

NORTH COAST SECTION EJECTION POLICY

CROSS COUNTRY - 2011

The following is a summary of the rules pertaining to the NCS Ejection Policy in cross country. This summary is provided for athletic directors, coaches and league commissioners. Athletes and coaches may be disqualified from competition for many reasons according to National Federation rules. This summary outlines which rules will apply to the NCS Ejection Policy. **Please review these rules with your coaches and student athletes.** Any act by an athlete or coach that is unsportsmanlike or dangerous conduct shall subject the student or coach to ejection and application of the NCS Ejection Policy. It is important to note that a one game or contest ejection is not a substitute for appropriate counseling of the student or the coach, nor for the student's or coach's demonstrated contrition and acceptance of responsibility for the action(s) which led to the ejection. The one game or contest suspension is the universal penalty for ejection from a contest but in no way is it a substitute for a school's and coach's responsibility to provide appropriate counseling, remedial action, and discipline. Each league shall establish a procedure for reporting ejections (NCS Sports & General Rulings Handbook - bylaw 307H).

Coaches Review Content

League commissioners shall have coaches review the content of the Ejection Policy for the coaches' respective sport at the end of the season meeting and make recommendations for change. The league commissioner will direct such recommendations to the NCS Sports Advisory Committee ("SAC"), which will consider them. The SAC will determine whether to forward recommendations to the Board of Managers for change.
(Board of Managers 10/24/97)

School Administration and Coaches' Responsibility

School administrators and coaches are responsible for determining the cause of ejection for any coach or player and are responsible for enforcement of the Ejection Policy. Confusion over the cause for a coach's or player's ejection shall not be the basis for allowing a student who has been ejected under an applicable rule to avoid the sanctions required by the Ejection Policy (either prohibition from participation or forfeiture should a student or coach who is in violation of the Ejection Policy participates in a subsequent contest).
(Board of Managers 10/24/97)

Note: Any act by an athlete or coach that is unsportsmanlike or dangerous conduct shall subject the student or coach to ejection from the contest and application of the NCS Ejection Policy will apply.

SPORT	RULE	DESCRIPTION	Does the rule apply to the NCS Ejection Policy?
Cross Country	9-7-3	<p>A competitor who is unsportsmanlike or uses unacceptable conduct shall be disqualified. Defined in Rule 4-5-1, 2</p> <p>4-5-1 Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel. Penalty: Disqualification of the competitor from the event. Disqualification of a coach or other school personnel shall be from further involvement in the meet.</p> <p>4-5-2 Unacceptable conduct by a competitor includes, but is not limited to, willful failure to follow the directions of a meet official, using profanity that is not directed at someone or any action that could bring discredit to the individual or his or her school. Penalty: Disqualification from the event.</p>	Yes
	9-7-4	<p>A competitor receives any assistance from any other person who could improve that competitor's performance. (See 4-5-8) Assistance includes:</p> <ul style="list-style-type: none"> a) Interference with another competitor. b) Pacing by a teammate or persons not participating in the event. c) Competitors joining or grasping hands with each other during a race. d) Competitor uses an aid during the race. e) Communicating with a competitor through the use of a wireless device. f) Coaching a competitor from a restricted area. g) A competitor views a videotape or any other visual reproduction of the competitor's performance prior to the completion of the competition. 	No No No No No No No
	9-7-5	A competitor who fails to complete the prescribed course that is defined by a legal marking system.	No, unless the intent was to gain an unfair advantage.