

# KIAC CROSS COUNTRY BYLAWS

AS UPDATED April 26, 2011

**Sport Chair for Cross Country:** David Baker, St. Louis College of Pharmacy

## Regular season plans

1. A conference schedule is not required of KIAC schools.
2. Rules and regulations set forth in the NAIA Cross Country Coaches Manual must be followed.
3. The Conference Meet will be held by the deadline determined by the NAIA, typically the first Saturday of November.
4. Teams without sufficient numbers to register a team score should undeclared their team in accordance with the NAIA Declaration of Intent to Participate by the deadline (at least four weeks prior to the KIAC Conference Meet) as outlined in the NAIA Official and Policy Handbook (Bylaws, Section L).

## Post Season Tournament Plans

1. All sponsoring schools with teams and individuals are eligible to participate in the KIAC Conference Meet. Teams which have undeclared or are ineligible to qualify for the NAIA National Cross Country Meet, may, at the decision of the KIAC Executive Committee, be allowed to participate in the Conference Meet for conference-only awards.
2. The KIAC Championship Meet should follow NAIA guidelines, using the NCAA Men's and Women's Track and Field/Cross Country Rule Book. In addition to all other rules, specifically course layout "shall be confined, as far as possible, to fields, woods, and grasslands. Parks, golf courses, or specially designed courses are recommended. The turf should be of a quality to promote safety and freedom from injury to the runners, keeping the following in mind:
  - a. Dangerous ascents or descents, undergrowth, deep ditches, and in general any hindrance detrimental to the competitors, must be avoided.
  - b. Narrow gaps shall be not less than 2 meters and preferably 5 meters in width for non-championship courses and not less than 10 meters in width for championship courses. Obstacles and other hindrances shall be avoided throughout the course; and any narrowing of the course must be avoided for the first 600 to 800 meters and the last 200 to 300 meters of the race.
  - c. Continuous traversing of roadways should be avoided.
  - d. The direction and path of the course shall be defined clearly for the runners.
  - e. Turns must be gradual."
3. The Sport Chair, along with any appointed Meet Director, will make arrangements to have the meet scored by HyTec timing devices. Qualification for participation in the NAIA National Cross Country Championship will be based on these scores, following the removal of any times for schools or individuals participating, but ineligible, for national competition.
4. In the event the Conference Meet cannot be held or completed, statistical ranking will be used to determine the team and individuals qualifying for the NAIA National Cross Country Championship.
5. Host of the KIAC Conference Meet will rotate alphabetically among participating institutions beginning with Brescia University in 2011. In the case a host school exercises its option to pass, it should do so prior to the NAIA deadline for submitting conference post-season tournament plans, and the next school in the alphabetical rotation would be eligible to host.

## **Statistical Reports**

1. Race reports (Appendix F in the NAIA Coaches Manual) must be submitted via the NAIA scoreboard to be considered for at large berths at the national championships.
2. Nominations for runner of the week must be submitted via SIDHelp for the KIAC by noon EDT on Mondays.

## **Awards**

1. Awards will be ordered by the conference commissioner in time to ship to the host site. It is the responsibility of the cross country chair to give the list of award winners to the commissioner and conference SID by no later than the Monday after the meet.
2. The runner finishing first at the conference meet will be awarded KIAC Runner of The Year.
3. The top seven KIAC finishers at the conference meet will receive All Conference honors.
4. Conference Champions will be determined by a team score. Teams without sufficient numbers for a team score will only be eligible for individual awards.

## **Other Items**

1. An annual meeting of all KIAC cross country coaches will be held in conjunction with the KIAC Conference Meet to cover information regarding the meet, review of the KIAC Cross Country Bylaws, and discuss old and new business agenda items. Attendance at the meeting is mandatory for all institutions currently or planning on sponsoring cross country.