



# CAC Handbook

## Section V - Championship Sports

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### SECTION V - CHAMPIONSHIP SPORTS

#### PHILOSOPHIES, POLICIES & STANDARDS

Regular-Season Scheduling .....	2
CAC Playoffs .....	3
All-CAC teams.....	4
Event Standards For Host Institutions .....	5-6
Conduct Foul (Disqualification) Report Form .....	7

#### FALL SPORTS

Cross Country .....	8-9
Field Hockey .....	10-11
Men's Soccer.....	12-13
Women's Soccer .....	14-15
Volleyball .....	16-17

#### WINTER SPORTS

Men's Basketball .....	18-20
Women's Basketball .....	21-23
Men's & Women's Swimming .....	24-25
Men's & Women's Indoor Track & Field.....	26-31

#### SPRING SPORTS

Baseball .....	32-38
Golf .....	39-40
Men's Lacrosse .....	41-42
Women's Lacrosse .....	43-44
Softball .....	45-48
Men's & Women's Tennis .....	49-52
Men's & Women's Outdoor Track & Field.....	53-58



# Section V - Championship Sports

## PHILOSOPHY STATEMENT & OPERATING PRINCIPLES

Conference regular and post-season tournament scheduling will be produced in the conference office and approved by the Athletic Council and shall be done under the following principles:

### REGULAR SEASON SCHEDULING GUIDING PRINCIPLES

- a) Limit missed class time - midweek games should be scheduled in the best interest of reducing travel and missed class time during the week.
- b) Academic integrity – avoid schedule conflicts with institutional final exams.
- c) Cost consideration.
- d) Institutions must make conference regular-season competition a priority:
  - 1) Flexibility exists to adjust individual contests if both schools agree, based on school calendar (examples: Homecoming/Family Weekend, Spring Breaks), academic schedules (reading days or final exams) or special events (tournaments hosted by schools). If not, original date and time will be the default .
  - 2) Both institutional athletic directors and the conference office must approve any schedule change of more than one calendar day.
  - 3) Start times for regular season contests are determined by host institution.
- e) There shall be balance between home and away contests using a systematic rotation of opponents.
- f) Conference regular season block schedules should be back loaded starting with the end of the conference season.
- g) Scheduling shall allow for uniqueness and traditional culture of each specific sport and institution.
- h) As defined by the NCAA, team sports which sponsor a season-ending conference playoff tournament (not a championship event) must participate in a minimum of a complete, single, round-robin regular-season schedule.
  - 1) The following CAC sports teams will compete in a minimum round robin schedule: Baseball, M&W Basketball, Field Hockey, M&W Lacrosse, M&W Soccer, Softball, M&W Tennis, Volleyball. Although the championship is determined by a championship event, the Athletic Council approved M&W Swimming as sports that will also compete annually in round-robin scheduling.
  - 2) The following CAC sports teams are not mandated to compete in round-robin scheduling: M&W Cross Country, Golf, M&W Indoor Track & Field; M&W Outdoor Track & Field.

*(Adopted Sept. 24, 2012)*

### FORFEIT/VACATED GAMES

A team that is forced (by the NCAA or CAC) to “forfeit” or “vacate” or “nullify” a contest for any reason will be assigned a loss in the CAC standings for that contest and the opposing team will be given a win. These standings will serve to determine CAC playoff seeding. The team’s overall record may reflect the decision of the NCAA governing committee.

*(Adopted March 26, 2013)*



# Section V - Championship Sports

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## POST-SEASON/CHAMPIONSHIP SCHEDULING

### PLAYOFF ACCESS

The number of teams qualifying for CAC playoff tournaments will equal half of the number of teams competing in the sport plus one (rounded up if not a whole number). Sports with:

10 teams = 6 teams in playoffs (half is 5, plus one is 6)

9 teams = 6 teams in playoffs (half is 4.5, plus one is 5.5, rounded up is 6)

8 teams = 5 teams in playoffs (half is 4, plus one is 5)

7 teams = 5 teams in playoffs (half is 3.5, plus one is 4.5, rounded up is 5)

*(Adopted Sept. 24, 2012)*

### POST-SEASON/CHAMPIONSHIP SCHEDULING GUIDING PRINCIPLES

- a) Limit missed class time – the development of tournament formats will include consideration for academic schedules.
- b) Academic integrity – avoid schedule conflicts with institutional final exams
- c) Cost consideration.
- d) Tiebreakers (on page 17 of Handbook):
  - 1) Head to head
  - 2) Record vs. CAC teams, starting at the top of the standings
  - 3) Scoring Differential with a Cap (if committee agrees to use this tiebreaker)
  - 4) Flip a coin
- e) Should one or more CAC tournament contest(s) be interrupted or unable to start, the other contests should be completed as scheduled. In the event the advancing team has to play two days in a row, the start time for the second day should attempt to allow for a 24-hour lapse of time from the start of the game the previous day.
- f) To score points at the CAC swimming and track & field championships, teams must be coming from a program meeting the NCAA criteria for participants and scheduled events at the August deadline to declare varsity sports.
- g) A “Championship Games Committee” will be added to the Cross Country, Golf and Outdoor Track & Field Championship events - Establish an inclement weather policy for outdoor championships by creating a games committee, to include one head coach from each institution, the meet referee, the meet director and the commissioner, to administrate the championship. If a consensus of the committee cannot be reached, the commissioner will make the final determination.
- h) Playoff starting time policy and rotation of championship sites are on page 14 of the current CAC Handbook.
- i) In the event that the CAC can't decide its championship prior to NCAA selection deadline, the conference will declare the teams still competing in the tournament as co-champions, and highest remaining seeded team is awarded NCAA AQ.

*(Adopted Sept. 24, 2012)*



# Section V - Championship Sports

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## ALL-CAC HONORS

1. All-CAC teams shall consist of first and second teams consisting of a “starting lineup” plus one and specialists in each sport. Additionally:

a) Ties in voting are not broken – both players are honored equally.

b) In sports that coaches vote for All-CAC teams - any player that receives All-CAC support, either by nomination or vote, from 50% (or more) of the coaches shall be added to the All-CAC second team.

### Sport (# of teams)

### All CAC Team

M&W Cross Country (10)	Top 8 finishers (1 thru 8) at CAC Championship on 1st Team Next 8 finishers (9 thru 16) at CAC Championship on 2nd Team
Field Hockey (7)	In voting of coaches by position, 13 players on 1st Team, 13 players on 2nd Team
M & W Soccer (10)	In voting of coaches by position, 13 players on 1st Team, 13 players on 2nd Team
Volleyball (10)	In voting of coaches by position, 8 players on 1st Team, 8 players on 2nd Team
M & W Basketball (10)	In voting of coaches by position, 6 players on 1st Team, 6 players on 2nd Team
M & W Swimming (6)	Individual and relay Gold Medalists at CAC Championship are 1st Team Individual and relay Silver Medalists at CAC Championship are 2nd Team
M & W Track & Field (7) (indoor & outdoor)	Individual and relay Gold Medalists at CAC Championship are 1st Team Individual and relay Silver Medalists at CAC Championship are 2nd Team
Baseball (10)	In voting of coaches by position, 13 players on 1st Team, 13 players on 2nd Team
Softball (8)	In voting of coaches by position, 13 players on 1st Team, 13 players on 2nd Team
M & W Lacrosse (9)	In voting of coaches by position, 14 players on 1st Team, 14 players on 2nd Team
M & W Tennis (8)	In voting of coaches by position, 6 singles players and 3 doubles teams on 1st Team 6 singles players and 3 doubles teams on 2nd Team
Golf (5)	Top 6 finishers (1 thru 6) at CAC Championship on 1st Team Next 6 finishers (7 thru 12) at CAC Championship on 2nd Team

*(Adopted Sept. 12, 2013)*



# Section V - Championship Sports

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## EVENT STANDARDS FOR HOST INSTITUTIONS

