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Section 1 • Introduction

The Pre-Championship Manual will serve as a resource for institutions to prepare for the championship. This manual is divided into three sections: General Administrative Guidelines, Sport-Specific Information, and Appendixes.

Sections one through eight apply to policies applicable to all 90 championships, while the remaining sections are sport specific.

Section 1•1 Definitions

Pre-championship Manual. Resource for institutions to prepare for the championship.
Administrative Meeting. Pre-championship meeting for coaches and/or administrators.
Appendices. Any supplemental documents to be provided and distributed through the various resources.
Championship Manager. The NCAA staff member(s) responsible for the operational oversight of the championship.
Games Committee. The committee assigned to supervise the conduct of each championship session at a specific site. For finals sites, the games committee is typically the NCAA national committee.
NCAA National Committee. The sport committee with direct oversight responsibilities for the championship.
Non-predetermined Sites. Those sites that are selected to host at the time of the participant/team selections announcement.
Playing Rules. The rules under which the competition will be conducted.
Predetermined Sites. Those sites that are selected to host before the participant/team selections announcement.
Preliminary Rounds. The rounds of the championship before the final or championship round.
Regional Alignment. The geographic location of institutions or regional advisory committees.
Schedule of Events. Official event schedule – includes all required activities (e.g., practices, banquets, etc.).
Selection Criteria. Policies and procedures in place to guide the team selection process.
Site Selection Criteria. Policies and procedures in place to guide the site selection process.
Squad Size. Number of student-athletes per team allowed to dress in uniform and participate at the championship.
Tournament Physician. The physician designated by the host institution/conference to serve as the chief medical advisor for the championship.

Section 2 • Championship Core Statement

The championships and alliances staff strives to administer competition in a fair, safe, equitable and sportsmanlike manner so that the experience of the student-athlete is paramount.

This is attained by:

Ensuring student-athletes’ optimal experience.
Executing championship events reflecting appropriate quality and values to/for stakeholders — student-athletes, coaches, administrators, member institutions, sport committees, fans, broadcast partners and corporate champions/partners.
Coordinating all aspects of the championship in an efficient, effective manner through common operating policies and practices, using internal and external resources.
Integrating championships with broadcast and corporate relationships in a manner that maintains the integrity of the championship.
Assuring effective management of the business aspects of the operation.
Enhancing the assets of the NCAA and their value by collaborating with internal and external expertise to achieve heightened exposure (e.g., community programs, fan events, banquets, anniversaries, etc.).
Section 3 • Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Traveling institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician’s designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championship, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having more severe and/or long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

For further details, please refer to the NCAA Sport Science Institute website for additional guidance.

Section 4 • Conduct

Section 4•1 Certification of Eligibility/Availability

Only student-athletes eligible under Bylaws 12, 13, 14, 15 and 16 may compete in NCAA championships. Member institutions are required to certify the eligibility of their student-athletes before the beginning of each academic year and to withhold ineligible student-athletes from all intercollegiate competition.

Member institutions are reminded to notify the NCAA national office before the selection date for each championship of any student-athlete who may have participated in regular-season competition but subsequently is determined to be ineligible or unavailable for NCAA championship competition.

DISCOVERY OF INELIGIBILITY OF A STUDENT-ATHLETE AFTER SELECTION

If an institution fails to report an ineligible student-athlete and the omission is not discovered until after the institution is selected to participate in the championship, necessitating the institution’s withdrawal from the championship, that withdrawal shall be considered as one of the years of ineligibility, provided another institution participates in the championship in place of the disqualified institution. If the discovery of the ineligible student-athlete occurs so near the beginning of the championship that the governing sport committee does not have a reasonable period of time to replace the disqualified institution in the bracket, that fact shall be taken into consideration in determining the number of years the disqualified institution shall be ineligible to participate.
Section 4.2 Drug Testing

[Reference: Bylaws 18.4.1.4 and 31.2.2 in the NCAA Division I Manual, Bylaws 18.4.1.4 and 31.2.3 in the NCAA Division II Manual and Bylaws 18.4.1.5 and 31.2.3 in the NCAA Division III Manual.]

Student-athletes who compete in NCAA championships may be subjected to drug tests in accordance with Bylaws 18.4.1.4 and 31.2.2 (Division I), 18.4.1.5 and 31.2.3 (Division II) and 18.4.1.5 and 31.2.3 (Division III), and may be determined to be ineligible as a result thereof. Only student-athletes who have consented in writing to such testing are initially eligible for these championships; and thereafter, student-athletes who are tested shall remain eligible only if they test negative.

Section 4.3 Honesty and Sportsmanship

Individuals employed by (or associated with) a member institution to administer, conduct or coach intercollegiate athletics and all participating student-athletes shall act with honesty and sportsmanship at all times so that intercollegiate athletics as a whole, their institutions and they, as individuals, shall represent the honor and dignity of fair play and the generally recognized high standards associated with wholesome competitive sports.

Section 4.4 Misconduct/Failure to Adhere to Policies

MISCONDUCT

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship, that discredits the event or intercollegiate athletics. Each games committee shall hold an administrative meeting with the representatives of participating institutions to review and explain the policies related to misconduct.

