



SPORT GUIDELINES for MEN'S and WOMEN'S CROSS COUNTRY

ARTICLE I: Season of Competition Information

NAIA 24 Week Rule with KCAC Modifications:

- Per NAIA guidelines, Men's and Women's Cross Country shall have a maximum 24-week practice and competition season as established by each member institution. For the KCAC, frequency of play, practice and scheduling policies shall be restricted to the following period of time: beginning on Monday of the week in which August 15 falls and ceasing no later than May 15 per NAIA guidelines.
 1. Frequency of play, practice, and scheduling outside of this period (beginning the Monday of the week in which August 15 falls until May 15 each year) is governed by each member institution and will not be regulated by the NAIA.
 2. Member institutions may be engaged in conditioning activities beginning on August 1 in preparation for the fall season of competition. However, no practice or outside competition is allowed between August 1 and the start of the practice and competition season, which begins on Monday of the week in which August 15 falls.
 3. There shall be no more than three break periods during the 24 weeks. NAIA approved postseason participation shall not be counted as part of the 24-week period. A week is defined as Sunday (12:01 a.m.) through Saturday (11:59 p.m.). Any practice or competition during this period shall constitute one of the 24 weeks permitted.

Specific Rules on Contact:

- Athletic-related contact, which includes practice, conditioning, and/or competition activities, will be limited to 20 hours per week once classes have begun for the fall semester at the specific KCAC institution.
 - Prior to classes beginning for the fall semester, specific to each KCAC institution, the 20 hour contact rule will not apply.

- Each contest, which includes games, exhibitions, and scrimmages, will be counted as 2 hours within the 20 hours of contact during the week.
- For all KCAC teams, there will be one day per week with no athletic-related activities, which includes practice, conditioning, or competition.

ARTICLE II: Sport-Specific Rules for KCAC Cross Country

NAIA Coaching Manuals:

- **WEBLINK:** [NAIA Cross Country Coaches' Manual](#)

Sport-Specific Rules for the KCAC:

- The official edition of the current NCAA Track and Field/Cross Country Rules book shall be used.
- Exceptions to rules shall be voted on by the KCAC Cross Country Coaches.
- All eligible runners may compete in the KCAC Championship Meet.

ARTICLE III: Championship Event Information

Section 1: Date

- The KCAC Cross Country Championships will be held two weeks prior to the NAIA National Championships.

Section 2: Distance

- The KCAC Championship race distances shall be 5,000 meters for women and 8,000 meters for men.

Section 3: Event Location

- KCAC schools will be given the option of hosting the KCAC Cross Country Championships in alphabetical order. Schools may choose to decline to host the meet, passing the option on to the next school in alphabetical order. The alphabetical order is as follows:

LOCATION:	YEAR:
Kansas Wesleyan University	Fall 2010
McPherson College	Fall 2011
Ottawa University	Fall 2012
Southwestern College	Fall 2013
Sterling College	Fall 2014
Tabor College	Fall 2015
Bethany College	Fall 2016
Bethel College	Fall 2017
Friends University	Fall 2018

- The host school for the following year shall be determined at the fall KCAC Coaches Meeting.

- Race times shall be 10:30 AM for women and 11:15 AM for men.
- Subsequent changes in the location and/or start times must be voted on by the KCAC cross country coaches.

Section 4: Conference Meet Expenses

- The host institution is responsible for all costs of the meet. There will be no entry fee charged.

Section 5: Games Committee

- The Games Committee shall consist of the Meet Director, the KCAC cross country chair, and one additional KCAC head coach selected in alphabetical order by institution.
- The Games Committee shall make final decisions regarding rules violations, disqualifications, runner's order of finish, and any other issues that arise.

Section 6: Meet Director

- The Meet Director for the KCAC Cross Country Championships shall be the head coach of the host school or a person from the host school designated by the head coach. The Meet Director's duties include the following:
 - Prepare meet information and entry forms and mail to coaches by mid October.
 - Arrange for, supervise, and instruct all meet help.
 - Provide all facilities and equipment.
 - Provide runners and coaches with maps of the course.
 - Provide a well marked, accurately measured course with each mile marked.
 - Provide athletic trainers and arrange for emergency care if needed.
 - Coordinate the finish chute and team scoring.
 - Supervise the awards ceremony.
 - Provide printed results to all coaches.

Section 7: Contingency Plan to Qualify for NAIA National Championship Meet

- If the KCAC Cross Country Championship Meet cannot be contested, the Games Committee for the meet will select the national qualifying team and individuals based on the following criteria:

TEAM(S):

- The most recent KCAC team rankings (compiled by the KCAC rater as a part of the NAIA National Cross Country ratings process).
- The most recent NAIA National rating.
- Team performances in the last three meets, including head to head competition, team placing, and times.

INDIVIDUALS:

- Individuals will be ranked and selected based on times run, individual placings, and, when possible, head to head competition in meets throughout the season.
- The greatest emphasis will be placed on the last three meets.

ARTICLE IV: Awards

Section 1: All-KCAC

- The top 10 finishers in the women's and men's races in the KCAC Championship Meet are designated All-KCAC. Eleventh through fifteenth place finishers are designated All-KCAC Honorable Mention.

Section 2: Individual and Team Awards

- KCAC medals are awarded to the top 15 finishers in the men's and women's races.
- Team plaques are awarded to the championship team in each race.
- The awards shall be presented immediately following the races.

Section 3: Other Awards

- The KCAC Cross Country Coach of the Year for both men and women will be selected by a vote of the head coaches.
- KCAC Coach of the Year plaques will be awarded immediately following the meet.

ARTICLE V: Duties of the Sport Chair

- The duties of the KCAC Cross Country Chair are as follows:
 - Help determine the proper policies and procedures at the conference level.
 - Serve under the direction of the KCAC Commissioner:
 - Assist the KCAC Commissioner when requested
 - Represent the KCAC coaches to the KCAC Commissioner
 - Keep the KCAC Commissioner informed and updated of proposals and concerns
 - Send a copy of the KCAC Cross Country Guidelines to each conference coach prior to the start of the season.
 - Chair the meetings of the KCAC Cross Country coaches.
 - Serve on the Meet Committee at the KCAC Cross Country Championships.
 - Inform the KCAC Cross Country Championship Meet Director of all procedures and guidelines.

ARTICLE VI: Miscellaneous

NAIA Conference Raters:

- One coach for will be selected by vote of the conference coaches to be a member of the NAIA rating committee for Cross Country – one men's coach and

one women's coach for their respective sports. The conference rater will be confirmed each summer at the KCAC Sport Management Conference and reported to the conference commissioner and the NAIA.