

# GNAC SPORTS REGULATIONS

## CROSS COUNTRY

Updated 8-27-22



### 1. PARTICIPATION REQUIREMENT

- 1.1 All member institutions fielding teams in men's and/or women's cross country agree to participate in the conference championship and will send their varsity scoring teams.

### 2. SCHEDULE

- 2.1 All member institutions shall observe the NCAA starting date for pre-season practice.
- 2.2 The maximum number of contests permitted in a single season shall not exceed the NCAA maximum number of allowable contests.
- 2.3 Varsity contests shall be scheduled in accordance with the regulations as they appear in Article 17 of the Bylaws of the NCAA.
- 2.4 Conference members shall develop their own cross country meet schedules.

### 3. NCAA NATIONAL MEET REPRESENTATION

- 3.1 All individuals and teams qualifying to compete in the NCAA national meet are expected to represent the GNAC at the national meet.
- 3.2 There shall be only one bid from the conference membership to host the NCAA West Regional cross country meet for any particular year. The bid must be approved by the conference office. (**Revised 1/07**).

### 4. CONDUCT OF PARTICIPANTS

- 4.1 See GNAC Bylaw Article 10 in Appendix A.

### 5. CONFERENCE CHAMPIONSHIP

- 5.1 The rules and regulations of the NCAA Cross Country Rule Book shall govern the conference championships, with the exception of the number of competitors allowed per institution (the GNAC permits 10 male and 10 female competitors from each institution) and the race lengths (GNAC distances are to be 6,000 meters for women and 8,000 meters for men).
- 5.2 The GNAC office will assign officials for the championship.
- 5.3 The course shall be clearly marked for the men's and the women's races.

### 6. CONFERENCE CHAMPIONSHIP MEET PROCEDURES

- 6.1 In the conference championship, 10 athletes from each school will be allowed to compete. The top seven athletes from each team will be eligible to score or to displace other runners (with the top five finishers from each team determining the team score). **(Revised 10/03)**.
- 6.2 Championship race distance will be six (6) kilometers for women and eight (8) kilometers for men. The order of the races each year are to correspond with the order of races for that year's NCAA postseason events.
- 6.3 The championship will be held on Saturday a minimum of two weeks before the NCAA West Regionals unless otherwise approved by Management Council. Beginning with the 2009 championship meet, sites for the meet shall be approved via a bid process.
- 6.4 Entry procedures for the meet will follow the regional/national format with coaches submitting an entry list of probable eligible competitors to the conference office by 5 p.m. PT two Mondays (12 days) prior to the meet. Entries at that point in time are unlimited, but a school will only be allowed ten (10) competitors per gender in the conference meet. Coaches must declare the 10 competing athletes at or before the pre-championship coaches meeting.
- 6.5 A conference coaches' teleconference to review meet details will be held prior to the championship.
- 6.6 Scoring of the championship will be per the NCAA rule book.
  - 6.6.1 Only the first seven runners on any one team may be used in scoring places. An order for team-finish placing is established by removing all runners behind the top seven finishers on each team. Those teams not finishing at least five runners likewise shall not be included in the order of team finish.
  - 6.6.2 The score shall be determined by totaling the points (place finish) of the first five runners of each team to finish. The team scoring the lower number of points shall be the winner.
  - 6.6.3 Although the sixth and seventh runners of a team to finish 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.
  - 6.6.4 Ties in team scoring shall be broken by comparing in order the place finish of each of the five scoring members of the tied teams. The team with the majority of winning comparisons shall be awarded the higher place.
  - 6.6.5 Teams that start at least five runners and have fewer than five runners finish the race shall be listed alphabetically at the end of the team results as "Did Not Finish" (DNF).
- 6.7 The official results shall be forwarded to the conference information director and to each institution.
- 6.8 The Coach of the Year will be voted on by the conference coaches following the regional championship. The top finisher in the conference meet will be named the Athlete of the Year. All-conference recognition will be awarded the top 10 finishers based on conference championship race results. The conference race results (highest placers) will also determine the winners of the Newcomer of the Year and Freshman of the Year awards.

- 6.9 The host school is strongly encouraged to host a preview race in the year in which they host the GNAC Cross Country Championships.