FAILURE TO ADHERE TO POLICIES AND PROCEDURES

A governing sport committee may assess a financial penalty against an institution for failure of any of its representatives to adhere to the policies and procedures governing the administration of the competition. This includes, but is not limited to, failure to comply with the procedures and deadlines for submitting scores, score sheets, schedules, rosters and entry/march-in forms for qualification and other materials necessary for the efficient administration of the competition. Click here to see the full misconduct/failure to adhere to policies and procedures online.

Section 4.5 Sports Wagering Policy

Sports wagering includes placing, accepting or soliciting a wager (on a staff member’s or student-athlete’s own behalf or on the behalf of others) of any type with any individual or organization on any intercollegiate, amateur or professional team or contest. Examples of sports wagering include, but are not limited to, the use of a bookmaker or parlay card; internet sports wagering; mobile betting; auctions in which bids are placed on teams, individuals or contests; and pools or fantasy leagues in which an entry fee is required and there is an opportunity to win a prize.

The current NCAA legislation against sports wagering prohibits NCAA student-athletes, member institutions’ athletics staff and non-athletics staff with athletics responsibilities, and conference office staff from participating in sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activities concerning intercollegiate, amateur or professional athletics practice or competition in a sport in which the NCAA conducts championship competition, in bowl subdivision football and in emerging sports for women.

A wager is any agreement in which an individual or entity agrees to give up an item of value (e.g., cash, shirt, dinner, etc.) in exchange for the possibility of gaining another item of value.

STUDENT-ATHLETES

A student-athlete found in violation of the prohibition against knowingly participating in any sports wagering activities or providing information to individuals involved in or associated with any type of sports wagering activity that involves intercollegiate, amateur or professional athletics competition shall be ineligible for further intercollegiate competition, subject to appeal to the Committee on Student-Athlete Reinstatement for restoration of eligibility.
POSTSEASON

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

HOSTING OPPORTUNITIES

It is permissible for NCAA championships to be conducted at locations in states that permit sports wagering.

Section 4•6 Student-Athlete Experience Survey

After each championship, institutional administrators, coaches and student-athletes will be asked to participate in a post-event survey intended to capture feedback on their recent championship experience. Institutional administrators and coaches will receive an email containing a link to the survey and will be asked to ensure participation from all student-athletes.

Section 5 • Elite 90™ Award

The Elite 90 award was created to recognize the true essence of student-athletes by honoring individuals who have reached the pinnacle of competition at the national championship level in their sport, while also achieving the highest academic standard among their peers. The award is presented in every sport, every division, and goes to the student-athlete who has the highest cumulative grade-point average of all student-athletes on all teams competing at the finals site. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. One student-athlete per championship will receive the award, and the announcement of the winner will be made at the finals site.

Institutions that wish to nominate a student-athlete must do so through an online nomination process. For more information or access the online form and submit a nomination, go to ncaa.org.

Section 6 • Fan Travel

Through support from Marriott International as the Official Hotel Partner of the NCAA, NCAA championships are pleased to provide easy and affordable accommodations for family and fans to follow their favorite student-athlete(s) and team(s) as they participate in NCAA championships competition. Travel arrangements completed through Marriott and NCAA Travel help support NCAA student-athletes. Please direct your fans to NCAA.com/travel to search and book online hotel reservations.

Section 7 • Logo Policy

[A reference: Bylaws 12.5.4, 31.1.7 and 31.1.8 in the NCAA Division I Manual, Bylaw 12.5.4 in the NCAA Division II Manual and Bylaw 12.5.3 in the NCAA Division III Manual.]

A student-athlete may use athletics equipment or wear athletics apparel that bears the trademark or logo of an athletics equipment or apparel manufacturer or distributor in athletics competition and pre- and postgame activities (e.g., celebrations on the court, pre- or postgame press conferences), provided the following criteria are met:

1. Athletics equipment (e.g., shoes, helmets, baseball bats and gloves, batting or golf gloves, hockey and lacrosse sticks, goggles and skis) shall bear only the manufacturer’s normal label or trademark, as it is used on all such items for sale to the general public; and

2. The student-athlete’s institution’s official uniform (including numbered racing bibs and warmups) and all other items of apparel (e.g., socks, head bands, T-shirts, wrist bands, visors or hats, swim caps and towels) shall bear only a
single manufacturer’s or distributor’s normal label or trademark (regardless of the visibility of the label or trademark), not to exceed 2-1/4 square inches in area (rectangle, square, parallelogram) including any additional material (e.g., patch) surrounding the normal trademark or logo. The student-athlete’s institution’s official uniform and all other items of apparel shall not bear a design element similar to the manufacturer’s trademark/logo that is in addition to another trademark/logo that is contrary to the size restriction.

Section 8 • Research

It is essential that all research efforts be coordinated by a single entity within the national office structure in order to ensure maximum efficiency and quality, avoid unnecessary duplication of effort on the part of staff and membership, allow the NCAA to prioritize research efforts given the limited time and resources of our members and adhere to federal guidelines on the responsibilities of researchers to properly protect research participants from harm.

