



REPORT OF THE
NCAA DIVISION I MEN'S AND WOMEN'S TRACK AND FIELD AND CROSS COUNTRY
OVERSIGHT COMMITTEE
SEPTEMBER 2, 2026, VIDEOCONFERENCE

ACTION ITEMS.

- **Legislative Item.**
 - **Weekly Hour Limitations -- Outside the Playing Season -- Four-Hour Limitation on Skill Instruction -- Eliminate Limitations on Skill Instruction. (via electronic vote).**
 - (1) Recommendation. The NCAA Division I Men's and Women's Track and Field and Cross Country Oversight Committee recommends the NCAA Division I Cabinet adopt expediated legislation, for cross country and indoor and outdoor track and field, to eliminate the four-hour limitation on skill instruction outside the playing season.
 - (2) Effective date. Immediate.
 - (3) Rationale. Eliminating the four-hour restriction on skill instruction will align out-of season activities during the academic year with the current rules for summer athletically related athletic activities. This proposal maintains the limit of eight hours of countable athletically related activities outside of the playing season while providing individual institutions the autonomy to determine the activities to conduct.
 - (4) Estimated budget impact. None.
 - (5) Student-athlete impact. There is no increase in the weekly hour time allotment and will benefit student-athletes who seek more skill-related instruction during this time.

INFORMATIONAL ITEMS.

1. **Legislative Items.**
 - a. **Proposal No. 2026-59 - Recruiting -- Contacts and Evaluations -- Time Period for Off-Campus Contacts -- Cross Country and Track and Field.**
 - (1) Action. The oversight committee adopted legislation, in men's and women's cross country and track and field, to permit off-campus recruiting contact with an individual (or an individual's family) on or after June 15 at the conclusion of the individual's sophomore year in high school.

- (2) Effective date. Immediate, pending review at the Division I Cabinet October 6-7, 2026, meeting.
- (3) Rationale. In track and field and cross country, Division I countable coaches' best opportunity to recruit off campus occurs after the conclusion of the NCAA Outdoor Track and Field Championships and the beginning of the subsequent academic year, which includes for some coaches, preseason cross country. Aligning the start date for when countable coaches may begin having off-campus contact with the date after which telephone calls to prospective student-athletes may begin, optimizes for the time of year when coaches are not actively involved in tactical and technical skill instruction of their current student-athletes and premier prospective student-athlete competitions occur.
- (4) Estimated budget impact. None. Coaches may already attend and evaluate prospective student-athletes at competitions during this time, this proposal would simply allow for in-person recruiting conversations to also occur provided the individual is eligible to receive phone calls.
- (5) Student-athlete impact. None.

b. Proposal No. 2026-51 - Recruiting – Notification of Transfer – Men's and Women's Cross Country and Track and Field.

- (1) Action. The oversight committee adopted legislation, to amend the undergraduate notification-of-transfer windows in men's and women's cross country and track and field to require all undergraduate cross country or track and field student-athletes to initiate the notification-of-transfer process during either a 15-day period that begins the Monday immediately following the NCAA Division I Men's and Women's Cross Country Championships or a 10-day period that begins the Monday immediately following the conclusion of the NCAA Men's and Women's Outdoor Track and Field Championships.
- (2) Effective date. Immediate, pending review at the Division I Cabinet October 6-7, 2026, meeting.
- (3) Rationale. Currently, track and field and cross country student-athletes have more individual notification of transfer windows and total days than any other sport. Maintaining a fall and spring transfer window that open after the conclusion of the cross country and outdoor track and field championships, respectively, promotes roster stability during the championship seasons, while still affording student-athletes on track and field and/or cross country rosters two opportunities to initiate the notification of transfer process during each calendar year.

(4) Estimated budget impact. None.

(5) Student-athlete impact. None.

c. Proposal No. 2026-56 - Playing and Practice Seasons -- Maximum Dates of Competition Limitation -- Multiday Meet Exception -- Cross Country Without Indoor or Outdoor Track and Field.

(1) Action. The oversight committee adopted legislation, to permit an institution that sponsors cross country but not indoor or outdoor track and field to count a multiday meet during the nonchampionship segment as a single date of competition for purposes of institutional and individual maximum contest limitations.

(2) Effective date. Immediate, pending review at the Division I Cabinet October 6-7, 2026, meeting.

(3) Rationale. Currently, institutions that operate cross country only programs are limited to five dates of competition during the nonchampionship segment. If a student-athlete competes in multiple distance events that are conducted on different days at the same track and field meet, each day where competition occurs counts towards the student-athlete's limit of five nonchampionship dates of competition. Allowing competition associated with the same multiday meet to count as one date of competition for purposes of nonchampionship segment contest limitations provides more opportunities for student-athletes at institutions with cross country only programs.

