



2019 Cross Country

Regular-Season Regulations

1.0 Sponsorship

1.1 The following member institutions sponsor cross country as a varsity intercollegiate sport:

The Citadel
East Tennessee State University
Furman University
Mercer University
UNC Greensboro
Samford University
University of Tennessee at Chattanooga
Virginia Military Institute
Western Carolina University
Wofford College

2.0 Regular-Season Competition

2.1 **Scheduling:** NCAA policies regarding scheduling requirements are the official policies of the Southern Conference.

2.1.1 **Conference Scheduling:** There are no scheduling requirements relative to competition between Conference institutions during the regular season. Southern Conference institutions hosting cross country events during the regular season are encouraged to extend invitations of participation to other Conference schools.

2.2 **Championship Determination:** Southern Conference team or individual champions shall not be determined during regular-season competition. Team and individual champions shall be determined at the Southern Conference Men's and Women's Cross Country Championships.

2.3 **Playing Rules:** Playing rules as adopted by the NCAA shall be in effect for all Southern Conference cross country events during the regular season.

2.4 **Results Reporting:** Conference institutions shall update all results of regular-season events to the Conference ranking list by 5:00 PM ET on Monday of each week. It is mandatory that the Conference ranking list be completed by 5:00 PM ET of the Monday prior to the indoor and outdoor track & field championships in preparation for seeding purposes. Those student-athletes who have not been added to the Conference ranking list by that time will not be allowed to have times or marks used for seeding into the championships. *(Approved 10/09)*

2.5 **Scouting Information:** Southern Conference teams shall not share scouting information on other Southern Conference teams with non-conference or other Conference schools.

2.6 **Complimentary Tickets:** Conference institutions hosting regular-season meets shall provide Conference visiting institutions with 50 complimentary tickets for the meet, provided that the home institution is charging admission. The 50 complimentary tickets should be provided from a pass list given to the home institution by the visiting institution upon its arrival.

2.7 **Student-Athlete Eligibility:** Each institution is responsible for having all of its student-athletes eligible prior to the season. Completed squad lists shall be transmitted to the Conference office prior to a school's first day of competition. This information shall be filed and in accordance with the instructions of the Southern Conference Associate Commissioner for Compliance. If any questions arise, the Conference compliance administrator shall have the details on all student-athletes who are eligible for Conference regular-season and post-season competition.

2.8 Signs: Signs of a derogatory nature directed toward an individual opponent, visiting team or an official are not permitted at events being hosted by Southern Conference institutions. It is the responsibility of the meet management director to see that derogatory signs are confiscated.

2.9 Course Inspection: It is recommended that Southern Conference institutions hosting regular-season meets make the competition course available for inspection by all participating teams on the day prior to the meet. Each institution should be allowed the same amount of inspection time and/or practice opportunities.

2.10 Lineups, Substitutions: Southern Conference institutions shall adhere to NCAA policies regarding team lineups and substitutions.

3.0 Cross Country Committee

3.1 The Southern Conference Cross Country Committee shall consist of at least one athletics director, one faculty athletics representative, one senior woman administrator and one head coach. The sport committee shall perform the following duties:

3.1.1 Review the sport regulations for men's and women's cross country:

3.1.2 Make recommendations to the Southern Conference Senior Woman Administrators Association and Athletics Directors Association as situations warrant:

3.1.3 Ensure that coaches are informed about league rules and matters affecting men's and women's cross country in the Southern Conference:

3.1.4 Conduct surveys, etc:

3.1.5 Administer, in general, the sport of men's and women's cross country in the Southern Conference.

4.0 Head Coaches Meetings

4.1 Southern Conference head coaches shall meet once a year to address all matters relating to the sports of men's and women's cross country and to make recommendations to the Southern Conference Cross Country Committee. This meeting shall normally take place in the month of July.

5.0 Meet Officials

5.1 Home Institution Responsibilities: Southern Conference institutions hosting meets during the regular season are responsible for contracting a qualified head referee and starter.