For the purpose of this policy, “research” is defined as any systematic collection of data for the purpose of drawing generalized conclusions.

Any proposal to conduct research must be submitted to the NCAA research staff for review at least six weeks before the project begins. Research to be conducted during NCAA championships or related events, and which involves competing student-athletes or attendees, is also subject to review. This includes all research, including that conducted by or under the direction of any employee, contractor or paid consultant of the NCAA. It also includes any research conducted by other persons, but funded totally or in part by the NCAA. Any research that detracts from the student-athlete experience or requires physical activity may not be permitted at the championships (preliminary rounds and finals sites). The NCAA retains sole discretion as to whether to allow such research.

Examples of activities considered research include: Conducting surveys of athletics administrators, college presidents, faculty, coaches and student-athletes; leading an organized focus group; funding an outside study under the auspices of the NCAA; conducting market research at championship events; secondary analysis of data originally collected by the NCAA from people for other purposes; any systematic collection of data from the membership or other entities; etc.

Section 9 • Division I

Section 9•1 Religious Conflicts

[Reference: Bylaws 31.1.4.1 and 31.1.4.2 in the NCAA Division I Manual.]

Institutional Policy. If a participating institution has a written policy against competition on a particular day for religious reasons, it shall inform the NCAA national office on or before September 1 of each academic year in order for it or one of its student-athletes to be excused from competing on that day. The championship schedule shall be adjusted to accommodate that institution. (Adopted: 4/22/98, Revised: 8/11/98, 10/28/99, 5/2/13)

Individual Championships. In individual championships, an athlete must compete according to the institution’s policy regarding Sunday competition (if the institution has no policy against Sunday competition, the student-athlete shall compete on Sunday if required by the schedule).
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**Appendix A • Sport Sponsorship**

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Section 1•1 NCAA Tournament Operations
Staff Contact Information

Jeff Mlynski
Championships and Alliances
P.O. Box 6222 / Indianapolis, Indiana  46206-6222
317-917-6503 / jmlynski@ncaa.org

Micaela Liddane
Championships and Alliances
P.O. Box 6222 / Indianapolis, Indiana  46206-6222
317-917-6513 / mliddane@ncaa.org

Section 1•2 National Committee

Current members of the committee are:

Milan Donley, chair
Meet Management/Director of Kansas Relays
University of Kansas

Amy Horst
Head Track and Field/Cross Country Coach
Loyola University Maryland

Ervin Lewis
Senior Associate Athletic Director of Facilities & Operations
University of North Florida

Jennifer Lawlor
Senior Associate Athletic Director
Monmouth University

T.J. Shelton
Associate Director of Athletics
The Ohio State University

Elvis Forde
Head Track and Field/Cross Country Coach
Temple University

Connie Price-Smith
Head Track and Field/Cross Country Coach
University of Mississippi

Matt Roe
Head Track and Field/Cross Country Coach
Butler University

Abbie Day
Assistant Athletic Director/Academic Services
University of Maryland, Baltimore County

Sean Harris
Assistant Director, Sports Management
Pac-12 Conference

Jason Drake
Head Track and Field/Cross Country Coach
California State University, Fresno

Blake Bolden
Senior Associate Athletic Director/Director of the Drake Relays
Drake University

For additional information about the Division I men’s and women’s cross country rules, contact:

Mark Kostek
Secretary-Rules Editor
Cell: 515-208-8300
Email: kostekmt@gmail.com

Rachel Seewald
Associate Director, Championships and Alliances
NCAA Playing Rules
317-917-6141 / rseewald@ncaa.org
Section 1•3 Important Dates

<table>
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<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tr>
<td>Friday, Sept. 11</td>
<td>Deadline for rosters to be uploaded to TFRRS-XC.</td>
</tr>
<tr>
<td>Wednesday, March 3</td>
<td>Qualifying window for cross country season begins.</td>
</tr>
<tr>
<td>Declarations open on <a href="http://www.directathletics.com">www.directathletics.com</a> at midnight Eastern time and close Friday, March 5 at 7:59 p.m. Eastern time for both teams and individuals. Institutions must declare both teams AND/OR individuals for championship selection consideration during the declaration window. Institutions that fail to declare teams and/or individuals (including conference championship AQ individuals) within the designated time frame will forfeit the opportunity for their programs and/or individual(s) to be considered in the selections process.</td>
<td></td>
</tr>
<tr>
<td>Friday, March 5</td>
<td>Deadline for all regular-season meet results to be submitted for qualification purposes into TFRRS-XC by 7:59 p.m. Eastern time. Results submitted after this time will not be eligible for championship selection consideration. Deadline to declare both teams and individuals is 7:59 p.m. Eastern time. Schools that fail to declare by this deadline will forfeit the opportunity for their programs and/or individual(s) to be considered in the selection process. Coaches meeting will be conducted virtually at 11 a.m. Central time.</td>
</tr>
<tr>
<td>Sunday, March 7</td>
<td>Selections field announced by 1 p.m. Eastern time on ncaa.com.</td>
</tr>
<tr>
<td>Sunday, March 14</td>
<td>Championships practice, packet pickup; Stillwater, Oklahoma.</td>
</tr>
<tr>
<td>Monday, March 15</td>
<td>NCAA Division I Men’s and Women’s Cross Country Championships, Stillwater, Oklahoma.</td>
</tr>
</tbody>
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CHAMPIONSHIP DATES AND SITES

March 15, 2021 – NCAA Division I Men’s and Women’s Cross Country Championships.
Oklahoma State University, host;
OSU Cross Country Course, Stillwater, Oklahoma.