1. The purpose of having sound game-management procedures in place is to ensure the competition, well-being, safety and enjoyment of a collegiate athletic event for all participants and spectators alike.
2. All contests must have an on-site athletic department personnel member(s), preferably a full-time institutional employee, from the host institution when the visiting team and officials arrive at the venue to review facility access and event management procedures. If possible, the on-site department personnel member should remain throughout the contest, monitoring all game-management issues. Should the on-site department personnel member be called away from the site by other responsibilities, he/she should remain available if circumstances warrant consultation.
3. The host institution is responsible for providing a proper and appropriate plan of safety measures for all contests. Depending on the event and the venue, security personnel in uniform and visible in spectator areas (and assisting the contest officials after the event) are encouraged. The on-site department personnel member should have immediate access to a phone in the event of a crowd issue or medical emergency requiring additional assistance.
4. The on-site department personnel member should introduce himself/herself to a member of the opposing team's coaching/administrative staff and game officials prior to the start of the contest to let those parties know they are available to assist with any game-management issues.
5. The host institution is responsible for giving the visiting team the same fair chance to compete that the host would want when it becomes a visitor.
6. The host institution is responsible for ensuring that all public address announcements and all music played before, during and after the event is of an acceptable nature to the general public.
7. The host institution is ultimately responsible for controlling the behavior of all spectators. Incidents of physical mistreatment, repeated verbal abuse, items thrown at opposing teams or onto the playing field or court, and alcohol at contests must not be tolerated. The host institution's on-site department personnel member, in conjunction with event security personnel (if available), should eject those committing these violations when necessary.
8. The conference sportsmanship statement should be read during pre-contest announcements or printed in the contest program and should be enforced throughout. The student-athlete sportsmanship statement should be used in the other location.
9. The host institution is responsible for ensuring safety for all participants and game officials (and spectators) throughout the contest and when entering and leaving the area of play. Both team and officials' dressing rooms should be private and secure. If alternate locations (e.g., classroom, meeting room) are being used by the visiting team before, during (intermissions) and/or after the event, those locations should be clearly identified to the visiting team upon arrival (prior to the event) and secured throughout the event.



# Section V - Championship Sports

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## EVENT STANDARDS FOR HOST INSTITUTIONS (continued)

10. The host institution must not permit organized groups of students from sitting directly behind the visiting team bench to harass, intimidate or otherwise verbally or physically abuse visiting team personnel. Students who are more intent on verbally abusing the opponents rather than cheering for their own team should not be welcome at intercollegiate contests.

11. Artificial noisemakers (e.g., megaphones, whistles, cowbells, horns, thunder sticks, etc.) and laser pointers should be prohibited.

21. Athletic Training and Sports Information staffs from the competing teams should communicate prior to the event to review any specific requests/issues related to the event. The host athletic trainer should have a lightning detector available at all outdoor events.

13. Coaches and administrators critical of game-management practices at another member institution must have the courtesy and fortitude to contact the administration of the other institution and express their concerns as soon as practical after the contest is concluded. Critical comments made to the Conference office should be made only after contact has first been made with the other institution.



# Section V - Championship Sports

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## CONDUCT FOUL (DISQUALIFICATION) REPORT

Note: Report should be filed to CAC Commissioner via e-mail by Athletic Director/Administrator/Official within 24 hours of contest - e-mail report to Commissioner Tom Byrnes – tbyrnes@cacsports.com

1. Date of contest
2. Sport
3. Site of contest
4. Team of Disqualified Player(s)/Coach(s)
5. Opponent
6. Full Name of Disqualified Player(s)/Coach(s)
7. Jersey number(s) or job title of disqualified participant
8. Score of game at time of disqualification
9. Time remaining in half/game (or inning) when disqualified
10. Reason for disqualification (please provide all related information/details)

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# Section V - Championship Sports

## *Men's & Women's Cross Country*

### MEN'S & WOMEN'S CROSS COUNTRY

1. In-season competition is not required. By NCAA rule, each team must have at least five (5) participants to constitute a full team.
2. CAC Championship Race times: 1st Race - 11:00 a.m.; 2nd Race - noon
  - a. Women run the first race in odd-numbered years; Men run the first race in even-numbered years.
  - b. Scoring to follow NCAA Cross Country meet guidelines
  - c. Length of race: Men - 8,000 meters  
Women - 6,000 meters
3. Postseason Awards
  - a. Team Championship Award for men; for women
  - b. Coach of the Year for men; for women
  - c. Athlete of the Year for men; for women
  - d. Rookie of the Year for men; for women
  - e. All Conference Team for men; for women
4. Meet expenses: Host pays for all administrative expenses incurred while hosting the Championship Meet.
5. Merchandise: The CAC office will be responsible for securing merchandise (t-shirts and other items from the CAC online store) to sell at the conference championship meet. The host school will be asked to supply 2 tables and 1-2 volunteers to sell the merchandise. The host school will receive a percentage of the gross merchandise sales.
6. CAC Committee Chair: Matthew Barreau, Christopher Newport (term ends 2015-16)  
 Athletic Director Liaison: Rahsaan Carlton, Penn State-Harrisburg  
 NCAA RAC rep: none  
 Future CAC Championship Sites (back-up in parenthesis):
  - 2015 - St. Mary's (PSH)
  - 2016 - Penn State Harrisburg (CNU)
  - 2017 - Christopher Newport (SVU)
  - 2018 - Southern Virginia (YCP)
  - 2019 - York (FSU)
  - 2020 - Frostburg State (SAL)
7. Participating institutions (10):
 

<ul style="list-style-type: none"> <li>Christopher Newport University</li> <li>Frostburg State University</li> <li>University of Mary Washington</li> <li>Marymount University (Va.)</li> <li>Penn State Harrisburg</li> </ul>	<ul style="list-style-type: none"> <li>St. Mary's College (Md.)</li> <li>Salisbury University</li> <li>Southern Virginia University</li> <li>Wesley College</li> <li>York College (Pa.)</li> </ul>
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# Section V - Championship Sports

## *Men's & Women's Cross Country*

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### All-Conference Selection

1. The top eight finishers at the CAC Championship (places 1-thru-8) will earn first-team All-CAC recognition while the next eight runners (places 9-through-16) will earn second-team All-CAC honors.  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
2. Year-end awards shall include:
  - a) Athlete of the Year recognition will be presented to the first runner to cross the finish line at the CAC Championship.
  - b) Rookie of the Year recognition will be presented to the first "Rookie" to cross the finish line in the CAC Championship race. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
  - c) Coach of the Year will be voted upon by the conference coaches following the CAC Championship races.
3. Composition of All-CAC team
  - First team – top 8 finishers at CAC championship
  - Second team – finishers 9-through 16 at CAC Championship



# Section V - Championship Sports

## *Field Hockey*

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### FIELD HOCKEY

1. Teams will play an in-season, single game round robin.
2. Teams will be seeded into the postseason tournament based on regular-season record.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
3. The Field Hockey Coaches Committee has agreed to use the “Scoring differential with a cap” option as the third tiebreaker to seed teams. In Field Hockey, the scoring cap will be four (4) goals in a contest.
4. Video Exchange - The Field Hockey Coaches Committee has agreed to use Vidswap for game exchange. Each season, each coach may request 2 unedited/raw videos of conference games no later than Sept. 1 each season. A chart will be created by the committee chair listing each video requested and distributed to all head coaches by Sept. 5. Links to the unedited/raw video will be provided to the requesting coach by noon the first business day after the game is played. The requested/exchanged videos may not be shared with any other coaches - conference or non-conference - and all coaches are still prohibited from sharing video, verbal or written scouting reports to non-conference coaches/opponents.
5. Postseason Tournament — the top five teams in the regular season will advance to the CAC Tournament
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings  
First Round - #4 Seed vs. #5 Seed (Seeds #1, #2 and #3 earn a bye)  
Semifinals - #1 Seed vs. the winner of #4 Seed vs #5 Seed; #2 Seed vs. #3 Seed  
Finals - Championship Game at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament.
6. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
7. Game ball for conference matches will be the same as the ball used in NCAA championships.
8. Home team pays officials and all administrative expenses of hosting tournament game(s).
9. CAC Committee Chair: Katie Newkirk, St. Mary’s (term ends 2016-17)  
Athletic Director Liaison: Carrie Gardner, Christopher Newport  
NCAA RAC rep: Lindsey Elliott, Mary Washington (term ends 2017-18)  
CAC Officials Assignor: Chip Rogers (contract expires 2016-17)  
Official CAC Ball: no contract - coaches agree to use the NCAA championship ball for all matches



# Section V - Championship Sports

## Field Hockey

10. Participating institutions (7): Christopher Newport University      Salisbury University  
 Frostburg State University      Wesley College  
 University of Mary Washington      York College of Pa.  
 St. Mary's College (Md.)

