

Regulation 5

MEN'S AND WOMEN'S CROSS COUNTRY

5.1 General Rules. Cross country Conference competition shall be conducted in accordance with the rules of the NCAA, the Mountain West Handbook and the Mountain West Cross Country Championships Handbook.

5.2 Championship Determination. The team and individual Conference champions in men's and women's cross country shall be determined at a Conference championship meet.

5.3 Conference Schedule. There shall be no required regular-season Conference schedule in the sport of cross country.

5.4 Cross Country Conference Championships.

5.4.1 Date and Site. The Mountain West Cross Country Championships shall be conducted the Friday two weeks prior to the NCAA regional meets. Host institutions are allowed to change the date to the Friday before the originally scheduled date, should there be a conflict with a home football contest. *(Revised April 2010, January 2013)*

5.4.2 Championships Site. The Mountain West Cross Country Championships shall be conducted either at a golf course, a permanently dedicated cross country course, or a course that is run on a regular basis at a high level of competition. The site shall rotate among member institutions with facilities of sufficient quality to host the Conference championships as outlined in the Men's and Women's Cross Country Hosting Guidelines. *(Revised January 2013)*

5.4.3 Minimum Number of Participants. Member institutions that sponsor the sport of cross country shall take a minimum of five participants to the Conference Cross Country Championships. Institutions that do not meet the minimum number of participants requirement shall be assessed a fine of \$5,000 plus the costs associated with the team traveling to the Championships site. The Conference office shall determine the cost of traveling to the Championships site. If failure of the member institution to bring

the minimum number of participants to the Conference Cross Country Championships results in a loss to the host institution, the fine shall be used to cover the expenses incurred by the host institution. If failure to bring the minimum number of participants to the Conference Cross Country Championships does not result in a loss to the host institution, the fine shall be included in the Conference championships budget. Waivers of the minimum number of participants rule may be granted by the Commissioner.

5.4.4 Pre-Championships Meeting. A pre-championships meeting shall be held the day prior to the Championships in conjunction with final declarations. The head coaches of all participating institutions are required to attend the meeting. A head coach who fails to attend the mandatory pre-championships meeting shall have written notification sent to their director of athletics and institutional sport administrator. If a head coach provides the Conference office advanced notification of their absence at the meeting, the Commissioner (or designee) may approve of a substitute. Conference office staff and an institutional representative also shall attend the meeting. *(Adopted October 2006; Revised December 2008, May 2017)*

5.5 Playing Rules. The Conference championships shall be conducted according to the NCAA Men's and Women's Track & Field/Cross Country Rules except as modified by Conference regulations.

5.6 Squad-Size Limitations. The squad-size shall be limited for the Conference championships to a maximum of ten men and ten women for each institution. Failure to comply with the squad limitations, as stated herein, shall result in Conference sanctions.

5.7 Awards.

5.7.1 All-Conference Team. The All-Conference first team shall be the top seven finishers per gender at the Conference championships. The All-Conference second team shall be finishers 8-14 per gender at the Conference championships.

5.7.2 Individual Awards. Individual awards shall be provided to the Coach of the Year, Athlete of the Year and Freshman of the Year. The Athlete and Freshman of the Year shall be awarded to the top finisher and top freshman finisher, respectively, per gender at the Championships. For the Freshman of the Year award, a freshman shall be a

student-athlete competing in their first year (12 calendar months) after the completion of high school. The Coach of the Year shall be voted on by the coaches at the conclusion of the Championships and a coach shall not vote for himself or herself. *(Revised December 2006, January 2010)*

Only head coaches are viable coach of the year candidates. There may not be a tie for Mountain West Coach of the Year. In the event of a tie, coaches shall re-vote between the two (or more) highest vote receivers. *(Clarified August 2017)*

5.8 Voting Procedure. Each institution that sponsors both men's and women's teams shall have two votes, one each for the men's and women's programs. Institutions sponsoring either men's or women's but not both shall have one vote.

5.9 Meeting of Coaches. There shall be an annual conference call of the men's and women's cross country coaches conducted in December of each year. Participation by each head coach is mandatory. *(Revised December 2008)*