(4) Estimated budget impact. None.

(5) Student-athlete impact. Student-athletes on cross country only programs will have five meaningful opportunities to compete during the nonchampionship segment.

2. NCAA Cross Country Championships – At-Large Selections Process. The oversight committee received an update and presentation from staff at DirectAthletics/FloSports on how potential new criteria would impact the selections process used for at-large team selections to the NCAA Cross Country Championships.

3. Feedback on NCAA Division I Proposal No. 2026-68 Athletics Eligibility -- Initial Enrollment at Midyear – Eligibility for Competition. The oversight committee discussed the proposal introduced by the Division I Cabinet at its August 3 meeting that would preclude student-athletes whose initial full-time enrollment occurs at a Division I institution at midyear from being eligible for competition until the following academic year if the student-athlete participates in a sport in which the championship season spans

multiple regular academic terms (e.g., indoor track and field), or in which fall segment competition is used for NCAA championships qualification or consideration (e.g., golf). The oversight committee did not support the proposed application extending to indoor track and field, noting the rationale for the proposed change does not pose an issue for indoor track and field rosters or championship selection. The oversight committee further noted the unintended impact the proposed change would have on prospective student-athletes whose secondary educational system uses a nontraditional academic calendar and individuals initially enrolling after required military service, religious missions or pregnancy.

4. **Age-based eligibility implementation.** The oversight committee received an update on resources related to the newly implemented age-based eligibility rules. The committee requested data at a future meeting on sport-specific waiver trends associated with the former athletics eligibility rules.
5. **Oversight committee updates.** The oversight committee was introduced to its newest members, including James Thomas, head coach of the University of Oklahoma track and field/cross country program, Marc Davis, director and track and field/cross country at Troy University, Jasmine Harris, a former student-athlete at the University of Nevada Reno, and Akaoma Odeluga, a track and field student-athlete at the University of Mississippi. During this update, the committee also reviewed its meeting cadence for 2026-27 and updated championship subcommittee assignments.
6. **Pre-meet shoe check for NCAA Track and Field Championships.** The oversight committee discussed a recommendation from a track and field meet official to establish a pre-meet shoe check opportunity for individuals seeking to confirm their footwear is legal for competition. The committee will continue to discuss and explore possible pit falls.
7. **Report of the August 12, 2026, meeting.** The oversight committee approved the report of its August 12, 2026, meeting.

Committee Chair: Karina Handeland, University of Portland; West Coast Conference.

Staff Liaisons: Jeff Mlynski, Championships and Alliances and Jejuan Bowser and Emily Capehart, Governance and Member Services.

NCAA Division I Men's and Women's Track and Field and Cross Country Oversight Committee September 2, 2026, Videoconference	
Attendees:	
Lindsey Anderson, Weber State University; Big Sky Conference.	
Ritchie Beene, Alabama State University.	
Blake Boldon, Drake University.	
Cody Brousek, University of Nebraska, Lincoln; Big Ten Conference.	
Pam Bruzina, Faculty Athletics Representative Association.	
Marc Davis, Troy University.	

Milan Donley, NCAA Track and Field National Officials Assignor.
Darren Gauson, University of New Mexico; Mountain West Conference.
Karina Handeland, University of Portland.
Jasmine Harris, Student-Athlete Advocacy Committee.
Shirelle Jackson, University of Miami, Florida; Atlantic Coast Conference.
Mark Kostek, NCAA Track and Field and Cross Country Secretary-Rules Editor.
Jahi McDonald, Student-Athlete Advocacy Committee.
Akaoma Odeluga, Student-athlete from University of Mississippi.
Sam Seemes, United States Track & Field and Cross Country Coaches Association.
Dave Smith, Oklahoma State University; Big 12 Conference.
Molly Sullivan, Butler University; Big East Conference.
James Thomas, University of Oklahoma; Southeastern Conference.
Absentees:
Chris Brock, Princeton University; Ivy League.
Gary Martin, Student-athlete from University of Virginia.
Guests in Attendance:
Ashley St. Amour and Dave Stelnik, DirectAthletics/FloSports.
NCAA Staff Liaisons in Attendance:
Jejuan Bowser, Emily Capehart, and Jeff Mlynski.
Other NCAA Staff Members in Attendance for Portions of the Meeting:
Jay Fitzwater, Micaela Kapsalis, and Demetria Young.