### All-Conference Voting

- Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. Nominations will begin the Thursday prior to the CAC playoffs and will conclude the Wednesday prior to the CAC Championship Game. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
- Coaches may nominate up to eight players and a goalkeeper or nine field players for the All-CAC team. Coaches may distribute through email any comments and/or statistics about each player nominated, and rank each of them by position, to all other CAC coaches.
- The conference office will distribute a list of nominees to the coaches prior to the CAC Championship Game.
- From the list of nominated players, vote, in rank order, for seven forwards, seven midfielders, seven backs and three goalkeepers. Voting will be done online through the PrestoSports online system for 24 hours, beginning noon Tuesday after the CAC Championship game. Coaches may not vote for their own players.
- From the list of nominated individual honors, vote for three "Player of the Year" in rank order, three "Rookie of the Year" nominees and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
- The CAC office will provide the conference's representative on the All-Region selection committee the names of the All-CAC team members by 5 p.m. on the Wednesday after the CAC Championship Game. The CAC office will then announce the All-CAC team in conjunction with the conference Sports Information Directors.
- Composition of All-CAC team
  - First Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"
  - Second Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"

#### Sample voting:

##### *Forwards, Midfielders & Defenders*

- 1st player (7 points)
- 2nd player (6 points)
- 3rd player (5 points)
- 4th player (4 points)
- 5th player (3 points)
- 6th player (2 points)
- 7th player (1 point)

##### *Goalkeepers*

- Player of the Year*
- Rookie of the Year*
- Coach of the Year*
- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## Men's Soccer

### MEN'S SOCCER

1. Teams will play an in-season, single game round robin.
2. Teams will be seeded into the postseason tournament based on regular-season record, with three points awarded for each win, one point for each tie, and zero points for each loss.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
3. The Men's & Women's Soccer Coaches committees have agreed to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams. In Men's & Women's Soccer, the scoring cap will be four (4) goals in a contest.
4. Postseason Tournament
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings  
 First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)  
 Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6  
 Finals - Championship Game at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
5. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
6. Home team pays officials and all administrative expenses of hosting CAC tournament game(s).
7. CAC Committee Chair: Keith Byrnes, Frostburg State (term ends 2015-16)  
 Athletic Director Liaison: Jason Lamb, Southern Virginia  
 NCAA RAC rep: Tom Byrnes (term ends 2015-16)  
 CAC Officials Assignor: Mark Ingvoldsen (contract expires 2016-17)  
 Official CAC Ball: no contract - coaches agree to use the NCAA championship ball for all matches
8. Participating institutions (10):
 

Christopher Newport University	St. Mary's College (Md.)
Frostburg State University	Salisbury University
University of Mary Washington	Southern Virginia University
Marymount University (Va.)	Wesley College
Penn State Harrisburg	York College (Pa.)



# Section V - Championship Sports

## *Men's Soccer*

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### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. Nominations will begin the Thursday prior to the CAC playoffs and will conclude the Wednesday prior to the CAC Championship Game. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. Coaches may distribute through email any comments and/or statistics about each player nominated, and rank each of them by position, to all other CAC coaches.
3. The conference office will distribute a list of nominees to the coaches prior to the CAC Championship Game.
4. From the list of nominated players, vote, in rank order, for seven forwards, seven midfielders, seven backs and three goalkeepers. Voting will be done online through the PrestoSports online system. Coaches may not vote for their own players.
5. From the list of nominated individual honors, vote for three "Player of the Year" in rank order, three "Rookie of the Year" nominees and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
6. The CAC office will then announce the All-CAC team in conjunction with the conference Sports Information Directors.
7. Composition of All-CAC team
  - First Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"
  - Second Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"

#### **Sample voting:**

##### ***Forwards, Midfielders & Defenders***

- 1st player (7 points)
- 2nd player (6 points)
- 3rd player (5 points)
- 4th player (4 points)
- 5th player (3 points)
- 6th player (2 points)
- 7th player (1 point)

##### ***Goalkeepers***

- Player of the Year***
- Rookie of the Year***
- Coach of the Year***
- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## *Women's Soccer*

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### WOMEN'S SOCCER

1. Teams will play an in-season, single game round robin.
2. Teams will be seeded into the postseason tournament based on regular-season record, with three points awarded for each win, one point for each tie, and zero points for each loss.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
3. The Men's & Women's Soccer Coaches committees have agreed to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams. In Men's & Women's Soccer, the scoring cap will be four (4) goals in a contest.
4. Postseason Tournament
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings  
First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)  
Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6  
Finals - Championship Game at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
5. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
6. Home team pays officials and all administrative expenses of hosting CAC tournament game(s).
7. CAC Committee Chair: Corey Hewson, Mary Washington (term ends 2015-16)  
Athletic Director Liaison: Jason Lamb, Southern Virginia  
NCAA RAC rep: Tim Mowrer, CAC (term ends 2017-18)  
CAC Officials Assignor: Mark Ingvoldsen (contract expires 2016-17)  
Official CAC Ball: no contract - coaches agree to use the NCAA championship ball for all matches
8. Participating institutions:

Christopher Newport University	St. Mary's College (Md.)
Frostburg State University	Salisbury University
University of Mary Washington	Southern Virginia University
Marymount University (Va.)	Wesley College
Penn State Harrisburg	York College (Pa.)



# Section V - Championship Sports

## *Women's Soccer*

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### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. Nominations will begin the Thursday prior to the CAC playoffs and will conclude the Wednesday prior to the CAC Championship Game. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. Coaches may distribute through email any comments and/or statistics about each player nominated, and rank each of them by position, to all other CAC coaches.
3. The conference office will distribute a list of nominees to the coaches prior to the CAC Championship Game.
4. From the list of nominated players, vote, in rank order, for seven forwards, seven midfielders, seven backs and three goalkeepers. Voting will be done online through the PrestoSports online system. Coaches may not vote for their own players.
5. From the list of nominated individual honors, vote for three "Player of the Year" in rank order, three "Rookie of the Year" nominees and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
6. The CAC office will then announce the All-CAC team in conjunction with the conference Sports Information Directors.
7. Composition of All-CAC team
  - First Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"
  - Second Team - 3 forwards, 3 midfield, 3 defense, 1 GK and 3 "at-large"

#### **Sample voting:**

##### ***Forwards, Midfielders & Defenders***

- 1st player (7 points)
- 2nd player (6 points)
- 3rd player (5 points)
- 4th player (4 points)
- 5th player (3 points)
- 6th player (2 points)
- 7th player (1 point)

##### ***Goalkeepers***

- Player of the Year***
- Rookie of the Year***
- Coach of the Year***
- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## Volleyball

### VOLLEYBALL

1. All teams will play an in-season round robin schedule consisting of one three-of-five match. Rally scoring will be used in all sets of a match. NOTE: All matches for conference/NCAA statistics will be based on three of five matches only.
2. Teams will be seeded into the postseason tournament based on conference standings.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
3. The Volleyball Coaches committee has agreed to use the “Scoring differential with a cap” option as the third tiebreaker to seed teams. In Volleyball, the scoring cap will be three (3) sets in a match.
4. Postseason Tournament
  - a. Single elimination - matches to be played at site of higher seeded team
  - b. Tournament Pairings  
First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)  
Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6  
Finals - Championship Match at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
5. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
6. Home team shall pay for officials and administrative costs of hosting a volleyball match. All conference regular-season and playoff matches will have officials assigned by the CAC as linepersons.
7. CAC Committee Chair: Rebecca Fletcher (term ends 2015-16)  
Athletic Director Liaison: Paul Saikia, York  
NCAA RAC rep: Matt Troy, Mary Washington (term ends 2016-17)  
CAC Officials Assignor: B.J. Willard (contract expires 2017-18)  
Official CAC Ball: Molton (Conference agreement thru 2016-17)
8. Participating institutions (10):
 

Christopher Newport University	St. Mary’s College (Md.)
Frostburg State University	Salisbury University
University of Mary Washington	Southern Virginia University
Marymount University (Va.)	Wesley College
Penn State Harrisburg	York College (Pa.)