FUTURE DATES

Nov. 12, 2021 – NCAA Division I Men’s and Women’s Cross Country Regional Championships.

- Great Lakes Region: University of Evansville, host.
- Mid-Atlantic Region: Lehigh University, host.
- Midwest Region: University of Iowa, host.
- Mountain Region: Brigham Young University, host.
- Northeast Region: University of Massachusetts Lowell, host.
- South Region: University of North Alabama, host.
- South Central Region: Baylor University, host.
- Southeast Region: University of Kentucky, host.
- West Region: California State University, Sacramento, host.

Nov. 20, 2021 – NCAA Division I Men’s and Women’s Cross Country Championships, Florida State University, Tallahassee, Florida.

Section 1•4 Equipment

The host institution shall provide all the necessary equipment for conducting the cross country championships.
Section 1•5  Rules

[Reference: Bylaw 17.30 and 31.1.6 in the NCAA Manual.]

Per NCAA Bylaw 17.30, member institutions shall conduct all of their intercollegiate competition in accordance with the playing rules of the Association in all sports for which the NCAA develops playing rules. For those sports in which the Association follows rules that are developed by other governing bodies and modified by the governing sports committee, the adopted playing rules shall be used. The governing sports committee will not consider any results for selection purposes that are not played in accordance with the NCAA rules, or those rules adopted by an outside organization.

The 2019 and 2020 NCAA Men’s and Women’s Cross Country/Track and Field Rules Book will be followed. Men’s races will be 10,000 meters at the national championship. Women’s races will be 6,000 meters at the national championship.

Section 1•6  Uniforms

[Reference the Rules Book and Bylaw 12.5.4 in the NCAA Manual.]

Uniform and logo rules contained in the Rules Book shall apply, in addition to the following: In all events and award ceremonies, competitors must wear the proper uniform (warmups included) of the institution they represent in the championships.

Uniforms for all cross country team members must meet the following criteria:

- All cross country team members must wear uniforms clearly indicating through the same primary color, logo and combination of all worn outer garments that members are from the same team; and
- Other visible garments useful in team recognition (that is T-shirts, arm-warmers, tights of any length, leg-warmers, each taken separately) worn by team members must be of an identical solid color. This does not apply to items of apparel above the shoulder or those covering the hands/feet.

LOGOS

Refer to General Administrative Guidelines, Section 7.

Note: These restrictions apply to all apparel worn by student-athletes during the competition, which includes pre-race and/or post-race activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff.
Section 2 • Determination of Championship Participation

Section 2•1 Championships Format

The Division I Men’s and Women’s Cross Country Championships provide for a maximum of 31 (five-to-seven-person) teams and 38 individuals per gender. There will be no automatic team qualifiers, and the NCAA Division I Men’s and Women’s Cross Country Committee will select all 31 teams per gender. The top individual finisher at each conference championship who is not part of a qualifying team will advance to the NCAA championship (maximum of 32, depending on how many conferences host a conference championship). The remaining individual spots will be selected at large by the committee to fill the field to 38. (This includes individuals that do not have a conference championship.)

Total Competitors Per Gender

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<table>
<thead>
<tr>
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<tbody>
<tr>
<td>31 teams of seven persons each</td>
<td>217</td>
</tr>
<tr>
<td>Individuals (who are not members of a team)</td>
<td>38</td>
</tr>
<tr>
<td>Total</td>
<td>255</td>
</tr>
</tbody>
</table>

START TIMES

FINALS

Year 2020

11:50 a.m. Central time – Women's race
12:40 p.m. Central time – Men's race

TRAVEL PARTY/SQUAD SIZE

[Reference: Squad Size in this manual and Per Diem and Transportation in the Division I General Section.]

Please refer to the NCAA Travel policies for all information regarding transportation and per diem expenses. Travel policies can be found online at ncaa.org, under Division I Championships, Championships Travel Information.[Reference: Bylaw 31.1.5 in the NCAA Manual.]

Participating teams are limited to a maximum of seven runners in uniform. An institution that is advised it is in violation of this regulation and does not promptly conform to it shall automatically forfeit the competition. There shall be no inordinate delay of the competition to allow the institution to conform to the rule.

Institutions entering five to seven runners in the national championships must compete as a team. If fewer than five competitors from one institution compete in the national championships, they will compete as individuals only.

Please refer to the NCAA Travel policies for all information regarding transportation and per diem expenses.

NATIONAL ADMINISTRATIVE MEETING

Coaches participating in the national competition are required to attend a meeting. Coaches not in attendance are subject to a minimum fine of $200 per school per gender. Attendance at the meetings will be taken.

