

ORANGE EMPIRE CONFERENCE

CROSS COUNTRY-MEN/WOMEN SUPPLEMENT

Section 4.07 – Cross Country Men/Women

4.071 Competition in this sport shall be governed by NCAA rules and the State Athletic Code.

- A. Please note NCAA Uniform Rule 8, Section 8.
- B. No unattached/red shirt runners as per the State COA Code.

4.072 Schedule and Time

- A. Starting time and site of the Orange Empire Preview and Conference Championships shall be by mutual agreement of all colleges involved. Men and women will alternate starting times depending on the year . . . odd year, men first and even year, women first. All schools are required to attend.
- B. For the safety of the athletes in inclement weather, prudent judgment will prevail as to the running of the meet.
- C. Club or ineligible athletes will not be allowed to enter the Orange Empire Preview or the Orange Empire Conference Championships.
- D. You will not represent the Orange Empire Conference in post-season competition if your team does not participate in the Orange Empire Conference Championship meet.
- E. During the week starting on the Monday directly preceding the OEC Preview Meet and running through the Sunday directly following the OEC Preview Meet, each team must field a scoring team (minimum of 5 finishers) at the OEC Preview Meet before being permitted to compete any student-athlete from their current Form 3 eligibility roster in a non-conference event.

4.073 Facilities, Equipment and Course

The course shall be four (4) miles in length for men and three (3) miles or 5,000 meters in length for women and of adequate width at all points so as to guarantee equal advantage for all runners and must be clearly marked as prescribed by NCAA rules.

- A. A finish chute will be used in all conference meets with the wide part of the entrance acting as the finish line as illustrated in the State Cross Country Manual. The finish line shall be video taped to assist in determining the placement of runners.
- B. A map indicating the exact course route and terrain must be mailed by all conference schools to all conference members two weeks prior to the start of the Orange Empire Conference meet schedule. Maps should be in as much detail as possible and should show mileage marks. A map should be included showing the alternate course to be used in case of a rainout. If no alternate

map is sent, then no alternate course should be used. No spiked shoes will be used in a conference competition. Also, included should be a map showing how to get to the course. Each home team is responsible for rest room facilities at the course.

4.074 Team Size and Scoring

Unlimited entries will be allowed in all Orange Empire Conference competition.

A. Five (5) runners will score with sixth and seventh only acting in displacement. All additional entries of a team will be disregarded in the scoring and displacement procedure.

B. A tie will be broken by the current NCAA Rules.

4.075 Cross Country Competition shall begin as prescribed in SAC Section 9.02.

4.076 Protest Procedure

If a problem occurs, the meet manager of conference meet shall contact the conference administrative representative who will in turn contact the conference commissioner for a ruling. In all meets, the starter shall act as meet referee.

4.077 Conference Champion

Conference Champion will be declared at the end of each season based on results of the Conference Championship Meet.

Conference Championship Meet Rotation:

2009	Golden West College
2010	Saddleback College
2011	Riverside College
2012	Santiago Canyon College
2013	Santa Ana College
2014	Fullerton College
2015	Orange Coast College

A. Teams to qualify for Southern California Regional Meet will be according to the current State Rules Committee Formula.

B. In case of a tie, same as 4.074-B.

C. Host of conference championship shall send meet information to all colleges two weeks prior to running of the meet.

D. Unlimited runners in conference championship with scoring remaining the same as 4.074-A.

4.078 Awards

All-conference selection will be the top ten runners from the conference championship meet, regardless of their declaration for scoring. Men/Women Runners of the Year will be voted on following the Conference Championship.

4.079 Men/Women Coach of the Year will be selected by coaches at the end of the season.

4.0710 Meetings

The Orange Empire Conference coaches will have a post season meeting the first Monday following the conference championship meet. At the discretion of the administrative representative, a preseason meeting may be held.

4.0711 Emergency Guidelines

Every effort will be made to have the following available for all conference meets.

A. Certified trainer at contest

1. Responsible for emergency equipment and first aid supplies.

B. Host school will have phone numbers of emergency centers and ambulance.

1. Hospital or emergency center should have specialists on call and be able to respond to any medical emergency.

C. There will be a phone available and, if not, every effort should be made to have some form of communication to reach emergency help.

D. The following items will be made available for all teams: water, ice, taping.

E. Visiting teams are responsible for medical supplies for their teams.

4.0712 Decorum Policy

This sport is governed by the NCAA, COA and the conference sport supplements. If these game conduct rules are more severe than the conference decorum policy, then they will prevail. These rules apply for any physical or verbal abuse by any student-athlete, coach, school official, or spectator towards another athlete, official, or school official.