# Section V - Championship Sports

## Volleyball

### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system.
  - a) The nomination period for All-CAC will begin Monday morning of CAC playoff week and close Thursday afternoon.
  - b) The conference office will send a list of nominees to the coaches prior to the beginning of All-CAC voting, which will begin Friday of CAC playoff week. All-CAC Voting will close at 12:01 a.m. Monday after the CAC Championship match.
  - c) The Coaches committee will continue to provide the spreadsheet for comparison of nominated player statistics. Coaches will supply voters with statistics/data about the nominees pertaining only to the current NCAA and CAC playing season.
2. Nomination for All-Conference team should be listed by rank.
3. Coaches will select 14 players in order for the All-Conference Team. Coaches may not vote for their own players.  
*See pages 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
4. The player receiving the most points will be named CAC Player of the Year.
5. From the list of nominees, coaches will vote for three “Rookie of the Year” in rank order and three “Coach of the Year” nominees. Coaches may nominate one player from their own team for Rookie of the Year. All coaches are nominated for Coach of the Year category.
6. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
7. Composition of All-CAC team
  - First Team - 7 starters and 1 “at-large”
  - Second Team - 7 starters and 1 “at-large”

#### Sample listing:

##### All-CAC voting

- |                        |                        |
|------------------------|------------------------|
| 1st player (14 points) | 8th player (7 points)  |
| 2nd player (13 points) | 9th player (6 points)  |
| 3rd player (12 points) | 10th player (5 points) |
| 4th player (11 points) | 11th player (4 points) |
| 5th player (10 points) | 12th player (3 points) |
| 6th player (9 points)  | 13th player (2 points) |
| 7th player (8 points)  | 14th player (1 point)  |

##### Rookie of the Year

- ##### Coach of the Year
- 1st player (3 points)
  - 2nd player (2 points)
  - 3rd player (1 point)



# Section V - Championship Sports

## *Men's Basketball*

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### MEN'S BASKETBALL

1. All teams will play a home/away round robin schedule during the regular season.
2. All teams will use The Rock basketball for all games.
3. Coaches shall exchange game tapes via the Krossover online system.
  - a. Each member shall load every home game and non-conference road or neutral-site games into the Krossover system by noon the day after the game (or noon Monday for a weekend game).
  - b. Visiting team videos in CAC games will be loaded into the Krossover system by the home team.
  - c. There is no limit to the number of games a team may view/scout throughout the season.
  - d. Home team coaches shall provide a copy of a game on DVD to visiting team coaches prior to departure after the game if requested and if technology is available to copy the game on a DVD.
4. Teams will be seeded into the postseason tournament based on regular-season record.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
5. The Men's & Women's Basketball Coaches committees have agreed not to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams.
6. Home team pays officials and all administrative expenses of hosting tournament game(s).
7. CAC Committee Chair: Marcus Kahn (term ends 2016-17)  
Athletic Director Liaison: Ken Tyler, Mary Washington  
NCAA RAC rep: Don Friday, Penn State Harrisburg (term ends 2017-18)  
CAC Officials Assignor: Gene Pellillo (contract expires 2016-17)  
Official CAC Ball: Annaconda/The Rock (Conference agreement thru 2017-18)
8. Postseason Tournament
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings  
First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)  
Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6  
Finals - Championship Game at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
9. Tournament Game Times
  - a. The times for CAC Tournament Games:  
Tuesdays & Thursdays: Single Game: 7 p.m. ... Doubleheader: 6 p.m. (women) and 8 p.m. (men)  
Saturday: Single Game: 2 p.m.  
Doubleheader: 2 p.m. and 4:30 p.m.  
(men's game first in even numbered years; women's game first in odd numbered years)



# Section V - Championship Sports

## *Men's Basketball*

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### 10. Postseason Awards

- a. Team Championship Award
- b. Coach of the Year
- c. Player of the Year
- d. Rookie of the Year
- e. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

### 11. Complimentary Passes

- a. Sixty-eight (68) game admission passes will be provided to each school prior to the start of the season.
- b. Distribution will be as follows:
  - i. Thirty (30) passes for the men's team and thirty (30) passes for the women's team
  - ii. Two (2) passes for the Athletic Director and two (2) passes for the Senior Woman Administrator
  - iii. Two (2) passes for the men's basketball coach and two (2) passes for the women's basketball coach
- c. The passes will be good for one year and will be dated and color-coded. The passes are for regular season games and will not be valid for the CAC tournament. The passes are **NON-TRANSFERABLE**.

### 12. Participating institutions (10):

Christopher Newport University  
Frostburg State University  
University of Mary Washington  
Marymount University (Va.)  
Penn State Harrisburg

St. Mary's College (Md.)  
Salisbury University  
Southern Virginia University  
Wesley College  
York College (Pa.)



# Section V - Championship Sports

## *Men's Basketball*

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### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. Each coach may nominate an unlimited number of players from their team (in order of preference) for All-CAC consideration.
3. Coaches will select 10 players in order for the All-Conference Team.  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
4. Coaches will vote for the top three candidates in the Player of the Year, Rookie of the Year and Coach of the Year categories.
5. Coaches may not vote for their own players or themselves in the All-CAC selection process.
6. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
7. Composition of All-CAC team  
First Team - 5 starters and 1 "at-large"  
Second Team - 5 starters and 1 "at-large"

#### **Sample listing:**

##### **All-CAC Team**

- 1st player (10 points)
- 2nd player (9 points)
- 3rd player (8 points)
- 4th player (7 points)
- 5th player (6 points)
- 6th player (5 points)
- 7th player (4 points)
- 8th player (3 points)
- 9th player (2 points)
- 10th player (1 point)

##### **Player of the Year**

##### **Rookie of the Year**

##### **Coach of the Year**

- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## *Women's Basketball*

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### WOMEN'S BASKETBALL

1. All teams will play a home/away round robin schedule during the regular season.
2. All teams will use the Wilson composite basketball, which is used in NCAA Tournament games, for all games.
3. Coaches shall exchange game tapes via the Krossover online system.
  - a. Each member shall load every home game and non-conference road or neutral-site games into the Krossover system by noon the day after the game (or noon Monday for a weekend game).
  - b. Visiting team videos in CAC games will be loaded into the Krossover system by the home team.
  - c. There is no limit to the number of games a team may view/scout throughout the season.
  - d. Home team coaches shall provide a copy of a game on DVD to visiting team coaches prior to departure after the game if requested and if technology is available to copy the game on a DVD.
4. Teams will be seeded into the postseason tournament based on regular-season record.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
5. The Men's & Women's Basketball Coaches committees have agreed not to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams.
6. Home team pays officials and all administrative expenses of hosting tournament game(s).
7. CAC Committee Chair: Crystal Gibson, St. Mary's (term ends 2016-17)  
Athletic Director Liaison: Ken Tyler, Mary Washington  
NCAA RAC rep: Kelly Lewandowski, Salisbury (term ends 2016-17)  
CAC Officials Assignor: Gene Pellillo (contract expires 2016-17)  
Official CAC Ball: no contract - coaches agree to use the Wilson NCAA championship ball for all games
8. Postseason Tournament
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings  
First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)  
Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6  
Finals - Championship Game at site of higher seed
  - c. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
9. Tournament Game Times
  - a. The times for CAC Tournament Games:  
Tuesdays & Thursdays: Single Game: 7 p.m. ... Doubleheader: 6 p.m. (women) and 8 p.m. (men)  
Saturday: Single Game: 2 p.m.  
Doubleheader: 2 p.m. and 4:30 p.m.  
(men's game first in even numbered years; women's game first in odd numbered years)



# Section V - Championship Sports

## *Women's Basketball*

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### 10. Postseason Awards

- a. Team Championship Award
- b. Coach of the Year
- c. Player of the Year
- d. Rookie of the Year
- e. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

### 11. Complimentary Passes

- a. Sixty-eight (68) game admission passes will be provided to each school prior to the start of the season.
- b. Distribution will be as follows:
  - i. Thirty (30) passes for the men's team and thirty (30) passes for the women's team
  - ii. Two (2) passes for the Athletic Director and two (2) passes for the Senior Woman Administrator
  - iii. Two (2) passes for the men's basketball coach and two (2) passes for the women's basketball coach
- c. The passes will be good for one year and will be dated and color-coded. The passes are for regular season games and will not be valid for the CAC tournament. The passes are **NON-TRANSFERABLE**.

### 12. Participating institutions (10):

Christopher Newport University  
Frostburg State University  
University of Mary Washington  
Marymount University (Va.)  
Penn State Harrisburg

St. Mary's College (Md.)  
Salisbury University  
Southern Virginia University  
Wesley College  
York College (Pa.)



