

# **CROSS COUNTRY REGULATIONS**

**(Updated December 2009)**

## DAKOTA ATHLETIC CONFERENCE CROSS COUNTRY REGULATIONS

### Section 1. Participation Requirement.

- (a) Cross Country is an optional sport of the Conference, however all member institutions are encouraged to field teams and participate for the Championship.

### Section 2. Conduct of Participants.

- (a) The highest standards of sportsmanship and conduct are expected of players, coaches, and others associated with the game.
- (b) It is the duty of the coach to be in control of his players at all times in order to prevent any unsportsmanlike act towards opponents, officials, or spectators.
- (c) Coaches are expected to comply wholeheartedly with the intent and spirit of the rules.

### Section 3. Letters of Intent and Recruitment.

- (a) All incoming student athletes receiving aid as defined by the NAIA shall be required to sign the Dakota Athletic Conference Letter of Intent. Student athletes may be released from a Letter of Intent only by the institution's Athletic Director. A copy of the signed Letter of Intent shall be forwarded to the Conference Commissioner within 14 days after signing. September 1 is the first date an athlete may be signed to a letter for the next academic year.
- (b) This policy applies to all sports and to all athletes. All coaches are required to follow this policy.
- (c) A weekly list of Conference signee's will be distributed to all member Institutions.
- (d) Schools are responsible for releasing the names of their signees to the media. Schools are not to use the names or number of signees to other institutions in any publication or release to the media.
- (e) If, during the school year or summer vacation period, the Athletic Director, or Coach of a member institution is contacted or becomes aware of contact by an athlete who is enrolled or signed a letter of intent at another institution, this shall become the responsibility of the contacted (Athletic Director) to notify in writing the institution where the athlete is enrolled or signed within 10 days following the first contact.
- (f) A coach or another representative of a member institution may respond to a contact by an athlete only after the enrolled athlete's institution (Athletic Director) has been notified.
- (g) A coach or another representative of a member institution shall not initiate contact with an athlete who has enrolled or signed a letter of Intent at another institution.
- (h) Violation of any part of the recruitment policy shall cause an immediate investigation by the National Conduct and Ethics Committee for appropriate action.

### Section 4. Disciplinary Authority of the Commissioner.

- (a) The Commissioner shall have the authority to take disciplinary action, short of expulsion, against Conference members for violation of Conference or NAIA rules. Any appeal of a decision by the Commissioner shall be made to the Executive Committee of the Board of Directors.

### Section 5. Sports Committees.

- (1) There shall be a committee for each sport which the Conference sponsors. The members of the committee shall be all the head coaches in each sport. For each such committee, the members shall elect a Chair, Vice Chair and a Secretary. Each officer shall be limited to two years in one position. After two years the Chair Elect Vice Chair will move up to the Chair position and the Secretary will move up to the Vice Chair and the Committee shall select a new Secretary. Effective fall of 2005. The Chairperson has the authority to call meetings providing two weeks notice is given. Notice of

the meeting shall be given to the Athletic Director in charge of the sports portfolio and the Commissioner. Each Athletic Director will be assigned a sports portfolio and will serve as the liaison between the sports committee and the Athletic Director's Council. The Chair or his designee may appear before the Athletic Director's Council to present the views of the committee on matters related to their sport and to make recommendations for change. The Secretary is charged with the responsibility of preparing and distributing the minutes of all meetings. Copies are to be sent to all committee members, the Athletic Director in charge of that portfolio and the Commissioner.

#### Section 6. Schedule.

- (a) Regular season competition among Conference members is encouraged but not required.
- (b) The DAC championship meet will rotate sites in the following order: SD Mines, Jamestown, Black Hills State, Minot State, Dickinson State, Dakota State, Valley City State and Mayville State.

#### Section 7. Post-Season Competition.

- (a) Member institutions may participate in post-season competition approved by the Region III and NAIA.