6.0 Meet Management

6.1 The home athletics director (or his or her designee) shall serve as the meet management director for all events being hosted by Southern Conference institutions. It is suggested that the meet management director visit briefly with the officials and the visiting head coaches prior to the meet to answer any questions and inform them of his or her availability. The home athletics director and/or meet management director also has the direct responsibility for crowd control as outlined in the Southern Conference Sportsmanship Code Regulations.

7.0 Public Address Announcer

7.1 Only the designated public address announcer may use a microphone during a meet hosted by a Southern Conference institution. The public address announcer is responsible for whatever is said over the PA system. The primary function of the announcer is to give specific information to the fans, not to incite them by unnecessary inflection of voice beyond the pre-meet introduction of the home team.

8.0 Conduct

8.1 Coaches' Conduct: All head and assistant coaches are to conduct themselves in such a manner during a meet as to ensure or promote good sportsmanship and proper crowd control. They also are responsible for the conduct of their student-athletes and staff. Coaches (head and assistant) must follow Southern Conference Sportsmanship Code Regulations at all times.

8.2 Ejection/Suspension Policy: A coach or player removed from a contest for any unsportsmanlike act shall be subject to potential disciplinary action by the conference office, including suspension from future contests. (Revised 5/19)

8.3 Unsportsmanlike Behavior: Acts of unsportsmanlike behavior or unethical conduct including but not limited to those described below shall make the offending party subject to sanctions by the conference.

8.3.1 Fighting. Any attempt by a person to strike an opponent or contest participant in a combative manner unrelated to the sport involved or any act that incites an opponent to retaliate by acting in a similar manner shall be described as unsportsmanlike behavior.

8.3.2 Aggressive Behavior. The use of obscene gestures, profane language, or the display of hostile action towards officials, spectators, or opponents shall be described as unsportsmanlike.

8.3.3 Ejection. The removal by an official from a competitive sport activity shall require the ejected participant to leave the vicinity of the competitive activity immediately.

8.3.4 Suspension. A penalty that denies the involved participant from being in the vicinity of the contest suspended from one hour prior to the scheduled contest until the conclusion of the contest. Suspension does not affect practice opportunities outside of the above time limitations.

8.3.5 Vicinity of Contest. The immediate area/site of the competition extended to include any point or place from which the ejected/suspended individual could observe, supervise, or participate in any manner in the contest from which the participant is being ejected or suspended.

8.3.6 Competitive Conditions. The failure of an institution to provide an environment for a contest that is safe and fair to competition shall be described as unsportsmanlike behavior.

9.0 Two-Year Moratorium of Approved Sport Regulations: Sport regulations approved by the membership must be implemented for two full seasons before they may be considered for amendment, except in instances where changes are made to the regulation on a national level (i.e. an NCAA rule or a national governing body policy). Coaches' recommendations that are not approved by the membership are subject to the moratorium and may not be reconsidered by the membership for two years. A 75% vote of the athletic directors may overrule the two-year moratorium on a case-by-case basis. (*Approved and Effective 6/10*)

Conference Championships Meet Regulations

1.0 Championships Format

- 1.1** At the conclusion of the regular season, a Conference championship meet shall be conducted to determine men's and women's team and individual champions. All teams eligible to compete shall participate in the Conference championship meet. The length of the men's championship course shall be 8,000 meters. The length of the women's championship course shall be 5,000 meters.
- 1.2** For most Conference sports, the championship shall conclude no later than the original dates of competition, regardless of any weather-related delays or postponements. This shall be true in baseball, men's & women's golf, men's & women's lacrosse, men's & women's soccer, volleyball, men's & women's indoor track & field, rifle, wrestling, and men's & women's cross country. The only sports which permit one additional day to conclude the championship because of weather-related issues are men's & women's tennis, softball, and men's & women's outdoor track & field. Men's & women's basketball would be determined by a decision made by the Commissioner's office and the basketball committee. (Updated 7/18)

- 2.0 Championships Dates:** The Southern Conference Men's and Women's Cross Country Championships shall be conducted two weeks prior to the NCAA Regionals. The date of the 2019 Southern Conference Men's and Women's Cross Country Championships is Saturday, November 2, 2019.

