

Regulation 5

MEN'S AND WOMEN'S CROSS COUNTRY

5.1 General Rules. Men's and women's Conference cross country competition shall be conducted in accordance with the rules of the NCAA and the Bylaws and Operating Handbook of the Conference.

5.2 Championship Determination. The team and individual Conference champion 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 Championship.

5.4.1 Date and Site. The men's and women's cross country championship shall be conducted two weeks prior to the NCAA regional meet.

5.4.2 Championships Site. The Mountain West Conference cross country championships shall be conducted at either an on-campus site or a site traditionally used for cross country.

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 Championship. Institutions that do not meet the minimum number of participants requirement shall be assessed a fine of \$5,000 plus the cost associated with the team traveling to the championship site. The Conference office shall determine the cost of traveling to the championship 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 the 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-Championship Meeting. A pre-championship meeting shall be held the day of the Championship prior to 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-championship meeting shall be suspended from the next regular season contest or date of competition. In date of competition sports, the suspension may not exceed one day. Appeals should be forwarded to the appropriate designated governance group (e.g., athletics directors, senior woman administrators). Conference office staff and an institutional representative also shall be in attendance at the meeting. (Adopted October 2006, Revised December 2008)

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 cross country championships to a maximum of nine men and nine women for each institution.

5.7 Awards.

5.7.1 All-Conference Team. The All-Conference First Team shall be the top 7 finishers at the Conference championship. The All-Conference Second Team shall be finishers 8-14 at the Conference championship.

5.7.2 Individual Awards. Individual awards shall be provided to the Coach of the Year, Athlete of the Year and the Freshman of the Year. The Athlete and Freshman of the Year shall be awarded to the top finisher and top freshman finisher respectively at the championship. A freshman, for the purpose of this award, is a student-athlete competing in their 1st year 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)

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 in-person 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).