

**NATIONAL CHRISTIAN COLLEGE ATHLETIC ASSOCIATION**



**Men's & Women's Cross Country**

**Division I**

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## Division I Men's & Women's Cross Country

### I. ELIGIBILITY

- A. Each team must be from a participating member college in good standing with the NCCAA and have an eligibility list (see Eligibility Section) filed with the **Director of Membership and Compliance** before the first meet. Only seven members per team shall be allowed to compete in the National Championship.
- B. All NCCAA member institutions must send to the National Office a completed Declaration of Intent to Participate form by September 15 for all varsity sports (see Forms & Procedures section).

### II. CHAMPIONSHIP INFORMATION

- A. It shall be the responsibility of the host institution to communicate National Championship information via email and website by October 15. The following must be included:
  - 1. Release forms
  - 2. Lodging information
  - 3. Restaurant facilities
  - 4. Dressing facilities
  - 5. Transportation information
  - 6. Course map
- B. Each coach must secure an information packet at the coaches' meeting (time and place to be determined by the host institution). Final scratches must be made at this time.
  - 1. The women's race shall be 5,000 meters in length and shall start at 10:00 A.M.
  - 2. The men's race shall be 8,000 meters in length and shall start at 11:00 A.M.
  - 3. Times shall be called at designated meter marks.
  - 4. It is the responsibility of the host institution to devise the most accurate scoring procedure possible. All coaches must be informed in advance of the method to be used.
  - 5. A one-command start shall be used, followed by the firing of the gun.

### III. RULES FOR THE CHAMPIONSHIP

Any individual runner who runs a time during the season that is equal to or faster than the qualifying individual time shall be eligible to compete in the current year's National Meet. Any team who runs a team time equal to or faster than the qualifying team time, shall be eligible to compete in the current year's National Meet. Any team that has three or four individuals hit the individual qualifying mark (but not the team time mark) can choose to participate as a team.

#### Men's Qualifying Numbers

Individual- 29:21

Team Time- 147:58

#### Women's Qualifying Numbers (6k equivalents)

Individual- 21:21 (25:54)

Team Time- 119:50 (145:22)

All schools are required to report their best team or individual times of the season to the NCCAA National Statistician at [stats@thenccaa.org](mailto:stats@thenccaa.org) within 24 hours of the race. Each school shall record its total team time (top five runners) as well as its top three individuals times (only if the times are lower than previously recorded). The National Statistician shall send out a spread sheet to use. Times shall be calculated using 5K for women and 8K for men (no conversions are accepted for this chart). The stats shall be recorded in the stats section under NCCAA DI Cross Country.

### IV. AWARDS

- A. Men's and Women's awards shall be presented as follows (see Awards Section):
  - 1. Team championship banner for first place.
  - 2. Team plaque for second, third and fourth places.

3. Coach of the Year plaque to the coach of the winning team.
4. All-American plaques to the top 15 individuals.
5. Duplicate All-American certificates to the top 15 runners.

B. The Wheeler Cross Country Award for Men and The Ray Bullock Cross Country Award for Women  
These awards were established in order to enhance excellence in Christian cross country competition and to perpetuate the Christian philosophy and faith as exemplified through Christ-like cross country participation in NCCAA member institutions. See [Appendix A](#) for procedures and nomination form **due November 1 to the National Cross Country Chair.**

C. Scholar Team Award

The Scholar Team Award shall be awarded to those teams who meet the following criteria:

1. List all players who used a year of eligibility in the sport during the current fall season.
2. Use current term GPA for each player. (See Scholar Team Criteria in the Forms and Procedures Section.)
3. Add the GPA's of all athletes in the sport and divide by the number of athletes included.
4. Must have a minimum team GPA of 3.4 (based on a 4.0 scale). **Do not round up to 3.4 or 3.40**
5. The nomination form must be used (see Forms & Procedures Section) and must be signed by the institutional Registrar, Athletics Director and coach. Due date is January 31 for all Fall Sports and must be sent to the NCCAA National Office.

D. Combined Team Award

Each men's team score is added to the women's team score. The team with the lowest combined score between the two teams is the Combined Team Champion. The recipient shall be recognized at the National Cross Country Championship. A certificate shall be given.

## V. SELECTION OF SCHOLAR-ATHLETE

All forms must be sent to the National Chair one week prior to the National Championship (see Forms and Procedures section of the Handbook).

Eligibility:

1. Grade point average shall be a minimum of 3.40.
2. The student-athlete must be in at least his/her junior year of attendance.
3. The applicant must be making normal progress toward a degree.
4. If the applicant has transferred, he/she must have one semester completed at the nominating institution and a 3.40 GPA from each institution attended.
5. Selection/approval of nominees shall be the responsibility of a committee appointed by the National Cross Country Chair.

## VI. SCORING

- A. Only those teams with five runners finishing shall have a team score recorded. 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 least number of points shall be declared the winner.
- B. Although the sixth and seventh runners of a team 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. If less than five finish, the places of all members of that team shall be disregarded.

## VII. PUBLICITY

The host institution is responsible for the acquisition and release of local, regional and national publicity. It shall be responsible for submitting the results to the National Office the Monday following the National Championship.

## VIII. EXPENSES

Each institution entering the National Championship shall cover its own expenses. Reimbursement shall be made for travel as money is available.