Section 2•2 Results Reporting

CROSS COUNTRY RESULTS REPORTING

In order to be considered for selection to the 2020 cross country championships, all institutions must ensure that the electronic submission of results from all eligible competition opportunities (i.e., those that take place between Sept. 11 and March 5) in which their student-athletes compete is reported by the meet host to the Track and Field Results Reporting System for Cross Country (TFRRS-XC) through the online provider DirectAthletics. This cross country results-reporting system was put in place in 2012 and was an expansion of the existing TFRRS site with a similar operational setup as track
and field. Only the official electronically-reported meet results, as submitted by the meet host in TFRRS-XC, will serve as proof of performance for all NCAA Division I cross country competitions. Results will be made available on a real-time basis at www.tfrrs.org.

**NEW in 2020: Reporting of DNFs for both individuals and teams.** Please note that this is NOT a new requirement for results reporting as it has been in the NCAA Cross Country and Track and Field rules book for several years regarding the reporting of team DNFs in the results (see rule 7-3.3e on page 101 of the 2019-2020 NCAA Rule Book), and the requirement to report DNF individuals went into effect in 2019. However, teams will now be given credit during the selection process for beating a team that starts as a team but does not finish as a team, and thus the added importance for ensuring DNF individuals and teams are recorded in all results reported to the NCAA results reporting site (https://xc.tfrrs.org).

It will be incumbent upon meet hosts to ensure that their timing and results company is updating results to reflect DNFs prior to uploading the results to the official NCAA results reporting site, https://xc.tfrrs.org. A method being recommended by the committee is to have clerking onsite and establish a deadline by when participating institutions must scratch student-athletes that will not run. Then any student-athlete not scratched, and who does not finish with a time, is a DNF in the final results. Additionally, any team that starts five or more runners, but finishes fewer than five, is a DNF team and must be recorded as such in the official results uploaded to https://xc.tfrrs.org. Of special importance is that athletes that Do Not Start (DNS) should not be reported inaccurately as DNF. Athletes that Do Not Start (DNS) should either a) be reported accurately as DNS in the meet results, or b) not reported at all. Only athletes that start and Do Not Finish (DNF) should be listed as DNFs in the final results. Note that failure to comply with this policy may result in a fine to the host institution for improper results reporting.

Also, the Division I Men’s and Women’s Track and Field and Cross Country Committee approved a results reporting policy that will no longer allow cross country meet hosts to split out results by division when interdivisional competition occurs in the same race. If one race is run, only one set of results should be reported. The committee noted, with the elimination of the old bylaw that required Division I to compete against two-thirds Division I opponents, that there is no longer a need to split out any scoring by division as when this is done, it can change who beats who.

Responsibilities for host institutions and meet directors in submitting performances are summarized below.

**All NCAA cross country results must be reported to the Track and Field Results Reporting System for Cross Country (TFRRS-XC) directly from meet management software using the JSON and XML APIs.**

By standardizing to one format, meet hosts and timers can now upload cross country results to TFRRS-XC seamlessly from compliant meet management software without handling files or manipulating results data. This will simplify the upload process and help eliminate reporting errors.

Please note that support for legacy file formats has been discontinued, and results will only be accepted directly from compliant meet management software. Host institutions will be responsible for working with their timing/results companies to ensure that they are using updated and compliant software that supports the submission of all required meet data in the JSON or XML format. **If all required data is not submitted to TFRRS-XC in the necessary JSON or XML format, the results will not be accepted into the results-reporting system, making the results invalid for NCAA championships selections. Please see the results reporting requirement memo posted on ncaa.org, Division I, Championships, Cross Country (MW) for additional information.**

**Team Rosters.** Institutions that sponsor NCAA Division I men’s and women’s cross country will be required to register and maintain their official team roster with TFRRS-XC by the date of their first institutional competition. Each student-athlete will be assigned a unique TFRRS-XC tracking ID that will identify the student-athlete throughout his or her collegiate career. Note: This is the same ID number used for indoor and outdoor track and field, and users will be able to import existing TFRRS athletes into their cross country roster upon logging in. This ID will not change from season to season; however, institutions will be required to register their roster each season to confirm eligibility status. Roster registration for the cross country championships season is now available on TFRRS-XC.

**Accounts are per TEAM.** You could have up to four accounts per institution (Women’s Cross Country, Men’s Cross Country, Women’s Track & Field, Men’s Track & Field). Your DirectAthletics username/password are the exact same as your TFRRS-XC username/password (and vice versa). The majority of you should have DirectAthletics cross country accounts due to submitting your cross country regional entries on the system in years past. Only new coaches would warrant the need to create a new account. Even if the users are different for an institution (different cross country coach than track coach), the system will still bring up the rosters from the institution for you to import athletes from track to cross country and from cross country to track.
Detailed account information and instructions for setting up meets and downloading team rosters in preparation for uploading 2020 cross country results are available for meet hosts, meet directors and timers at www.tfrrs.org (select the link for Login/Register). Take particular note of the frequently asked questions document posted, which highlights the following:

1. For the purpose of running a meet, any meet director/timer can download the rosters of TFRRS-XC teams (with TFRRS-XC IDs) at no cost to the meet director/timer. All TFRRS rosters and IDs will be available for download in file formats easily imported into timing software;
2. Meet hosts may use their method of choice to manage meet entries;
3. It is the responsibility of the meet directors/timers to collect valid TFRRS-XC IDs from the entering teams, regardless of the meet entry method; and
4. Institutions registered with TFRRS-XC also can print out or download their TFRRS-XC rosters (with IDs) to facilitate the entry process.