3.0 Championships Location

- 3.1 Rotation:** The location of the Southern Conference Men's and Women's Cross Country Championships shall be determined by a rotational system among Conference schools. A school that cannot secure an adequate course, or is not interested in hosting in a given year, shall forfeit its turn in the rotation.

3.1.1 2019 Championship Location: The site of the 2019 Southern Conference Men's and Women's Cross Country Championships shall be in Johnson City, NC hosted by East Tennessee State University.

3.1.2 Future Championships Locations: Host schools for the Southern Conference Men's and Women's Cross Country Championships in future years are as follows: 2020—Mercer; 2021—VMI (*approved 10/14*)

4.0 Championships Schedule

- 4.1 Start Times:** All championships start times shall be set by the Southern Conference Cross Country Committee. The start time for the 2019 Southern Conference Women's Championship shall be 10:00 a.m. The start time for the 2019 Southern Conference Men's Championship shall be 10:45 a.m. Adjustments to start times may be made by the Games Committee in case of inclement weather. Men's and women's race times shall alternate each year (the women will race first on odd-numbered years).

5.0 Tournament Administration

- 5.1 Cross Country Committee Involvement:** The Southern Conference Cross Country Committee shall provide general oversight of the men's and women's championships. The Cross Country Committee shall have the authority to discipline and/or fine any member institution that does not abide by Conference regulations.
- 5.2 Games Committee:** A Games Committee shall be appointed for the men's and women's championships consisting of Cross Country Committee members on site, the athletics director of the host institution or his or her designee, the Southern Conference championships administrator on site (who shall serve as chair of the committee), and the championships director. The Games Committee shall:
- A. Ensure that the championships are conducted in accordance with the rules and regulations of the Southern Conference as contained in the Southern Conference Championships Manual and these sport regulations;
 - B. Make decisions regarding situations that occur where resolution is not covered in the rules and regulations of the NCAA or the Southern Conference as stated in the Championships Manual or these sport regulations;
 - C. Inspect the meet facilities prior to the start of the event.

- 5.3 Meet Director:** The host institution or agency for the championship shall appoint a meet director who, along with the conference liaison, shall perform the following functions under the direction of the Cross Country Committee:
- A. Serve as supervisor of the championships;
 - B. Plan and coordinate all activities of the championships in conjunction with the Cross Country Committee and local organizing committee(s);
 - C. Provide relevant championships information to all coaches, athletics directors, chief executive officers, faculty representatives, senior woman administrators and other necessary personnel of competing institutions;
 - D. Coordinate and supervise the activities of the officials;
 - E. Oversee servicing the needs of the participants and spectators as prescribed in the championships manual;
 - F. Delegate duties and responsibilities to championships personnel;
 - G. Secure a certified trainer and other medical personnel for the championships.
- 5.4 Media Coordinator:** The championships director shall appoint a championships media coordinator, who shall perform the following duties:
- A. Coordinate and administer all media working areas and media hospitality areas;
 - B. Process all media requests for working credentials;
 - C. Coordinate the activities of the stats crew and make sure that statistics are made available to all media and head coaches as soon as possible after the conclusion of each meet;
 - D. Write and distribute all releases as necessary prior to and during the championships;
 - E. Be responsible for awards balloting;
 - F. Coordinate the installation of phone lines for the media;
 - G. Fulfill the needs of Conference sports information directors not on site.
- 5.5 Medical Personnel:** All medical staff for the championships shall be appointed by the championships director, who shall ensure that the following occurs:
- A. That a certified trainer is available for all practices and that three certified trainers are present during all competitions;
 - B. That a general practitioner or orthopedic physician is on call during competitions;
 - C. That an EMS unit is on site during all competitions;
 - D. That there is planned and pre-arranged access to medical facilities;
 - E. That training facilities and training supplies are available for all championship events;
 - F. That information concerning medical and training accommodations is distributed to all head athletic trainers and head coaches prior to their arrival at the championships site.
- 5.6 Officials:** Officials and their duties are outlined in the NCAA Rules. The Southern Conference staff liaison, working in conjunction with the Cross Country Committee, shall contract all officials to work the championships and shall:
- A. Assign a pool of officials to work the championships. The pool of officials shall include the following:
 - (1) Head referee;
 - (2) Four judges of the finish;
 - (3) Starter;
 - (4) Quick scorers (as many as teams entered).
 - B. Conduct pre-event and post-event meetings as necessary with officials.
 - C. Oversee the selection and training of all other meet officials with the championships director and ensure that a training session is conducted for these officials prior to competition.
 - D. Ensure that the head referee remains at the championships site for at least 30 minutes after the final results are posted and ensure that the head referee makes a written report before departing of all actions, protests, and controversial decisions that may have affected the meet (the report shall be made available to all coaches at the site upon request).
- 5.7 Additional Tournament Personnel:** The following additional personnel shall be appointed by the championships director and/or championships media coordinator:
- A. Official timer;
 - B. Public address announcer;
 - C. Clock, scoreboard and matrix board operators;
 - E. Chute workers;
 - F. Finish-line video camera personnel;
 - G. In addition, Southern Conference Cross Country Committee members (excluding the head coach representatives), may be assigned specific duties as necessary to ensure the orderly operation of the championships.
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5.8 Promotions Director: The championships director shall appoint a promotions director that ensures that a marketing and promotions plan is created to promote awareness to fans of member institutions and their local communities, as well as the local community that the championships are being held in.

