

NCC SPORT REGULATIONS, ARTICLE 27**MEN'S & WOMEN'S CROSS COUNTRY**

(New provisions for 2007-2008 in **bold**)

27.1 PARTICIPATION REQUIREMENT

- (a) Men's and women's cross country are official sports of the North Central Conference, and all member institutions that sponsor a men's and/or women's cross country team shall participate for the NCC Conference Championship(s) unless excused by official Conference action.

27.2 SCHEDULE

- (a) Regular season competition among Conference members is encouraged but not required.
- (b) The NCC Cross Country Championships shall be scheduled two (2) weeks prior to the NCAA Division II Regional Cross Country Championships.

27.3 POST-SEASON COMPETITION

- (a) Member institutions may enter individuals or complete teams in the NCAA Division II Cross Country Championships.

27.4 NCC CROSS COUNTRY CHAMPIONSHIPS

- (a) Selection of the host institution for the NCC Cross Country Championships will be based on a north-south rotation. The institutions in the north shall be UND, UMD and SCSU. Institutions in the South shall be UNO, USD, AC and MSU.

The 2007 NCC Cross Country Championships will be hosted by UMD on Saturday, October 20, 2007.

- (b) NCC member institutions may host the NCC Cross Country Championships outside of their local communities in order to secure the proper facilities
- (c) The distance run in the NCC Cross Country Championships shall be 8,000 meters for the men and 6,000 meters for the women.
- (d) The NCC Cross Country Championships shall follow the men's/women's order of running at the NCAA Division II Championships. The starting times shall be determined by the meet director.
- (e) The cross country coach of the host institution shall act as the meet director for the NCC Cross Country Championships.
- (f) Rule 3, Section 2 – cross country running of the NCAA Track and Field Guide, shall be followed in conducting the NCC Cross Country Championships.

- (g) The competition course for the NCC Cross Country Championships shall be set up by the afternoon prior to the Championships for participants to have an opportunity for a practice run.
- (h) The meet director shall appoint three (3) individuals [one (1) Conference women's coach and one (1) Conference men's coach plus one (1) other Conference coach] to serve with the meet director as the Jury of Appeals for the meet.

27.5 ENTRIES

- (a) Entries for the NCC Cross Country Championships shall be filed with the meet director by 12:00 noon on the Tuesday prior to the date of the meet. Declarations will be held on Friday.
- (b) A scratch meeting of coaches shall be held by the meet director on the evening preceding the NCC Cross Country Championships and all entries must be confirmed at this time. Any individual or team not properly confirmed at this time will be scratched from the meet. The position for each institution on the starting line will be drawn by lot at the scratch meeting.
- (c) A team (men's or women's) shall consist of no more than twelve (12) student-athletes in uniform and able to compete in the NCC Cross Country Championships.

27.6 OFFICIALS

- (a) The officials for the NCC Cross Country Championships shall be selected by the meet director.

27.7 FACILITIES

- (a) The facilities for the NCC Cross Country Championships shall be a golf course or its equivalent.

27.8 NCC CHAMPIONSHIP EXPENSES

- (a) The expenses of the NCC Cross Country Championships shall be handled as prescribed in NCC Bylaws, Article 14 – FINANCES.