#### Section 8. Practice.

- (a) Practice is defined in the NAIA Bylaws in Article I, Section E6 as an activity organized and/or directed by an identified member of the coaching staff of that sport in which appropriate equipment is used or instruction and/or evaluation of the athlete takes place.
- (b) The starting IN-SEASON PRACTICE date for all fall sports will be the date established by the Council of Athletic Directors. The starting IN-SEASON PRACTICE date for all winter sports is October 1. The starting IN-SEASON PRACTICE date for all spring sports is February 1.
- (c) IN-SEASON PRACTICE and competition for all sports shall end on the last date of the NAIA competition for each sport.
- (d) Baseball and Softball will be allowed 25 out-of-season practices days. All other sports will be allowed 10 OUT-OF-SEASON PRACTICE DAYS. The term in which each sport may conduct out of season practices follows: (no scrimmage or games will be allowed)

##### FALL

Baseball  
Softball  
Tennis  
Track & Field (Indoor & Outdoor)

##### SPRING

Football  
Volleyball  
Soccer  
Golf

##### SPRING OR FALL

Basketball  
Wrestling

#### Section 9. DAC Cross-Country Championship Meet.

- (a) The current NCAA Rule Book will be used unless an exception is stated in this manual.
- (b) The suggested starting time for the women's race is 11:00 A.M. with the men starting 45 minutes later.
- (c) The distance run in the DAC Cross-Country Championship Meet shall be the same as the NAIA Cross-Country Championships.
- (d) The course should be marked clearly and a lead vehicle should be provided when the site will permit. A visible mile marker will be provided for the men's and women's race.
- (e) The Cross-Country coach of the host institution shall act as the Meet Director or appoint the Meet Director.
- (f) The athlete's meet top may be any school issue, but must have school identification. Any color of tights and tights shorts/pants combination may be worn. Undershirts are not a part of the uniform, and when worn need not match, nor must all team members wear one.
- (g) The officials for the DAC Cross-Country Meet shall be selected by the Meet Director.

- (h) DAC Cross Country Championships will be held two weeks prior to the NAIA National Championship.
- (i) Host school for DAC Cross Country, Indoor and Outdoor Track & Field must send out meet information (entry information, schedule, instructions, maps, Motel/restaurant information) at least 30 days prior to the championship.
- (j) A coaches meeting shall be held at least two hours prior to the first race to review entries and race procedures.

#### Section 10. Entries.

- (a) Entries for the DAC Cross-Country Championship Meet shall be filed with the Meet Director two days prior to the meet by 4:00 P.M. host time.
- (b) Each school may enter twelve (12) athletes. The first seven (7) runners to finish will make-up the team of that school, and the first five (5) will be used for the team score.

#### Section 11. Awards.

- (a) Individual and team awards shall be given only when at least one-half or more of the Conference institutions participate in a sport.
- (b) The first 15 places will receive DAC medals and will be designated as All-Conference.
- (c) The Conference coaches shall select the following individual awards at the end of the season. Each selection will receive a DAC-10 recognition plaque.
  1. Most Valuable Senior - Determined by vote of coaches using procedure in section (e)
  2. Most Valuable Athlete - Individual winner of each race will receive this award
  3. Coach of the Year - Determined by vote of coaches – one vote per one coach
- (d) Athletes with high academic achievement are honored at the end of each term as DAC-10 ACADEMIC HONOR SCHOLARS. Individual certificates are awarded to each athlete that qualifies. (See Appendix G in the DAC-10 manual for the qualification policy for this award.)
- (e) Selection Policy on DAC Most Valuable Graduating Senior Award
  1. The athlete should have contributed greatly to the success of his or her own team and served as a role model for other squad members.
  2. The Sports Chair of each sport is responsible for conducting the selection process.
  3. Only one athlete is to be selected for each award.
  4. Each school should be given the opportunity to nominate an athlete for each award. The most valuable graduating senior athlete must be in his or her final year of eligibility.
  5. All Coaches should be given the opportunity to vote by ranking all those nominated in order of preference. The points for each athlete nominated will then be calculated by using the following method:

#1 rank	10 points
#2 rank	9 points
#3 rank	8 points
#4 rank	7 points
#5 rank	6 points
#6 rank	5 points
#7 rank	4 points
#8 rank	3 points
#9 rank	2 points
#10 rank	1 point

Total the points from all ballots to determine the Most Valuable Graduating Senior

- (f) DAC "Cross Country Runner of the Week" will be awarded to one male and one female each week beginning with the Monday after the first competition of the season. Nominees will be sent to the designated coach each week on Monday.

Designated coach will select the recipients and forward the information (name, year, school, hometown, performance) to the DAC Sports Information Director.