# Section V - Championship Sports

## *Women's Basketball*

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### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. Each coach may nominate an unlimited number of players from their team (in order of preference) for All-CAC consideration.
3. Coaches will select 10 players in order for the All-Conference Team.  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
4. Coaches will vote for the top three candidates in the Player of the Year, Rookie of the Year and Coach of the Year categories.
5. Coaches may not vote for their own players or themselves in the All-CAC selection process.
6. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
7. Composition of All-CAC team  
First Team - 5 starters and 1 "at-large"  
Second Team - 5 starters and 1 "at-large"

#### **Sample listing:**

##### **All-CAC Team**

- 1st player (10 points)
- 2nd player (9 points)
- 3rd player (8 points)
- 4th player (7 points)
- 5th player (6 points)
- 6th player (5 points)
- 7th player (4 points)
- 8th player (3 points)
- 9th player (2 points)
- 10th player (1 point)

##### **Player of the Year**

##### **Rookie of the Year**

##### **Coach of the Year**

- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## *Men's & Women's Swimming*

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### MEN'S & WOMEN'S SWIMMING

1. Regular-season round-robin competition, either in dual, tri or quad meets, is mandatory. The regular-season schedule will be created by the conference office.
2. Championship Meet
  - a. Teams may participate in a pre-meet practice in the championship facility the day before the Championship (Thursday) from 4 to 6 p.m.
  - b. Day One (Friday): Trials – 10:00 a.m.; Finals - 6:00 p.m.  
Day Two (Saturday): Trials – 10:00 a.m.; Finals - 6:00 p.m.  
Day Three (Sunday): Trials – 10:00 a.m.; Finals - 4:30 p.m.  
***NOTE*** - *Sunday night meals/family gatherings in SMC's ARC shall end no later than 1 hour after the completion of the championship awards ceremony.*
  - c. Format: NCAA three-day championship format, diving will not be contested.
  - d. Scoring: NCAA rules for championship meets (16 places scored in an eight-lane pool).
  - e. St. Mary's College of Maryland has agreed to annually host the CAC Championship. SMC will hire a Meet Director as well as all timers, judges and pay for all expenses, with the proviso that SMC keeps all profits from gate receipts and the concession stand.
  - f. Fastest times in each event will be compiled through the National Swim Coaches Association of America website and published in conjunction with the conference office throughout the season.
  - g. The podium dress code for Top 8 finishers at the championship includes team warmups or shorts and t-shirts (no towels).
  - h. Teams will participate in the suit verification form signing in accordance to NCAA regulations.
  - i. All teams, participants and spectators will participate in a recognition ceremony for seniors from each team prior to one of the evening championship sessions - to be determined by the conference coaches.
3. Postseason Awards
  - a. Men's Team Championship Award and Women's Team Championship Award
  - b. Men's Swimmer of the Year and Women's Swimmer of the Year
  - c. Men's Rookie of the Year and Women's Rookie of the Year
  - d. Men's Coach of the Year and Women's Coach of the Year
  - e. All Conference Teams

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
4. CAC Committee Chair: Erin Kurtz, York (term ends 2015-16)  
Athletic Director Liaison: Scott Devine, St. Mary's  
NCAA RAC rep: none  
Future CAC Championship Sites:
  - 2016 - St. Mary's College (Md.)
  - 2017 - St. Mary's College (Md.)
  - 2018 - St. Mary's College (Md.)
  - 2019 - St. Mary's College (Md.)
  - 2020 - St. Mary's College (Md.)





# Section V - Championship Sports

## *Men's & Women's Swimming*

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5. Participating institutions (6):
- |                               |                          |
|-------------------------------|--------------------------|
| Frostburg State University    | St. Mary's College (Md.) |
| University of Mary Washington | Salisbury University     |
| Marymount (Va.) University    | York College (Pa.)       |

### **All-Conference Selection**

1. Composition of All-CAC team
  - First team – gold medalist in each event (including relays)
  - Second team – silver medalist in each event (including relays)

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
2. Coaches will vote for the Swimmer of the Year, Rookie of the Year and Coach of the Year for both men's swimming and women's swimming championship sports at following the conclusion of the last event at the championship meet. Per CAC rules, coaches must vote for "top 3" in each individual award category.
3. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.



# Section V - Championship Sports

## *Men's & Women's Indoor Track & Field*

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### MEN'S & WOMEN'S INDOOR TRACK & FIELD

**Dates & Sites:** The CAC Championship will be held annually at Christopher Newport University until another site(s) become available to host the championship. The site(s) will then be put into the championship rotation, similar to (but not necessarily matching) the outdoor championship season.

The Men's and Women's Track & Field Coaches committee recommends that the championship be held three weeks prior to the NCAA Championship weekend, based on facility availability and other factors.

**Sponsorship:** CAC Championship participating institutions are:

Christopher Newport University	Salisbury University
Frostburg State University	Wesley College
University of Mary Washington	York College of Pa.
Penn State Harrisburg	

Institutions that do not sponsor a full intercollegiate team may enter individuals into the championship meet. However, all individual entrants must have previously competed in at least one certified meet. Individual entrants can qualify for all-conference honors, but do not score team points.

**Championship Scoring:** Top six places will score at the CAC Championship (10-8-6-4-2-1).

**Order of Events:** The Championship Meet schedule will be distributed to the coaches committee no later than one month prior to the championship. The conference will follow the NCAA championship schedule in determining the alternating of gender for the order of events from year to year.

**Timing:** The host institution is to use Fully Automatic Timing (FAT) for all races, and that videotaping of the finishes is encouraged.

**Implement Certification:** All implements are to be certified prior to competition.

**Relay Cards:** Relay cards are to be turned in to the clerk at the starting line.

**Games Committee:** The Games Committee will consist of all head track and field coaches per gender. All protests and appeals are to follow guidelines set in the NCAA Track & Field rulebook.

**Medical Staff:** See page 2 of Section VII (Sports Medicine) of the CAC Handbook  
[http://www.cacsports.com/information/handbook/Section\\_VII\\_-\\_Sports\\_Medicine.pdf](http://www.cacsports.com/information/handbook/Section_VII_-_Sports_Medicine.pdf)

**Sports Information Staff:** See page 4 of Section VIII (Sports Information) of the CAC Handbook  
[http://static.psbins.com/8/o/6sxueq6qa4mxt2/Section\\_VIII\\_-\\_Sports\\_Info.pdf](http://static.psbins.com/8/o/6sxueq6qa4mxt2/Section_VIII_-_Sports_Info.pdf)

**Postseason Awards:** Follows the guidelines from the CAC Handbook. Voting for these awards (Athlete of the Year, Rookie of the Year and Coach of the Year) is to start on the Monday following the championship. The coaches agreed that accomplishments for the entire season could be included.

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*



# Section V - Championship Sports

## *Men's & Women's Indoor Track & Field*

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**Performance Lists:** The CAC will post a performance list, provided by a member of the coaches committee, via the conference website. It will be updated whenever updates are available from the coaches committee.

**Entries:** Each school will be allowed to enter up to four athletes in each individual event. However, a school may enter more than four if each of the entered athletes has attained a qualifying standard that was established and approved by the coaches. The qualifying standards are developed by using the 6<sup>th</sup> place time or the last placing competitor from the previous three championship meets. Schools are allowed only one relay team per event.

### **Entry Procedure:**

1. The host school will send out meet information at least one month prior to the Championships. Included in the meet information will be a schedule of events, specific directions for submitting entries, as well as an entry format that is to be used by all coaches. The entry format will include the entered performance of each athlete and the meet/date of that performance. The meet information will also include a specific website address where performance lists and results will be found.
2. If requested by the host institution for publicity purposes, team rosters will be due at least one week prior to the championship. The host institution should make the request through the sports information offices as done in other sports.
3. Entries will be submitted online to Direct Athletics by 7 p.m. three days prior to the Championships. All submissions should be considered as “final entries”. It is the responsibility of each coach to ensure that his or her entries are complete and accurate!
4. Only performances attained in indoor competition during the current academic year and reported to TFRRS may be submitted. No relay splits may be submitted. All other entries must be entered as either NT (No Time) or ND/NH (No Distance/No Height), and will be seeded last.
5. The entry lists will be posted on the CAC website by noon two days prior to the Championships.
6. A conference call will be held at 7 p.m. two days prior to the Championships. At this time, coaches may scratch athletes from the meet. If a coach wishes to scratch an athlete from certain events, but not all entered events, then this must be approved by the Games Committee during the call. If a coach omitted an entry on the original entry, they may appeal to the Games Committee during the call, and it will be the Games Committee's decision whether or not to accept this late entry.
7. At the end of the conference call, each event will be seeded by performance and posted on the CAC website by the morning prior to the Championships.
8. All NT entries must be in the same heat/section in a timed final event, if possible. Entries that are submitted as NT should not be placed in the “fast section” unless all NT entries can be placed in that same section.