# **Appendix A**

## **ARTICLE 10 CONDUCT AND SANCTIONS**

### Section 10.1. **Sportsmanlike Conduct.**

#### 10.1.1. GNAC Code of Behavior

In upholding and acting upon the principles, traditions and responsibilities enunciated in the Great Northwest Athletic Conference Statement of Philosophy, the Conference expects, and will insist upon, maintenance of commendably respectable standards of decorum and personal deportment of all players, coaches, officials and spectators at Conference contests. In this regard, Referees are recognized as fully in charge of such events, with full and undeniable authority to sustain such standards and take whatever enforcement or disciplinary actions, including declaration of game forfeiture, as are necessary and appropriate. Specifically; threatening, disruptive, unsportsmanlike, disrespectful, violent, harassing, and/or seriously distracting behavior will not be tolerated. In implementing this policy, the senior game official should, at the beginning of each game, clearly outline with the team captains and coaches the standards of behavior and decorum that will be upheld and enforced.

As a matter of Conference policy, all Referees have the full support of the Conference Commissioner's authority, as authorized by the Management Council and the CEO Board.

The Great Northwest Athletic Conference wishes to exemplify behavior of a kind that will deserve and command the respect and support of the public and campus communities which they represent and with which they relate, as well as the NCAA at large.

10.1.2. It shall be the responsibility of each institution to ensure that all individuals employed by or directly associated with the athletic programs of that institution conduct themselves in a sportsmanlike manner when representing their institution, especially at intercollegiate athletic contests.

10.1.3. Unsportsmanlike conduct shall subject the individual to disciplinary action. The institution with which the offending individual is associated may also be subject to disciplinary action if it is found that the institution's policies, action, or failure to act substantially contributed to the individual's misconduct.

10.1.4. Acts of Unsportsmanlike Conduct and Individual Penalties.

10.1.4.1. Acts of unsportsmanlike conduct shall include, but not be limited to: any person who strikes or physically abuses an official, opposing coach, player, or spectator. This person may be ejected from the contest and may be suspended for additional contests, as the Commissioner deems appropriate.

10.1.4.2. The following actions shall be subject to a public reprimand for the first offense and a suspension for one contest for an additional offense (a flagrant offense is subject to suspension on the first offense):

- a) Intentionally inciting participants or spectators to violent or abusive action.
- b) Using obscene gestures or profane or unduly provocative language or action toward officials, opponents, or spectators.
- c) Publicly criticizing any game official, Conference personnel, another institution or its personnel.

d) Acts of unsportsmanlike conduct not specifically described herein.

10.1.4.3. Any person who engages in negative recruiting by making statements to a prospective student-athlete, his/her parents, high school coach, or other persons interested in the prospective athlete which are derogatory of another member institution, its personnel, or its athletic program shall be subject to a public reprimand for the first offense, and to the suspension of the privilege of recruiting for one season for an additional offense.

10.1.5. Penalty Imposition and Appeal Procedures.

10.1.5.1. Whenever the Commissioner concludes that there has been a violation of this regulation, he/she shall impose the penalty prescribed above or, where he/she is given discretion as to penalty, he/she shall impose a penalty that he/she deems appropriate.

10.1.5.2. Whenever the Commissioner decides to impose a penalty, he/she shall first give notice of the decision to the individual and the institution involved. **(Revised 10/06)**

10.1.5.3. In the event that the individual or the institution feels that the penalty is inappropriate because the violation did not occur or because the penalty is excessive, there shall be the right to appeal the matter to the Appeals Committee. An intent to appeal must be filed in writing to the Commissioner's office within one working day of receipt of notice of the penalty imposed. Once notice of intent to appeal has been filed, the official, written appeal documents and supporting information must be received in writing by the Commissioner's office within two working days of receipt of notice of the penalty imposed. **[Revised 5/13]**

10.1.5.4. The Appeals Committee shall conduct a prompt hearing, giving the individual or institution opportunity to be heard. The Committee may reaffirm, set aside, or increase the penalty as is deemed appropriate, giving the individual or institution written notice of its decision and its reasons.

10.1.5.5. The Appeals Committee shall stay the penalty imposed by the Commissioner pending the decision. No public announcement of the penalty shall be made until the individual or institution fails to give notice of the desire to appeal within the time period specified in 10.1.5.3.

10.1.5.6. Whenever a penalty of suspension is imposed at or near the end of a season of competition, the penalty may be carried over into the next season of competition.

10.1.5.7. Definition of terms used in this bylaw.

- a) Suspension in the case of a player means that the player cannot participate in the designated number of contests but may practice.
- b) In the case of a coach, suspension means that the coach cannot be present in the playing arena for the designated number of contests but may conduct practice sessions.