

## MEN'S AND WOMEN'S CROSS COUNTRY

1. The NJCAA Code of Conduct (Article XX) and the NJCAA Sportsmanship Policy (Article XVIII) will apply to all MCCAAs Contests.
2. Statistics
  - A. Statistics for **ALL** meets run one week prior to the MCCAAs Championship must be entered and up to date on the NJCAA website (or website designated by the NJCAA) for players to be eligible for MCCAAs Post-Season awards.
    1. Statistics must be up to date for **ALL** players not just players nominated for awards.
    2. It is the job of each Athletic Director with the assistance of the Cross Country sport director to ensure statistics are kept up to date through out the year.
3. Lightning Policy
  - A. At the first visible sign of lightning all play shall be suspended.
  - B. While play is suspended for lightning both team shall leave the playing area and seek safe shelter.
  - C. Play shall be resumed thirty (30) minutes after the last visible lightning flash and associated thunder clap. The thirty (30) minute clock shall reset on each flash of lightning and associated thunder clap. Game management and officials shall order the resumption of play.
  - D. It is strongly recommended that all schools have a lightning detector at the field.
4. Regular Season
  - A. All meets are to follow NCAA Rules except as modified by the Association.
  - B. A forfeit will be declared, unless notified of emergency, if contracted team(s) fail to arrive within 15 minutes of the time the meet is to begin according to dated contract. (Emergency phone number, if different from school number, is to be included on meet confirmations.)
  - C. Schedules
    1. All schedules shall be completed at the Association Meet for the succeeding year.

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2. All teams must complete a minimum of three designated MCCAAs qualification meets to be eligible for the MCCAAs Championship meet. At least one other MCCAAs member school must be represented in the competitive field your team runs in. By competing in those three meets a team will complete their MCCAAs schedule. The MCCAAs schedule shall be distributed by the sport chairperson at the MCCAAs meeting.

**D. Course Markings**

1. The course shall be marked in accordance with the NCAA Rules. Also, distance markers should be placed at every mile. Course profiles (maps) to be made available to visiting team a minimum of one day prior to the meet.
2. The host school will be responsible for having the course appropriately marked at least one hour prior to the contracted starting time of said meet.
3. Scoring
  - a. In dual meets unlimited contestants may enter from each school, but a maximum of seven (7) shall enter into the scoring.

**4. MCCAAs Championships**

- A. The MCCAAs Championship race(s) shall be the same distance as the NJCAA and shall run two (2) weeks prior to the NJCAA Championship. Four or more team must compete.
- B. "No more than 12 contestants from each school shall be allowed to participate in the Association meet unless the host school feels that it can handle more than 12 runners per school." Only the first seven runners from each college figure in the scoring according to NCAA rules. Five competitors must finish to provide a team score. "Deadhead" scoring will be used to determine team rank for all partial teams after all team finishing with five runners have been ranked.
- C. In even numbered years the women's race will go first with the men's race beginning 40 minutes later. In odd years the order will be reversed.
- D. The top 10 finishers in the race will be declared "ALL-MCCAAs" if six teams compete. If less than six team compete, only the top six will be declared "ALL-MCCAAs".
- E. A "Coach-of-the-Year" will be elected each year with such election conducted by the sport chairperson.

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- C. Each member school shall submit to the MCCA Publicity Director the following information by the indicated deadlines.
  - C. By August 1<sup>st</sup> a schedule must be on file.
  - B A roster must be on file one week prior to the first meet with the following information: Men: Name, Height, Weight, Year, Hometown, High School. Women: Name, Height, Year, Hometown High School
  - C. A digital picture must be sent as soon as possible after the season starts.