and a 3.40 GPA from each institution attended.
5. Selection/approval of nominees shall be the responsibility of a committee appointed by the National Cross Country Chair.

**VI. SCORING**

- A. Only those teams with five runners finishing shall have a team score recorded. The team score shall then be determined by totaling the points scored by the first five runners of each team to finish. The team scoring the least number of points shall be declared the winner.
- B. Although the sixth and seventh runners of a team do not score points toward their team's total, their places, if better than those of any of the first five of an opposing team, serve to increase the team score of the opponents. If less than five finish, the places of all members of that team shall be disregarded.
- C. In addition to the complete scoring, the Division II schools shall be scored separately according to the same procedures.

**VII. PUBLICITY**

The host institution is responsible for the acquisition and release of local, regional and national publicity. It shall be responsible for submitting the results to the National Office the Monday following the National Championship.

**VIII. EXPENSES**

Each institution entering the National Championship shall cover its own expenses. Reimbursement shall be made for travel, as money is available.

**IX. ENTRIES AND FEES**

- A. Entry fees shall be determined at the coaches' meeting for the following year.
- B. Entries shall be submitted by Monday prior to the National Championship.

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- C. Any late entries shall require a payment of a \$50 penalty in addition to the entry fee in order to be eligible to compete.
  - D. If a student-athlete shows up at the championship without proper entry, he/she shall be permitted to run only if:
    - 1. His/her eligibility can be confirmed by his/her Athletics Director prior to the championship.
    - 2. The \$50 late entry fee is paid.

#### **X. OFFICIALS**

- A. The host institution shall be responsible for securing all National Championship officials. A suggested staff is: Championship Director, referee, clerk of the course, judges, starter, course inspectors, timers, scorers, chute controllers and announcer.
- B. The host institution may deem any other necessary officials.
- C. In the event of a protest, the meet director, as the primary contact person, shall convene with the starter and finish judge to evaluate circumstances and determine the appropriate outcome. In the event of a conflict of interest, the National Sports Chair, followed by the National Vice-Chair, shall assume the necessary role on the committee.

#### **XI. STARTING POSITION**

Each institution's position at the starting shall be drawn by lot and announced at the coaches' meeting.

#### **XII. APPROVED COURSE**

- A. Other championship meets (NAIA, NCAA, large invitational, etc.) must have been contested on the same course (same distance) prior to bidding for the National Championship.
- B. The course must be wide enough to provide safety for the runners, and it must have a long straight away at the start as well as at the finish.
- C. The course should have a minimum amount of paved surfaces.
- D. The host institution must have verifiable traffic control for all public roads.

#### **XIII. LODGING AND CENTRAL MEETING FACILITIES**

The host institution shall ensure proper lodging facilities (motels) as well as a central meeting location for the coaches and the student-athletes.

#### **XIV. EXPENSES OF THE CHAMPIONSHIP**

The expenses of the championship shall be the responsibility of the host.

#### **XV. ALL-AMERICAN BANQUET**

- A. The host institution must provide a banquet for this occasion.
- B. Any profit derived from the banquet should be used for expenses under Section XIV.A.

#### **XVI. OFFICIAL RULEBOOK**

Official National Collegiate Athletic Association (NCAA) Track and Field/Cross Country Rules with NAIA-Cross Country Coaches Association approved modifications. To obtain rules, contact: NCAA, P.O. Box 6222, Indianapolis, IN 46206-6222.

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## **Appendix A**

### **Cross Country Awards**

### **Wheeler and Bullock Awards**

#### **I. SPONSORSHIP**

The Wheeler Cross Country Award, for men, is sponsored by John and Jody Wheeler who have been involved in athletic activities of Christian high schools and colleges for many years. The Wheelers continue to actively participate in the area of athletics and wish to promote athletics in Christian colleges. They have chosen to do this by a special individual award for excellence as outlined below.

The Ray Bullock Cross Country Award, for women, was named in honor of Dr. Ray Bullock, who for many years has dedicated himself to the development of cross country as a sport in general, but as a ministry within the NCCAA. He has impacted the lives of countless student-athletes and coaches through his efforts.

#### **II. PURPOSE OF THE AWARDS**

These awards were established in order to enhance excellence in Christian cross country competition and to perpetuate the Christian philosophy and faith as exemplified through Christ-like cross country participation in NCCAA member institutions.

#### **III. SELECTION PROCEDURE AND COMMITTEE**

- A. Candidates must be nominated by their coach on the Cross Country Award Nomination Form which is to be mailed with national entry materials. Completed forms must be submitted to the National Cross Country Chair by November 2.
- B. Final selection of the recipients will be made by a selection committee appointed by the National Cross Country Chair. This committee shall also serve to select Scholar-Athlete Awards and the Scholar-Team Award.
- C. Presentation of the awards will be made at the National Cross Country Championship during the awards banquet by the donor, when possible, or the National Cross Country Chair.

#### **IV. RECIPIENT QUALIFICATIONS**

Recipients of these awards must each:

- 1. Be a team member of a Christian institution recognized by the NCCAA.
- 2. Possess a vital Christian testimony on and off the course.
- 3. Exhibit outstanding leadership qualities, including Christian service activities.
- 4. Be highly skilled in Cross Country.
- 5. Be a junior or senior student in good academic standing.
- 6. Be a participant in the National Championship the year of nomination.

#### **V. TROPHY**

- A. A trophy descriptive of the honor shall be awarded to each recipient.
- B. A similar trophy shall be awarded each recipient's institution.

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**Appendix A, page 2**  
**The Wheeler (Men) & Bullock (Women) Cross Country Award Nomination Form**

Nominee \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Year \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Institution \_\_\_\_\_ Coach \_\_\_\_\_

Summary of Student-Athlete's Career (include races and times)

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Athletic Honors Received (institutional, All-Conference, All-Regional, All-American, etc.)

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Performances in Previous NCCAA National Meets

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Leadership (comment as to the student-athlete's contribution to the team's success)

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Academic Major \_\_\_\_\_ GPA \_\_\_\_\_

Academic Honors \_\_\_\_\_

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Christian Character and Service (comment regarding involvement, witness, influence, etc.)

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**Appendix A, page 3  
Cross Country Awards**

Additional Comments

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Certification of Nomination Data

Coach \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*

Athletics Director \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*

*Nomination form must be postmarked by November 2*