If you experience technical difficulty using the TFRRS-XC system, please contact DirectAthletics (support@directathletics.com; phone: 347-674-3002), and notify the NCAA national office (317-917-6503) if the difficulty will trigger a late fine.

Meet Results. It will be the responsibility of the meet HOST to submit complete meet results that include all team scores/places to TFRRS-XC by midnight Eastern time, one day after the completion of a competition. Results may not be considered for championships selection if meet results are not received from the host within the designated time period. Participating institutions must ensure that the electronic submission of results from any competition occurring between Sept. 11 and March 5 in which their student-athletes compete is reported by the meet host within five days of the performance and not later than 7:59 p.m. Eastern time on Friday, March 5. Late results submissions that are the basis for championships selections will result in a minimum fine of $200 per team per gender, with potential additional fines for repeated violations.

Meet hosts will be responsible for uploading results electronically with TFRRS-XC ID numbers listed for all eligible NCAA student-athletes, requiring that TFRRS-XC ID numbers be imported or typed in for each student-athlete before running a meet. When official meet results are uploaded to TFRRS-XC, all performances achieved by eligible NCAA Division I student-athletes, and team scores, will be archived in the results-reporting database.

Results will be accepted only for student-athletes on the institution’s TFRRS-XC roster form. The submission of incorrect performances may result in the disqualification of the student-athlete and/or team. If a result is submitted more than five days after the qualifying performance and the performance is the basis for championships selection, the institution of the selected student-athlete will be subject to a fine.

**Section 2•3 Selection Information**

**ENTRY FORMS AND DECLARATIONS**

Coaches will be allowed to submit a maximum of 12 student-athletes on the entry form. Only the 12 student-athletes listed on the entry form may compete in the national championship meet. Coaches will not be able to change the 12 student-athletes on the entry form should the team qualify for the national championships meet. Online entries will be available on DirectAthletics beginning on Wednesday, March 3 at midnight Eastern time. Coaches must submit the forms ONLINE by 7:59 p.m. Eastern time on Friday, March 5. Institutions **must declare both teams AND/OR individuals** for championship selection consideration during the declaration window. Institutions will be given the option of declaring just a team, just an individual(s) or both a team and certain individual(s) for consideration in the selection process. Teams wishing to declare both a team and individual(s) for consideration must declare both within the declaration system, noting the specific individuals they want considered in the selection process if their team is not selected. Those wishing to declare just an individual(s) or just a team must do so as well.

Please note that institutions must also declare those individuals that would earn automatic qualification from their conference championship meets. This is important in case a school does NOT wish for their individual(s) to be considered for whatever reason (injury, COVID, etc.). The committee would then go to the next highest conference individual finisher that is NOT on a qualifying team.
Institutions that fail to declare teams and/or individuals (including conference championship AQ individuals) within the designated time frame will forfeit the opportunity for their program and/or individuals to be considered in the championship selection process. Each institution should print a copy of its entry form(s) to hand-carry to the national site.

**Declarations.** Coaches may declare, during packet pickup, student-athletes who were submitted on the original entry form (maximum of 12). Please note, with COVID-19 testing protocols, schools will be limited with numbers that can be brought to the championship site. Further details will be provided on what the allowed number of student-athletes is that can travel. The runners declared for the national championships must have appeared on the original entry form submitted by the aforementioned deadline.

**Declarations at the championships site must be made Sunday, March 14, during packet pickup.** Declarations must be made in person by each coach at the location designated by the host institution. Final declarations will not be accepted by telephone or email. An employed representative of the student-athlete’s institution or a coach from a participating institution may declare for a team/individual, if necessary.

**Financial Penalty for Late Declarations.** Declarations received after the declared deadline may be accepted and subject to a minimum fine of $400 per team per gender (men’s and women’s teams are considered separate teams). A letter will be sent to the director of athletics of any institution receiving a fine, with a copy to the coach, describing the petitioning circumstances.

**MEDICAL**

If a team or individual chooses not to compete for whatever reason, including medical, they must notify the NCAA committee by noon Eastern time on Saturday, March 6. Failure to do so will constitute misconduct and penalties may be imposed. If between Saturday, March 6 and the national championships, a student-athlete becomes unable to participate due to a medical condition, it must be certified in writing by a doctor/athletic trainer that the student-athlete’s medical condition warrants that he or she not participate. If a student-athlete becomes unable to participate while on site at the national championships, then the institution must provide written documentation from the host doctor/athletic trainer.