6.0 Championships Manual

6.1 The Southern Conference staff liaison shall send a championships manual to all Conference chief executive officers, faculty athletics representatives, athletics directors, senior woman administrators, head coaches and sports information directors at least one month prior to the championships. The following information shall be contained in the manual:

- A. Facilities information;
- B. Telephone numbers and addresses of key championships personnel;
- C. Local maps;
- D. Maps of men's and women's competition courses;
- E. Dates, times and location of the championships and related activities;
- F. Information on team and institutional credentials and parking passes;
- G. A championships itinerary;
- H. Medical and training information;
- I. Media information;
- J. Information on hospitality and social functions;
- K. Names and responsibilities of Local Organizing Committee personnel;
- L. Names and responsibilities of host institution personnel;
- M. A championships emergency plan and emergency telephone numbers.

7.0 Championships Procedures

7.1 Scoring: Each team in the Southern Conference Men's and Women's Cross Country Championships may run nine competitors. First place shall score one point, second place two points, third place three points, etc. The first seven runners from each team who finish the course shall be ranked and tallied in this manner. 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 lowest number of points shall be declared the winner. If fewer than five runners finish for an institution, the places of all members of that team shall be disregarded except for individual awards purposes.

7.2 Tie-Breaking Procedures: In case of a tie for first place in the team or individual championships, the tying teams or individual shall be considered co-champions.

7.3 Travel Squads: Travel squads to the Southern Conference Men's and Women's Cross Country Championships shall be limited to nine student-athletes per team.

7.4 Rules: The rules for the Southern Conference Men's and Women's Cross Country Championships shall conform to those rules adopted by the NCAA for the Division I Cross Country Championships, and the Southern Conference as stated in the Southern Conference Championships Manual and these sport regulations.

7.5 Uniforms: All competitors must wear exclusively the official uniform of their institution in competition, warm-up and during the post-championships awards ceremony. In accordance with NCAA rules, the institution's official uniform (including warm-ups) and all other items of apparel (socks, head bands, t-shirts, wrist bands, towels, etc.) should bear only a single manufacturer's or distributors normal label or trademark. The label or trademark may not exceed 2 1/4 inches square in size. Equipment (i.e., shoes, bags) may bear only the manufacturer's normal label or trademark as it is used on all such items for sale to the general public. Failure to comply with this regulation may cause disqualification or may jeopardize a student-athlete's eligibility.

7.6 Student-Athlete Eligibility: Each institution is responsible for submitting a list of competing student-athletes to the Conference compliance administrator no later than three (3) days prior to the start of the championships. The Conference office shall compare the list to previously submitted institutional squad lists and will notify an institution if a problem arises with any of its student-athletes. Student-athletes not deemed eligible to compete may not be in uniform during the Conference championships.