- (g) DAC Freshman of the Year Award for men and women Cross Country will be recognized with a certificate. The award will go to the highest finishing female and male athlete in the DAC Championship.

Section 12. Trainer and Training Room Services.

- (a) Each institution shall provide its own athletic trainer services, and the training room facilities of host institutions shall be made available to visiting teams for all contests.

Section 13. Conveying Information to Non-Conference Opponents.

- (a) Staff of member institutions shall not provide or exchange information in any form with representatives of non-conference opponents if such information could be used for scouting purposes or in some other way to the disadvantage of any member institution's athletic teams.

Section 14. Pregame Information.

- (a) It is the responsibility of the Athletic Director or designee of the director at the host institution to provide information to the coach of the visiting team regarding access to the facilities, dressing room accommodations, starting time, officials assigned, and any special arrangements such as pregame or half-time ceremonies or other information important to the planning of the visiting team. This information shall be made available on arrival of the visiting team.

Section 15. Conference Publicity and Statistics.

- (a) The Conference shall maintain a Conference Sports Information Director and all releases regarding official business of the Conference shall be released at the direction of the Commissioner. For each Intra Conference contest, host institutions shall have the responsibility to file statistical reports; for each contest with non-conference opponents, the member institution shall file the reports. All reports shall be filed immediately following each contest.

Section 16. DAC-10 Policy on Delaying, Postponing and Rescheduling Contests.

- (a) Delay or Termination of Conference Events. The Dakota Athletic Conference recognizes four legitimate causes for delay or termination of a contest:
1. Obstruction of any type that cannot be removed from the playing facility.
  2. Failure of electrical power or other services necessary to continue a contest.
  3. Weather conditions that make it impossible to play or continue to play.
  4. Misconduct, by any persons, that jeopardizes the safety of persons playing or spectating. If the apparent cause is 1, 2 or 3 above, the referee or chief official shall determine when a contest is to be delayed, terminated, or resumed. For cause 4, the Athletic Director of the host institution, or the director's appointed representative, shall determine whether the contest is to be delayed, terminated, or resumed. Whenever a contest is delayed or terminated, a written report to the Commissioner explaining the circumstances shall be filed by the host Athletic Director immediately after the event. Rescheduling, if appropriate, shall be accomplished as soon as possible by the Athletic Director's of the involved institutions and the Commissioner
- (b) Weather Postponements. The Athletic Director of the traveling institution is to determine if weather and/or road conditions require a postponement of a scheduled contest. Rescheduling, if appropriate, shall be accomplished as soon as possible by the Athletic Directors of the involved institutions and the Commissioner.
- (c) When rescheduling a meet, the following order is recommended:
1. Following day at the schedule site.
  2. Moved to the closest possible site that will accept the event to be held on the day following the scheduled meet.
  3. Reschedule the meet two (2) days following the scheduled date at the original site.
  4. Meet is canceled if the above options are not acceptable.

Section 17. Unattached Athletes.

There are 7 criteria that MUST be met for a student to be considered “unattached”. If the student(s) meets criteria then they will not be charged a season of competition and the institution does not run the risk of allowing a possibly ineligible student to compete. The 7 criteria are as follows:

1. A coach or representative of the athletic department cannot enter the student(s) in the event;
2. The institution or its representative cannot provide transportation to the event, from the event, or at the event;
3. The institution or its representative cannot provide meals or housing to the student(s) with regard to the event;
4. The student(s) cannot wear an institutional uniform nor use the institution’s name in the event;
5. Student(s) competing “unattached” are not covered by institutional athletic insurance;
6. Student(s) must be made aware of the restriction of no athletic insurance;
7. The competition and participation must conform to NAIA amateur status regulations.

#### Section 18. Alcohol and Tobacco Products.

The use of alcohol, tobacco or tobacco products is not permitted by participants, coaches, cheerleaders, trainers, game administrators, or officials in the playing areas during DAC or NAIA competition and practices for such competition. The coaching staff and the Athletic Director shall enforce this policy during practice sessions. The game administrator and/or the Umpire shall enforce this policy during competition. Enforcement of this policy shall follow the following steps: On the first offense, the individual(s) and team shall receive an official warning. A second offense will cause expulsion from practice or game.