# Section V - Championship Sports

## *Men's & Women's Indoor Track & Field*

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**Meet Officials:** The host school is responsible for hiring all meet officials, subject to the approval of the CAC office, and paying all administrative expenses incurred during the championship. The Primary Roles and Duties of the officials are set forth in NCAA Rule 3. The Championships Officials Crew shall include the following Certified Officials as well as sufficient assistants for each to conduct the meet efficiently:

- a) Meet Director: Responsible for sending all pertinent information regarding the championships to coaches, officials, etc. Information shall include schedule requirements based on facility configuration, facility descriptions (lanes & sizes, lengths of runways and board distances, and throw circles materials), and the availability of the facility for practice prior to the championships.
- b) Announcer (1)
- c) Head Timer/Scorer (1)
- d) Referees (2): One Track Referee and one Field Referee. Duties may be split in another manner depending on facility arrangement. A single Referee may be used if agreed upon by the Conference Head Coaches and the CAC office.
- e) Starters (2): In addition to the Head Starter, at least one Assistant Starter shall be used.
- f) Clerk (1): At least one Clerk of the Course to manage check-ins for track events.
- g) Finish Line Judge (1): At least one Finish Line Judge who will also oversee lap counters.
- h) Umpires (4): At least four Track Umpires will be used around the track with the Head Umpire stationed at the finish line or break line as needed.
- i) Jumps Officials (1 for each venue): A second Certified Official is recommended for each venue.
- j) Throws Officials (2 for each venue)

**Failure to Participate rule (previously known as the Scratch Rule/Honest Effort rule):** Athletes must participate honestly in all trials and finals of all track or field events in which they legally are declared or they shall be barred from all remaining events in the current meet. See the NCAA rulebook for specifications.

## **All-Conference Selection**

1. Composition of All-CAC team
  - First team – gold medalist in each event (including relays)
  - Second team – silver medalist in each event (including relays)

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
2. Coaches will vote for the Athlete of the Year, Rookie of the Year and Coach of the Year beginning Monday following the conclusion of the championship.
3. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.



# Section V - Championship Sports

## *Men's & Women's Indoor Track & Field*

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### CAC Indoor Championship Event Procedures

#### **60m and 60m Hurdles**

1. The event will be run in rounds so that at least 3 time qualifiers in addition to the heat winners will advance to the next round. If three rounds are required, the preliminary round will be contested immediately prior to the 5,000m.
2. Preferred Lanes will be (in order) 3-4-2-5-1-6.
3. Rounds will be seeded as determined by NCAA Rules.
4. A single-section final (6 lanes) will be run for each event.
5. In the event of a tie for the sixth qualifying place (after being compared to the 0.001 second), a run-off will be scheduled immediately prior to the Mile: 12:45pm – 60m Hurdles Run-Off; 12:55pm – 60m Run-Off (same gender order as the meet schedule)

#### **200m**

1. The 200m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 5-6-4-3-2. Lane 1 will not be used for any section unless agreed upon by the Games Committee (Conference Head Coaches) during the pre-Championships conference call.
3. Sections will be seeded from fastest to slowest. If fewer than three (3) contestants remain for the final (slowest) seeded section, the second slowest section will be reduced in size so that slowest section will have three (3) contestants.

#### **400m**

1. The 400m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 5-6-4-3-2. Lane 1 will not be used for any section unless agreed upon by the Games Committee (Conference Head Coaches) during the pre-Championships conference call.
3. Sections will be seeded from fastest to slowest. If fewer than three (3) contestants remain for the final (slowest) seeded section, the second slowest section will be reduced in size so that slowest section will have three (3) contestants.

#### **800m**

1. The 800m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Each section shall start using two alleys with the top three (3) seeds in the outer/forward alley and the remaining four (4) or five (5) in the inner/back alley. In the case where all sections have no more than six (6) contestants, the race will start in lanes, preferred (in order) as 5-6-4-3-2-1.
3. Sections will be seeded from fastest to slowest with eight (8) in each section. If fewer than three (3) contestants remain for the final (slowest) seeded section, the second slowest section will be reduced in size so that slowest section will have three (3) contestants.

#### **Mile**

1. The Mile will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. A waterfall start will be used with positions assigned randomly.
3. Sections will be seeded from fastest to slowest with ten (10) in each section. If fewer than four (4) contestants remain for the final (slowest) seeded section, the second slowest section will be reduced in size so that slowest section will have four (4) contestants.



# Section V - Championship Sports

## *Men's & Women's Indoor Track & Field*

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### **3,000m and 5,000m**

1. The 3,000m and 5,000m will be run as a timed final.
2. A waterfall start will be used with positions assigned randomly.
3. If more than twenty (20) contestants are declared, the Games Committee (Conference Head Coaches) may agree during the pre-Championships conference call to split the field at a natural break point. In such a case, the sections will be run starting with the slowest seeded section and progressing to the fastest.

### **4x400m Relay**

1. The 4x400m Relay will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Preferred Lanes will be (in order) 5-6-4-3-2-1.
3. If more than six teams are declared for the Championships, a two-section timed final will be run with half (or half plus one) in the fastest seeded section.

### **Distance Medley Relay**

1. The Distance Medley Relay will be run as a single-section final regardless of the number of entries.
2. A waterfall start will be used with positions assigned randomly.

## **Field Event Procedures**

### **Long Jump, Triple Jump, Shot Put, and Weight Throw**

1. Flights will be seeded from worst to best with random order within the flights.
2. Flight sizes will be determined by NCAA Rules with break-points determined by the Games Committee (Conference Head Coaches) during the pre-Championships conference call.
3. Seven (7) contestants will qualify for finals. All ties (by mark) for the final qualifying position will advance to finals.

### **High Jump**

1. Opening height will be determined so that the progression of heights includes the current ECAC qualifying height, hereafter called the Target Height.
2. 3cm increments shall be used working backwards from the Target Height to or immediately below the 6th ranked Conference Performance as listed on TFRRS on the Monday prior to the Championships. 5cm increments shall be used for the remainder of the progression until
  - a. for the Men's High Jump, opening height will be no lower than 1.62m/5-3.75
  - b. for the Women's High Jump, opening height will be no lower than 1.31m/4-3.5
3. Progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches during the pre-Championships conference call.



# Section V - Championship Sports

## Men's & Women's Indoor Track & Field

### Pole Vault

1. Opening height will be determined so that the progression of heights includes the current ECAC qualifying height, hereafter called the Target Height.
2. 10cm increments shall be used working backwards from the Target Height to or immediately below the 6th ranked Conference Performance as listed on TFRRS on the Monday prior to the Championships. 15cm increments shall be used for the remainder of the progression until
  - a. for the Men's Pole Vault, opening height will be no lower than 3.31m/10-10.25
  - b. for the Women's Pole Vault, opening height will be no lower than 2.24m/7-4.25
3. Progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches during the pre-Championships conference call.

## 2015-16 Height Progressions and Supplemental Entry Standards

### Height Progressions *(to be finalized on the Tuesday prior to the Championship meet)*

CAC Minimum	WHJ - 131	MHJ - 162	WPV - 224	MPV - 331
ECAC Standard	TBA			
2015-16 6th Seed	TBA			

### Supplemental Entry Standards

The qualifying standards are developed by using the sixth-place time or the last placing competitor from the previous three championship meets.