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**Section 2.4 Qualifying Procedures**

To be eligible for selection to the 2020 NCAA Division I Men’s and Women’s Cross Country Championships, teams and individuals must declare by the aforementioned deadline. Schools that fail to declare within the designated time frame will forfeit the opportunity for their program and/or individual(s) to be considered in the selection process.

**TEAM SELECTION CRITERIA** (31 men’s teams and 31 women’s teams will be selected):

- Institutions must declare during the declaration window between March 3, 2021, at midnight Eastern time and March 5, 2021, at 7:59 p.m. Eastern time to be considered for both individual and team selections.
- Conference championship performance holds greatest weight.
- After conference championship review, a team will be evaluated on its body of work for all competitions contested, regardless of the time of year they occurred. (This includes teams that do not have a conference championship.)
- Common opponents and head-to-head competition will be used when comparing teams (Division I competition only).

**INDIVIDUAL SELECTION CRITERIA** (38 men and 38 women will be selected):

- Institutions must declare during the declaration window between March 3, 2021, at midnight Eastern time and March 5, 2021, at 7:59 p.m. Eastern time to be considered for both individual and team selections.
- The top individual finisher at each conference championship who is not part of a qualifying team will advance to the NCAA championship (maximum of 32 individuals depending on how many conferences host a conference championship).
- The remaining individual spots will be selected at large by the committee to fill the field to 38. (This includes individuals that do not have a conference championship.)
OTHER NOTES

• A-teams and B-teams have been eliminated for the 2020 championships. Whoever an institution runs on a given day is viewed as an A-team. In a single-day competition, however, only the varsity team would be considered (not JV/open team races).

• The minimum number of competitions to be considered for selections will be one.

BOX draws

The committee does box draws for nationals. Box draws will be posted a minimum of two days prior to competition on the NCAA website. All starting boxes are randomly drawn.

TRAVEL INFORMATION

Please refer to the NCAA Travel and Reimbursement Policies, located on ncaa.org (Division I, Championships, Championships Travel Information): ncaa.org/championships/travel/championships-travel-information.

Section 2•5 Site Selection

Any institution or conference interested in hosting a future regional round of the NCAA Division I Cross Country Championships must submit a proposed budget, respond to sport-specific questions (if applicable) and ensure that the institution's key contacts and facility information are complete and current in the Championships Bid and Profile System. Please note that in order to submit a bid, you must first locate the desired championship in the “Championships Available for Bidding” section and select “Start Bid.” Please contact Jeff Mlynski (jmlynski@ncaa.org), the championships manager, to inquire about current vacancies that may exist.

All bid-related forms can be accessed via the following website: web1.ncaa.org/champsBidV20/exec/login.


A final financial report from each championships site must be submitted via the online host reporting system to the NCAA not later than 60 days after the competition.

CONTACT INFORMATION

If you have any questions regarding the bid process, please contact the NCAA Championships and Alliances staff at 317-917-6222 or championshipbid@ncaa.org.

HOST REPORTING SYSTEM, FACILITY EVALUATION AND KEY CONTACT FORM

web1.ncaa.org/champsBidV20/exec/login?loginSubmit=LoginWithTabs

SAFETY AND SECURITY PLAN

Based upon a review of current and future Championships competition venues, discussions with safety and security experts, and its own expertise and knowledge, the NCAA has established a Safety and Security Advisory Group (SSAG) to develop a compilation of Best Practices for NCAA Championships, which can be found in the “Help/Other Resources” tab in the championship host portal. We urge each competition venue to take these Best Practices into account when developing its safety and security program.

As part of your bid, please submit a safety and security plan for your venue, which would be inclusive of the NCAA Championships Safety and Security Team contact information form, located in Appendix A of the Best Practices document. This information should be submitted as part of your bid to be considered for championships site selection.
Appendixes

Appendix A • Sport Sponsorship

17
### Appendix A • Sport Sponsorship

#### MEN’S SPONSORSHIP

##### GREAT LAKES REGION

- Bowling Green State University
- Butler University
- Central Michigan University
- University of Cincinnati
- University of Dayton
- University of Detroit Mercy
- Eastern Michigan University
- University of Evansville
- Indiana State University
- Indiana University, Bloomington
- Indiana University-Purdue University Indianapolis
- Kent State University
- Marquette University
- Miami University (Ohio)
- University of Michigan
- Michigan State University
- University of Notre Dame
- Oakland University
- The Ohio State University
- Ohio University
- Purdue University
- Purdue University Fort Wayne
- University of Toledo
- Valparaiso University
- University of Wisconsin-Green Bay
- University of Wisconsin-Madison
- University of Wisconsin-Milwaukee
- Wright State University
- Xavier University
- Youngstown State University