7.7 Head Coaches Meeting: A Southern Conference head coaches meeting will be held at the championships site prior to the start of competition. The Cross Country Committee chair will conduct the meeting and review information pertinent to the championships. The head coach of each institution is required to attend this meeting. Head coaches who do not attend the meeting are subject to disciplinary action as imposed by the Cross Country Committee and enforced by the Commissioner.

- 7.8 Entries and Final Declarations:** The following items address the issues of team entries and final declarations:
- A. The Conference office shall provide an official entry form to the head coach at each institution at least 14 days prior to the championships;
 - B. Entry forms shall allow a maximum of 12 entries per team;
 - C. Entry forms shall be faxed or e-mailed to the Conference office no later than noon ET on the Monday prior to the championships;
 - D. The Conference office shall confirm receipt of entry forms for each institution by e-mail, fax or phone prior to 1 p.m. on the Monday prior to the championships;
 - E. Each team shall make a final declaration of a maximum of nine runners at the coaches' meeting on the evening prior to the championships. Final declarations can be made by a team's head coach or a designate;
 - F. Final declarations may also be made by phone or fax prior to the coaches' meeting.
- 7.9 Starting Line Procedures:** NCAA Cross Country Rules and Regulations shall be followed at all times by the starter. The location and width of the starting line shall conform to NCAA Rules and Regulations. The starting boxes shall be numbered from left to right. Team starting positions shall be drawn by lot. Each team shall be allotted 10 feet or more if possible in the starting box. There shall be a minimum of 200 meters between the starting line and the first turn on the course. A recall starter shall be located at the 200-meter mark.
- 7.10 Finish Line Procedures:** A videotape of the finish line shall be made from an elevated side view to determine order of finish in case of protest. The finish line shall be at least 10 meters wide and should narrow to a single person funnel in a length of between 15 and 25 meters from the line. An area should be roped off a distance of 100 feet from the finish line out toward the course on each side for crowd control purposes at the finish area.
- 7.10.1 Chute Construction:** The finish chute shall be constructed of rope, banners and stakes (padded if sharp or dangerous edges protrude). The chute should be a minimum of 100 feet long from the official finish to the end where the student-athletes exit the chute.
- 7.11 Course Markings:** The "course" is defined as the ground lying between the starting line and finish line, assigned as the legal path of the runner while in the race. The course shall be properly measured. It must be marked by a continuous, clearly visible, unbroken line (or suitable flag system) on the running surface from start to finish. The inside edge of the course extending from the inside edge of the first box, position or alignment on the starting line to the first turn shall be laid in a straight line.
- 7.11.1 Direction Changes:** All changes of direction on the course shall be indicated by the use of some type of directional system, i.e. colored flags, arrows or markers. Signs and directional boundaries can be used to augment course directions. The construction and placement of these markings on the course are provided as an aid for the runner and shall act as a curb toward the entire distance of the course.
- 7.12 Course Inspection:** The competition course shall be made available for inspection and/or practice for all institutions on the afternoon prior to the championships. The course will be open for a minimum of two hours. Times when the course shall be available will be designated in the Championships Manual.
- 7.13 Media Policies:** All coaches and student-athletes shall be available for interviews with the media following their respective meets. Interviews with the media may take place following a 10-minute "cooling-off" period, which shall begin when the final competitor has completed the course.
- 7.14 Officials Responsibilities:** Officials and their duties are outlined in the NCAA Cross Country Rules and Regulations.
- 7.15 Intermediate Times:** Intermediate times shall be given at each mile mark during the championships.
- 7.16 Protests:** Protests relating to matters which develop during the conduct of the championships should be made at once and not later than 30 minutes after the results of the meet in question have been posted. Any such protest should be made in writing by a head coach and submitted to the head referee, who will render a decision.
- 7.17 Disqualifications:** Competitors, who fail to complete the prescribed course as defined by the legal marking system, thereby gaining on advantage, shall be disqualified if detected by an official of the meet.
- 7.18 Numbers:** One number large enough for identification shall be worn by each competitor. The number shall be securely pinned on the front of each contestant's shirt to allow for plain visibility.
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7.19 Equipment: The following equipment and/or arrangements shall be provided by the host institution:

- A. A large scoreboard for the posting of results;
- B. An awards presentation area;
- C. Public address system;
- D. Automated equipment for results (copier, word processor);
- E. A communication system for the course (walkie-talkies).