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## **IX. ENTRIES AND FEES**

- A. Entry fees shall be determined at the coaches' meeting for the following year.
- B. Entries shall be submitted by Monday prior to the National Championship.
- C. Any late entries shall require a payment of a \$50 penalty in addition to the entry fee in order to be eligible to compete.
- D. If a student-athlete shows up at the championship without proper entry, he/she shall be permitted to run only if:
  - 1. His/her eligibility can be confirmed by his/her Athletics Director prior to the championship.
  - 2. The \$50 late entry fee is paid.

## **X. OFFICIALS**

- A. The host institution shall be responsible for securing all National Championship officials. A suggested staff is: Championship Director, referee, clerk of the course, judges, starter, course inspectors, timers, scorers, chute controllers and announcer.
- B. The host institution may deem any other necessary officials.
- C. In the event of a protest, the meet director, as the primary contact person, shall convene with the starter and finish judge to evaluate circumstances and determine the appropriate outcome. In the event of a conflict of interest, the National Sports Chair, followed by the National Vice-Chair, shall assume the necessary role on the committee.

## **XI. STARTING POSITION**

Each institution's position at the starting shall be drawn by lot and announced at the coaches' meeting.

## **XII. APPROVED COURSE**

- A. Other championship meets (NAIA, NCAA, large invitational, etc.) must have been contested on the same course (same distance) prior to bidding for the National Championship.
- B. The course must be wide enough to provide safety for the runners, and it must have a long straight away at the start as well as at the finish.
- C. The course should have a minimum amount of paved surfaces.
- D. The host institution must have verifiable traffic control for all public roads.

## **XIII. LODGING AND CENTRAL MEETING FACILITIES**

The host institution shall ensure proper lodging facilities (motels) as well as a central meeting location for the coaches and the student-athletes.

## **XIV. EXPENSES OF THE CHAMPIONSHIP**

The expenses of the championship shall be the responsibility of the host.

## **XV. ALL-AMERICAN BANQUET**

- A. The host institution must provide a banquet for this occasion.
- B. Any profit derived from the banquet should be used for expenses under Section XIV.A.

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## **XVI. OFFICIAL RULEBOOK**

Official National Collegiate Athletic Association (NCAA) Track and Field/Cross Country Rules with NAIA-Cross Country Coaches Association approved modifications. To obtain rules, contact: NCAA, P.O. Box 6222, Indianapolis, IN 46206-6222.

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## **Appendix A Cross Country Awards Wheeler and Bullock Awards Division I**

Due **November 1** to DI National Cross Country Chair

### **I. SPONSORSHIP**

The Wheeler Cross Country Award, for men, is sponsored by John and Jody Wheeler who have been involved in athletic activities of Christian high schools and colleges for many years. The Wheelers continue to actively participate in the area of athletics and wish to promote athletics in Christian colleges. They have chosen to do this by a special individual award for excellence as outlined below.

The Ray Bullock Cross Country Award, for women, was named in honor of Dr. Ray Bullock, who for many years has dedicated himself to the development of cross country as a sport in general, but as a ministry within the NCCAA. He has impacted the lives of countless student-athletes and coaches through his efforts.

### **II. PURPOSE OF THE AWARDS**

These awards were established in order to enhance excellence in Christian cross country competition and to perpetuate the Christian philosophy and faith as exemplified through Christ-like cross country participation in NCCAA member institutions.

### **III. SELECTION PROCEDURE AND COMMITTEE**

- A. Candidates must be nominated by their coach on the Cross Country Award Nomination Form which is to be mailed with national entry materials. Completed forms must be submitted to the National Cross Country Chair by **November 1**.
- B. Final selection of the recipients will be made by a selection committee appointed by the National Cross Country Chair. This committee shall also serve to select Scholar-Athlete Awards and the Scholar-Team Award.
- C. Presentation of the awards will be made at the National Cross Country Championship during the awards banquet by the donor, when possible, or the National Cross Country Chair.

### **IV. RECIPIENT QUALIFICATIONS**

Recipients of these awards must each:

- 1. Be a team member of a Christian institution recognized by the NCCAA.
- 2. Possess a vital Christian testimony on and off the course.
- 3. Exhibit outstanding leadership qualities, including Christian service activities.
- 4. Be highly skilled in Cross Country.
- 5. Be a junior or senior student in good academic standing.

### **V. PLAQUE**

- A. A plaque descriptive of the honor shall be awarded to each recipient.
- B. A similar plaque shall be awarded each recipient's institution.

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**Appendix A, page 2**  
**The Wheeler (Men) & Bullock (Women) Cross Country I Award Nomination Form**

Nominee \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_ Year \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Institution \_\_\_\_\_ Coach \_\_\_\_\_

Christian Character and Service (comment regarding involvement, witness, influence, etc.)

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Summary of Student-Athlete's Career (include races and times)

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Athletic Honors Received (institutional, All-Conference, All-Regional, All-American, etc.)

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Performances in Previous NCCAA National Meets

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Leadership (comment as to the student-athlete's contribution to the team's success)

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Academic Major \_\_\_\_\_ GPA \_\_\_\_\_

Academic Honors \_\_\_\_\_

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**Appendix A, page 3  
Cross Country I Awards**

Additional Comments

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Certification of Nomination Data

Coach \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*

Athletics Director \_\_\_\_\_ Date \_\_\_\_\_  
*Signature*

*Nomination form must be postmarked by **November 1** to Cross Country National Chair*