##### MID-ATLANTIC REGION

- American University
- Bucknell University
- Coppin State University
- Delaware State University
- Duquesne University
- Fairleigh Dickinson University, Metropolitan Campus
- George Washington University
- Georgetown University
- Howard University
- Lafayette College
- La Salle University
- Lehigh University
- Loyola University Maryland
- Marshall University
- University of Maryland Eastern Shore
- University of Maryland, Baltimore County
- Monmouth University
- Morgan State University
- Mount St. Mary’s University
- New Jersey Institute of Technology
- University of Pennsylvania
- Pennsylvania State University
- University of Pittsburgh
- Princeton University
- Rider University
- Rutgers, The State University of New Jersey, New Brunswick
- Seton Hall University
- Saint Francis University (Pennsylvania)
- Saint Joseph’s University
- St. Peter’s University
- Temple University
- U.S. Naval Academy
- Villanova University
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California State University, Northridge
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University of California, Berkeley
University of California, Davis
University of California, Irvine
University of California, Los Angeles
University of California, Riverside
University of California, Santa Barbara
Eastern Washington University
Gonzaga University
Grand Canyon University

University of Idaho
Long Beach State University
Long Island University
Loyola Marymount University
University of Oregon
Pepperdine University
University of Portland
Portland State University
University of San Diego
University of San Francisco
San Jose State University
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Saint Mary’s College of California
Stanford University
University of Washington
Washington State University
## WOMEN’S SPONSORSHIP

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### MID-ATLANTIC REGION

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<tr>
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<tr>
<td>Duquesne University</td>
<td>Princeton University</td>
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<tr>
<td>Fairleigh Dickinson University, Metropolitan Campus</td>
<td>Rider University</td>
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<tr>
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<td>Robert Morris University</td>
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<td>Georgetown University</td>
<td>Rutgers, The State University of New Jersey, New Brunswick</td>
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<tr>
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<td>Seton Hall University</td>
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<td>U.S. Naval Academy</td>
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<tr>
<td>University of Maryland, Baltimore County</td>
<td>Villanova University</td>
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<tr>
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## MIDWEST REGION

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<tr>
<td>University of Illinois at Chicago</td>
<td>Oral Roberts University</td>
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<td>Loyola University Chicago</td>
<td>Southern Illinois University Edwardsville</td>
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<tr>
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<td>Saint Louis University</td>
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<tr>
<td>Missouri State University</td>
<td>The University of Tulsa</td>
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<tr>
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## MOUNTAIN REGION

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<tr>
<td>Colorado State University</td>
<td>University of Texas at El Paso</td>
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<tr>
<td>Idaho State University</td>
<td>Texas Tech University</td>
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<tr>
<td>University of Montana</td>
<td>U.S. Air Force Academy</td>
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<tr>
<td>Montana State University-Bozeman</td>
<td>University of Utah</td>
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<tr>
<td>University of Nevada, Reno</td>
<td>Utah State University</td>
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<tr>
<td>University of New Mexico</td>
<td>Utah Valley University</td>
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<tr>
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<td>Weber State University</td>
</tr>
<tr>
<td>Northern Arizona University</td>
<td>University of Wyoming</td>
</tr>
</tbody>
</table>
### NORTHEAST REGION

| University at Albany                     | University of Maine, Orono       |
| Binghamton University                   | Manhattan College                |
| Boston College                          | Marist College                  |
| Boston University                       | University of Massachusetts, Amherst |
| Brown University                        | University of Massachusetts, Lowell |
| Bryant University                       | University of New Hampshire     |
| University at Buffalo, the State University of New York | Niagara University |
| Canisius College                        | Northeastern University         |
| Central Connecticut State University    | Providence College              |
| Colgate University                      | Quinnipiac University           |
| Columbia University-Barnard College     | University of Rhode Island      |
| University of Connecticut               | Sacred Heart University         |
| Cornell University                      | Siena College                   |
| Dartmouth College                       | St. Bonaventure University      |
| Fairfield University                    | St. Francis College Brooklyn    |
| Fordham University                      | St. John’s University (New York) |
| University of Hartford                  | Stony Brook University          |
| Harvard University                      | Syracuse University             |
| Hofstra University                      | U.S. Military Academy           |
| College of the Holy Cross               | University of Vermont           |
| Iona College                            | Wagner College                  |
| Long Island University                  | Yale University                 |

### SOUTH CENTRAL REGION

| Abilene Christian University            | University of North Texas       |
| Arkansas State University               | Northwestern State University   |
| University of Arkansas, Fayetteville   | Prairie View A&M University     |
| University of Arkansas at Little Rock  | Rice University                 |
| University of Arkansas, Pine Bluff     | Sam Houston State University    |
| Baylor University                      | Southeastern Louisiana University|
| University of Central Arkansas         | Southern Methodist University   |
| Grambling State University             | Southern University, Baton Rouge|
| University of Houston                  | Stephen F. Austin State University |
| Houston Baptist University             | Texas A&M University, College Station |
| University of the Incarnate Word       | Texas A&M University-Corpus Christi |
| Lamar University                       | Texas Christian University      |
| University of Louisiana at Lafayette   | Texas Southern University       |
| University of Louisiana Monroe         | Texas State University          |
| Louisiana State University             | University of Texas at Arlington|
| Louisiana Tech University              | University of Texas at Austin   |
| McNeese State University               | The University of Texas Rio Grande Valley |
| University of New Orleans              | University of Texas at San Antonio |
| Nicholls State University              | Tulane University               |
### SOUTH REGION

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### SOUTHEAST REGION

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