Men’s & Women’s CROSS COUNTRY

SECTION A Regular Season Structure and Procedures
1. NJCAA Eligibility rules will govern all college and individual participants, except where superseded by Region XIX rules. In all cases, determination of eligibility will be under the jurisdiction of the Region XIX Director of Compliance / Standards & Ethics Chair.
2. NCAA rules will apply, unless superseded by operating code.
3. There is no formal scheduling protocol for Region XIX Cross Country teams.
4. Team Travel - If a visiting school arrives late (defined as after 30 minutes prior to a contracted start time) to an away contest, but has notified the host institution (through confirmed phone conversation or text message with the host administrator) the team will receive a 25 minute period of time once the team, in its entirety, enters the building/playing venue and meets with the on-site event administrator. In addition, teams that are traveling should adhere to the NJCAA tournament guidelines for dress code.
5. Any College fielding a Club Team must follow all NJCAA, NCAA and Region XIX regulations, including; filing an NJCAA Club Form, pay Region dues, report game results to the Region XIX website, adhere to uniform rules, follow ejection policies for coaches and players as well as reporting these ejections, follow home game supervision requirements and use game officials under contract with Region XIX.

SECTION B Officials
1. There is no central assignor for officials in Cross Country
2. For the Regional Championship meet, Officials are selected by the host college
3. The following officials are required for the Region XIX championship meet:
   - Starter
   - Clerk of Course
   - Official Scorer
   - Referee
4. In addition, an adequate number of timers, recorders and course marshals are required to ensure the accuracy of the meet.

SECTION C Reporting of Scores / Card Accumulations
1. Results of the championship meet should be reported to the Region XIX website.
SECTION D  Regional Tournament Format
1. The Region XIX Cross Country Championships may be held the week before the District meet and/or two weeks prior to the NJCAA Championship.
2. The meet will be conducted regardless of weather conditions and at a time determined by the host college.
3. A coaches meeting will be held one hour prior to the start of the race
4. The women’s race will be run first on even numbered years
5. The men’s race will be run first on odd numbered years
6. The men’s distance will be five miles or the metric equivalent
7. The women’s distance will be 5000 meters

SECTION E  Regional Tournament Qualification
1. There is no formal qualification process for the Region XIX Cross Country championships.

SECTION F  Regional Tournament Seeding
1. Unlimited entries will be accepted, however, a maximum of twelve (12) runners per college will be permitted to enter the race.

SECTION G  Regional Tournament Entry Fees
1. There is no entry fee for the Cross Country Region XIX Championship, however teams in the championship may split the cost if rental of a non-college owned venue is required.

SECTION H  Regional Tournament Logistics
1. The college must have five (5) runners finish in order to qualify for the team trophy. However individual entries are encouraged.
2. The first five (5) runners of each team will count towards the team championships. In case of a tie the NCAA rules will apply to both men and women.
3. The displacement methods of scoring will be used for team’s 6th and 7th place finishers.
4. Individual entrants and less than five (5) finishing per college will be not be scored in the team championships.
5. Factors considered by the championship events committee when awarding a bid to a member college:
   o A course that has a variety of terrain
   o A course that can handle a large number of participants
   o A course where runners will not be in danger of automobile traffic
SECTION I  Regional Tournament Awards
1. The Regional Office will order the appropriate tournament awards. The awards will be shipped/delivered to the host institution.
2. Team awards will be given according to the following formula regardless of division, based on the number of full teams competing:
   - 1 to 3 teams competing = one award
   - Over 4 teams competing = two awards
3. Individual medals will be awarded to the top seven (7) finishers

SECTION J  Regular Season Awards / All-Region Team
1. The coaches of the teams winning the Region XIX cross country championship(s) will be named Region XIX Coach of the Year.
2. All-Region certificates designated “First Team” will be awarded to the first seven (7) finishers

SECTION K  Code of Conduct
1. All members of teams including players, coaches, trainers, scorekeepers, and spectators will follow the Code of Conduct enforced by the National Junior College Athletic Association throughout all games.
2. The dress code for each meet will be determined at the meet based on the majority vote of participating coaches or the meet director.

SECTION L  NJCAA / Region XIX Ejection Policy
1. If a coach is ejected from a Region XIX contest and there is no college approved representative designated by the Athletic Director present, then the game is terminated and forfeited at that point. Also the coach must sit the next scheduled contest. If the ejection occurs in the last game of the season the ejection will carry into the following year.
2. An athlete ejected from any Region XIX contest for any reason must sit the next game. If the ejection occurs in the last game of the season and/or playoff game the suspension will carry into the following season of eligibility used in this sport.
3. Any player ejected for fighting or violent act, will sit the next two (2) contests. If the ejection occurs in the last game of the season and/or playoff game the suspension will carry into the following season of eligibility used in this sport. A second ejection for fighting in a season will result in that player suspended from competition in that sport for the remainder of the season. Reminder: NJCAA and NCAA rules may allow for more severe penalties. Region XIX will impose the most severe penalty allowable.
4. Any player ejected for threatening an official or bumping, grabbing or assaulting an official will be suspended for a minimum of six (6) games. Return to play will be determined by the Standards & Ethics Committee. If the ejection occurs in the last game of the season and/or playoff game the suspension will carry into the following season of eligibility used in that respective sport.
5. In the event of any ejection, an ejection report must be filed with the Region Director. The AD's of both colleges should file the appropriate NJCAA ejection form to the Region Director.
6. Personnel and athletes suspended under the NJCAA rules shall not be allowed in the facility/gym/field complex before or during the contest and may not coach or participate before the game, during play or at halftime. Suspended coaches may travel with the team, but only to drive a van, they are not allowed in the venue. Suspended athletes may not travel with the team while serving a suspension.

SECTION M  Health and Safety
1. In regard to an open wound, under circumstances when constant or profuse bleeding occurs, the participant shall be immediately removed from that contest by the coach or official and cannot return until the bleeding has stopped.
2. The use of all tobacco products by any coach, player, official, or other individual involved in the conducting of any NJCAA sanctioned or sponsored regular season or post season play is prohibited within the confines of the playing area. Any individual not in compliance shall be disqualified from further participation in that contest.
3. Visiting teams utilizing home team training services must provide athletic tape and other sports medicine related items.

SECTION N  Region XIX Divisional Breakdown

Men's Cross Country Division I (4)
- Essex
- Lackawanna
- Harcum
- Del Tech Stanton

Women's Cross Country Division I (5)
- Essex
- Mercer
- Lackawanna
- Harcum
- Del Tech Stanton

Men's Cross Country Division III (14)
- Bergen
- Brookdale
- Cumberland
- Rowan College @ Gloucester County
- Middlesex
- Ocean
- Stevens
Region XIX Sports Code CROSS COUNTRY

- Williamson
- Luzerne
- Camden
- CC Philadelphia
- Harrisburg
- Union
- Valley Forge Military College

**Women’s Cross Country Division III (14)**
- Bergen
- Brookdale
- Cumberland
- Rowan College @ Gloucester County
- Middlesex
- Ocean
- Camden
- Luzerne
- Johnson College
- CC Philadelphia
- Harrisburg
- Union
- Valley Forge Military College
- Stevens

**Updated:**
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- 6/20/2016 (TT)
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