*TBA*



# Section V - Championship Sports

## *Baseball*

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### BASEBALL

#### 1. Regular Season Format:

- a) All schools will play each other twice.
- b) Postponements should be re-scheduled at the earliest date possible. If Saturday's games are postponed, the doubleheader will be played Sunday (unless the opponent is Southern Virginia). Re-scheduled CAC game(s) take priority over any non-conference game(s). CAC doubleheaders on Sundays or non-class days take priority over single CAC make-up games.
- c) All CAC games (single games or doubleheaders) will be nine-inning games.
- d) If the site of a CAC game(s) changes to the home field of the visiting team because of weather or other emergency situation:
  1. The originally-scheduled home team will be the home team during the contest (batting order, scoreboard).
  2. The originally-scheduled home team will pay for umpires and the traveling team will pay for travel costs.
  3. If the contest(s) change to a neutral site, the originally-scheduled home team will be the home team during each contest (batting order, scoreboard) and will pay for its travel, umpires and any costs associated with the facility. The visiting team will be responsible to pay for its travel expenses.
- e) Starting times for weekend games will be 1 p.m. Starting time for all doubleheaders will be 1 p.m. Midweek single games will be 2:30 prior to Daylight Savings Time and 3:30 p.m. after Daylight Savings Time.
- f) The conference season will be played in the six weeks immediately preceding the conference tournament.
  1. Teams will schedule Spring Break and other trips to avoid conflict with Saturday CAC doubleheaders. Teams will also maintain availability for re-scheduled contests on Sundays during the CAC six-week schedule (except Southern Virginia) if the Saturday games are postponed.
  2. Teams requesting to move a midweek conference contest because of a Spring trip should notify the Commissioner, who will work with the two competing teams to re-schedule on an appropriate date.
  3. Teams are required to re-schedule postponed games in chronological order at the time of the postponement. Postponed games that have already been re-scheduled are considered the "new" chronological order. The exception is a weekend CAC doubleheader, which takes precedence over a CAC single game (and any non-conference games) that has been re-scheduled for Sunday.
- g) The final Sunday of the season should be left open as a potential rain date.
- h) CAC teams will use a "low seam" ball for all CAC games, similar to that used in NCAA Tournament play.
- i) The Baseball Coaches committees have agreed to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams. In Baseball, the scoring cap will be (*TBA*) runs in a contest.





# Section V - Championship Sports

## *Baseball*

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- j) CAC Committee Chair: Mike Scappa, York (term ends 2016-17)  
Athletic Director Liaison: Troy Dell, Frostburg State  
NCAA RAC rep: Frank Leoni, Marymount (term ends 2017-18)  
CAC Officials Assignor: John Porter (contract expires 2016-17)  
Official CAC Ball: Wilson “low seam” ball

- 2. Participating institutions (10):

Christopher Newport University	St. Mary’s College (Md.)
Frostburg State University	Salisbury University
University of Mary Washington	Southern Virginia University
Marymount University (Va.)	Wesley College
Penn State Harrisburg	York College (Pa.)

### 3. Halted Game

- a) Halted Game Rule - CAC baseball game called by the umpire that cannot be completed as a Regulation Game (RULE 5-6, SECTION 8 of the NCAA Baseball Rules) shall be replayed in its entirety. A Tie Game (RULE 5-6, SECTION 10) called by the umpire shall be declared a Halted Game (RULE 5-6, SECTION 9) if and only if the two teams are scheduled to meet again. A game called by the umpire that is a regulation game, but not a tie game shall not be declared a halted game, and its final score shall be subject to the definition of a regulation game. If a game is declared a forfeit by the umpire-in-chief, the rules of the Forfeited Game (RULE 5-6, SECTION 12) shall supersede all of the above.

- b) Procedures for rescheduling halted, un-played and replayed games.

- 1. An unplayed game (in which the visiting team has traveled to the game site, e.g. a rainout during batting practice) or a game that must be replayed, between two teams scheduled to meet again: the game shall be played as the second game of a doubleheader (RULE 5-6, SECTION 7d) at the site of the two teams’ next scheduled meeting (with the first game being the originally scheduled game for that site).
- 2. A halted game, between two teams scheduled to meet again: the game shall be continued (from the exact point of being halted) as the first game of a doubleheader (RULE 5-6, SECTION 7d) at the site of the two teams’ next scheduled meeting (with the second game being the originally scheduled game for that site).
- 3. An un-played game between two teams not scheduled to meet again: the game shall be played at the originally scheduled site. The rescheduled date shall be set at the discretion of the opposing teams, but must NOT jeopardize the start of the conference tournament.
- 4. The tie game, between two teams not scheduled to meet again: The game shall be declared a tie and will not be continued or replayed.
- 5. The originally scheduled home team shall remain the home team in any game, regardless of site.



# Section V - Championship Sports

## *Baseball*

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### 4. All-Conference Voting

- a) Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
- b) The All-CAC First Team will consist of one player at each of the following positions: Pitchers (3), Relief pitcher, Catcher, 1st Base, 2nd Base, Shortstop, 3rd Base, Outfielders (3) and Designated Player.
- c) Following the selection of the All-CAC first team, the conference coaches will vote again to select 13 players (regardless of position) from the remainder of the original nominees for the All-CAC Second Team. Voting for second-team All-CAC will be completed within 24 hours after the compilation of the first-team All-CAC squad.
- d) Coaches may not vote for their own players.
- e) From the list of nominated individual honors, vote for three “Player of the Year”, three “Rookie of the Year” and three “Coach of the Year” nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
- f) Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

### Sample voting:

#### ***Infield Positions***

***Catcher, DH***

***Relief Pitcher***

***Player of the Year***

***Rookie of the Year***

***Coach of the Year***

1st player (3 points)

2nd player (2 points)

3rd player (1 point)

#### ***Starting Pitchers***

***Outfielders***

1st player (5 points)

2nd player (4 points)

3rd player (3 points)

4th player (2 points)

5th player (1 point)



# Section V - Championship Sports

## *Baseball*

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### 5. Championship Tournament

- a) All CAC Tournament games are 9 innings.
- b) Teams will be seeded for the CAC postseason tournament based on regular season record in the conference games.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
- c) The host institution/team pays officials and all administrative expenses of hosting tournament game(s).
- d) The Capital Athletic Conference Baseball tournament will begin with the first six teams in a double elimination play (6 seed vs. 1 seed, 5 seed vs. 2 seed, and 4 seed vs. 3 seed). The first round (Games 1, 2 and 3) will be played Tuesday. All teams will then advance to the second-round contests Thursday at the home field of the top-seeded team.
- e) The format for a six team double elimination regional tournament as outlined in the NCAA Championships Baseball Handbook will be used to determine all subsequent pairings for each game. Thursday's game schedule may be altered based on travel/distance of the teams scheduled to play in the 9 a.m. game.
- f) Inclement Weather. Games 1, 2 and 3 must be rescheduled/finished on Wednesday if they can not be played/finished Tuesday. Any first-round games that can be played Tuesday should be played, even if other tournament games are postponed.
- g) Dugouts. The home team will occupy the third base dugout and the visiting team will occupy the first base dugout, except for games involving the host team, in which case they will occupy their traditional dugout and their opponent the other. Teams participating in Games 7, 8 and 10 should vacate their dugouts immediately following the completion of their games.
- h) The Tournament host will supply baseballs for games 4 through 11. However, playing teams are responsible for retrieving foul balls on their dugout side during all tournament games.
- i) The home team shall wear white uniforms, and visitors wear contrasting colors, unless mutually agreed upon in the second of back-to-back games between the same two teams.
- j) Times listed for weekend CAC Tournament games are "target" times. If the previous game ends early, teams should be prepared to start the next game as soon as possible (following the standard between-game field preparation and team warm-up procedures).
- k) The CAC Tournament will be played to completion. If bad weather forces competition to be completed after the Sunday Tournament date, the coaches and athletic administrators of the teams still in the competition for the championship, in conjunction with the Commissioner, will agree on a schedule to complete the tournament. The tournament must be completed prior to conflicting with the final exams and reading days of the teams remaining in the competition.



# Section V - Championship Sports

## *Baseball*

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### 6. Championship Tournament Pregame Procedure

- a) For Games 1 through 3, the host will determine the pregame schedule with the visiting team taking batting practice second.
- b) For games 4 through 9, all batting practice will take place in the batting cages adjacent to the host's baseball field. **Players should not wear spikes in the cages.** The higher-seeded team will occupy the cages for 30 minutes beginning 90 minutes prior to game time, the lower-seeded team will occupy the cages for 30 minutes beginning 60 minutes prior to game time. Teams participating in back-to-back games will not be given time to take batting practice prior to the start of their second game. **Teams will not take fielding practice for any of these games.**
- c) For Game 10, batting practice will take place on the field. The higher-seeded team will hit for 30 minutes beginning at 9:15 a.m. The lower-seeded team will hit for 30 minutes beginning at 9:45.
- d) The home team will take fielding practice for a maximum of 10 minutes beginning at 10:20. The visiting team will take fielding practice for a maximum of 10 minutes beginning at 10:30. Field preparation will begin 20 minutes prior to game time.
- e) For Game 11, if a participating team was not a participant in Game 10, they will take batting practice in the batting cage for 30 minutes beginning 65 prior to the game. 30 minutes prior to game time that team will take fielding practice for a maximum of 10 minutes. Teams participating in back-to-back games will not be given time to take fielding practice prior to the start of their second game.
- f) If a team chooses to forgo any part of pregame, this should be made known in time to adjust the pregame schedule.



