



## 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 NJCAA Eligibility rules will govern all college and individual participants, except where superseded by Region XIX rules.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 NCAA rules will apply, unless superseded by operating code.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. 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:
  - o Starter
  - o Clerk of Course
  - o Official Scorer
  - o Referee
4. In addition, an adequate number of timers, recorders and course inspectors and people to work the chute are necessary.

### **SECTION C Reporting of Scores / Card Accumulations**

1. Results 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. The fee shall be determined by dividing the expenses by the number of participants entered.

**SECTION H Regional Tournament Logistics**

1. The college must have five (5) runners finish 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 6<sup>th</sup> and 7<sup>th</sup> 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 have the appropriate tournament awards shipped to the host institution. The host institution will receive an invoice from the Regional Director for the awards.
2. Team awards will be given according to the following formula regardless of division:
  - o 1 to 3 teams competing = one award
  - o 4 to 7 teams competing = two awards
  - o Over 8 teams competing = three awards
3. Individual medals will be awarded to the top seven (7) finishers

**SECTION J Regular Season Awards / All-Region Team**

1. The coach of the team winning the Region XIX cross country championship will be named Region XIX Coach of the Year in Division III. Division I does not name a 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.

**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. 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.
5. 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 (2)**

- ✓ Essex
- ✓ Lackawanna

**Women's Cross Country Division I (3)**

- ✓ Essex
- ✓ Mercer
- ✓ Lackawanna

**Men's Cross Country Division III (8)**

- ✓ Bergen
- ✓ Brookdale
- ✓ Cumberland
- ✓ Gloucester
- ✓ Middlesex
- ✓ Ocean
- ✓ Stevens
- ✓ Williamson

**Women's Cross Country Division III (6)**

- ✓ Bergen
- ✓ Brookdale
- ✓ Cumberland
- ✓ Gloucester
- ✓ Middlesex
- ✓ Ocean

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