8.0 Championships Awards

8.1 Awards Ceremony: Immediately following the conclusion of the men's championship meet, an awards ceremony shall be held at the awards presentation area. The head coaches and student-athletes of all teams should remain for the awards ceremony. The following awards shall be provided by the Conference office and distributed at the awards ceremony:

8.1.1 Championship Trophies: One trophy presented to the head coach and captains of the men's winning team, and one trophy presented to the head coach and captains of the women's winning team.

8.1.2 Runner-Up Trophies: One trophy presented to the head coach and captains of the men's runner-up team, and one trophy presented to the head coach and captains of the women's runner-up team.

8.1.3 Second-14th Place Finisher Medals: Medals shall be presented to each individual finishing in second thru 14th place in the men's and women's championships.

8.1.4 Individual Champion Medals: A plaque shall be presented to the individual winners of the men's and women's championships.

8.1.5 First & Second Team All-Conference Medals: Fourteen medals shall be presented to those individuals earning men's and women's All-Conference honors. First team All-Conference shall be presented to individuals finishing first through 7th place. Second team All-Conference shall be individuals finishing 8th through 14th place. *(Approved 10/08)*

8.1.6 Runner of the Year Plaques: One plaque shall be presented to the person winning the Men's Runner of the Year award, and one plaque shall be presented to the person winning Women's Runner of the Year award. The Runner of the Year awards shall be presented to the individual winners of the men's and women's championships.

8.1.7 Freshman of the Year Plaques: One plaque shall be presented to the person winning the Men's Freshman of the Year award, and one plaque shall be presented to the person winning Women's Freshman of the Year award. The Freshman of the Year awards shall be presented to the first true freshmen to finish the men's and women's championships.

8.1.8 Coach of the Year Plaques: One plaque shall be presented to the person winning the Men's Coach of the Year award (Dave Walker Award), and one plaque shall be presented to the person winning Women's Coach of the Year award. The Coach of the Year awards shall be voted on by the head coaches at the championships site. The voting shall be conducted by the Conference office.

8.2 Other Awards: Other awards presented in conjunction with the Southern Conference Men's and Women's Cross Country Championships are as follows:

8.2.1 Individual Championship Team Plaques: Nine individual plaques will be presented to the head coach of the men's championship team and nine individual plaques will be presented to the head coach of the women's championship team for presentation to the student-athletes of those squads. These plaques will be presented at the head coach's discretion.

8.2.2 Performers of the Week: Certificates shall be presented to student-athletes named cross country Performer of the Week during the regular season. The Performers of the Week shall be selected by a committee of head coaches determined at the annual meeting of the head coaches and Cross Country committee.

8.2.3 Performers of the Month: A men's and women's Performer of the Month shall be selected at the end of every month during the season. These awards shall be selected by the committee of head coaches.

8.2.4 All-Freshman Team: An All-Freshman Team shall be named consisting of the top 7 freshmen finishers, true freshmen, redshirt or otherwise, in both the men's and women's championships. *(Approved 10/08)*

9.0 Institutional Passes

- 9.1 **VIP Hospitality Passes:** Each member institution shall receive VIP Hospitality passes for use during the Southern Conference Championships, provided that VIP functions are conducted. These passes shall be provided in a number as approved by the Cross Country Committee. The passes may be distributed at the discretion of each school's athletics director or senior woman administrator.
 - 9.2 **VIP Parking Passes:** Each member institution shall receive VIP Parking passes for use during the Southern Conference Championships. These passes shall be provided in a number as approved by the Cross Country Committee. The passes may be distributed at the discretion of each school's athletics director or senior woman administrator.
 - 9.3 **Team Bus Parking Passes:** If necessary, each competing team shall be awarded bus passes as needed for use during the Southern Conference Championships. The bus passes shall be distributed by the Championships Director and are non-transferable.
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