# Section V - Championship Sports

## *Baseball*

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### 7. Determination of Home Team for Tournament Games

- a) For Games 1 through 3, the higher seeded team will serve as host and be the home team.
- b) For Games 4 through 6 (games played at #1 seed), the higher seeded team will be the home team.
- c) For Games 7 through 11, the home team will be determined using the following guidelines:
  - 1) The institution that has been the home team the fewer number of times in that particular tournament.
  - 2) If the two teams are equal in this respect but unequal in the number of times they were the visitor, then the team that has been the visitor more often will be designated the home team.
  - 3) If the two teams are equal in the number of times that they have been home and visitor, the games committee or the committee representative shall observe the following procedures in the order stated:
    - a) If the two teams have met previously in that particular tournament, the visitor in the previous game shall be the home team in the game in question (Exception: In a two-team tournament where both teams have been the home team twice, the fifth game will be determined by coin toss);
    - b) The team that was visitor in its preceding game shall be the home team, unless both teams were visitors in their preceding games; or
    - c) If the above procedures do not resolve the matter, the home team shall be determined by coin toss. The home team shall occupy the third base dugout, take infield practice first and wear white uniforms if it owns white uniforms. The visiting team must wear a uniform of contrasting color. The tournament director will resolve any conflict in the selection of uniforms.



# Section V - Championship Sports

## *Baseball*

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### 8. Championship Tournament Format

#### First Round -- Tuesday, April 19, 3:30 p.m. at highest seed

- Game 1      6 seed vs. 1 seed
- Game 2      5 seed vs. 2 seed
- Game 3      4 seed vs. 3 seed

#### Second Round -- Thursday, April 21, at No. 1 seed in tournament (times may change based on travel/distance)

- Game 4      Game 1 Loser vs. Game 2 Loser, 9 a.m.
- Game 5      Game 1 Winner vs. Game 3 Loser, 12:30 p.m.
- Game 6      Game 2 Winner vs. Game 3 Winner, 4 p.m.

#### If **FOUR (4)** teams remain after Game 6 -- at No. 1 seed in tournament

##### Friday, April 22

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- Game 7      Game 5 Winner vs. Game 6 Winner, 9 a.m.
- Game 8      Game 4 Winner vs. Game 6 Loser, 12:30 p.m.
- Game 9      Game 7 Loser vs. Game 8 Winner, 4 p.m.

##### Saturday, April 23

- Game 10     Game 7 Winner vs. Game 9 Winner, 11 a.m.
- Game 11     if necessary, same teams as Game 10, 2 p.m.

#### If **FIVE (5)** teams remain after Game 6 -- at No. 1 seed in tournament

##### Friday, April 22

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- Game 7      Game 5 Loser vs. Game 6 Loser, 9 a.m.
- Game 8      Game 4 Winner vs. Game 5 Winner, 12:30 p.m.
- Game 9      Game 6 Winner vs. Game 7 Winner, 4 p.m.

#### Saturday, April 23 - If Two Teams Remain after Game 9 - -- at No. 1 seed in tournament

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- Game 10     Game 8 Winner vs. Game 9 Winner, 11 a.m.
- Game 11     if necessary, same teams as Game 10, 2 p.m.

or

#### Saturday, April 23 - If Three teams remain after Game 9 -- at No. 1 seed in tournament

- Game 10 - Game 8 Winner vs. Game 9 Loser, 11 a.m.
- Game 11 - Game 9 Winner vs. Game 10 Winner, 2:30 p.m.



# Section V - Championship Sports

## *Golf*

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### GOLF

1. Teams will play each other during the regular season when schedules permit.
2. Postseason Tournament
  - a. The Capital Athletic Conference golf championship will be decided by a 54-hole three-day tournament (weather permitting). The format will be play five (5) and count four (4) each day. The low three-day total wins the championship and gains an automatic bid to the NCAA Championship Tournament.
  - b. An independent, certified USGA official (volunteer or paid) should be hired by the host institution and should be on site at the championship.
  - c. A Championship Committee should be established each year to handle any rulings as necessary. That committee will consist of the Club Professional, a volunteer rules official & the Chairman of the Golf Committee.
  - d. All members must be listed in Golf Stat beginning with the 2013-14 season.
  - e. A female competitor must play from the same tees as her male counterparts in CAC Championship.
  - f. Players must average 95.0 or better for the championship season to qualify to compete in the CAC Championship.
  - g. Each team will pay an equal fee, totaling the cost of the tournament, to participate in the Championship.
3. Inclement Weather

If 54 holes cannot be completed, the CAC will determine the champion by the best 36 hole team total. If 36 holes cannot be completed, the CAC will determine the champion by the best 18 hole team total.
4. CAC Championship Tiebreakers
  - a) Team - the teams involved in a tie for the team championship will play-off beginning at a hole deemed appropriate by the Club Pro and approved by the Rules Committee. All five scores will count toward breaking the tie. If the score is still tied, the teams will play a second hole and continue until the tie is broken.
    - i) If time does not permit a team playoff, the tie will be broken by the 5th player's scores from the last day of competition. If that does not break tie, the 5th player's score from the 1st day of competition will be used to break the tie.
  - b) Medalist - If time permits, the players tied for first place in the individual standings at the conclusion of the tournament will play a sudden-victory playoff at a hole deemed appropriate by the Club Pro and approved by the Rules Committee. The competition will continue until the tie is broken.
    - i) If time does not permit for an individual playoff, the tie will be broken by matching the players' cards from the final day of competition. Matching cards will start with the No. 1 handicap hole, followed by the No. 2 handicap hole, the No. 3 handicap hole, etc., until the tie is broken.
  - c) Rookie of the Year - there is no tiebreaker for Rookie of the Year. The CAC will name co-winners of the award.



# Section V - Championship Sports

## *Golf*

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### 5. Postseason Awards

- a. Team Championship Award
- b. Coach of the Year
- c. Player of the Year - The CAC Tournament champion will be the Player of the Year.
- d. Rookie of the Year - The highest placed rookie at the CAC Championship will be the Rookie of the Year.
- e. All-CAC team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

- f. Andrew Geyer Award - Coaches may nominate a player from their team for this award, to be selected by the conference coaches and presented at the CAC Championship. The award, presented by Wesley College in honor of former Wolverine standout Andrew Guyer, will recognize a CAC golfer annually for “outstanding academic credentials, athletics, citizenship and community service.”

### 6. Composition of All-CAC team

First team – top 6 finishers at CAC championship

Second team – finishers 7-through-12 at CAC Championship

### 7. CAC Committee Chair: Matt Hunter, York (term ends 2016-17)

Athletic Director Liaison: Mike Drass, Wesley

NCAA RAC rep: Matt Hunter, York

Official CAC Ball: none

### 8. Participating institutions:

Christopher Newport University

Marymount University (Va.)

New Jersey City University

Penn State Harrisburg

Wesley College

William Paterson University

York College (Pa.)

*New in 2016-17 - University of Mary Washington*

### 9. Championship Rotation:

2016 - Bay Creek C.C., Cape Charles, Va.

2017 - Bay Creek C.C., Cape Charles, Va.

2018 - Bay Creek C.C., Cape Charles, Va.





# Section V - Championship Sports

## *Men's Lacrosse*

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### MEN'S LACROSSE

1. Teams will play an in-season, single game round-robin schedule.
2. Postseason Tournament — the top six teams in the regular season will advance to the CAC Tournament *See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings
    - First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)
    - Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. the winner of #3 vs #6
    - Finals - Championship Game at site of higher seed
  - c. The starting time for all CAC playoff or championship games are available in the chart on **page 14** of the Policy & Procedures section of the CAC Handbook.
  - d. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
3. The Men's Lacrosse Coaches Committee has agreed to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams. In Men's Lacrosse, the scoring cap will be (TBA) goals in a contest.
4. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
5. CAC Committee Chair: Brandon Childs, York College of Pa. (term ends 2015-16)  
Athletic Director Liaison: Jamie Reynolds, Marymount  
NCAA RAC rep: Tommy Pearce, Frostburg State (term ends 2014-15)  
CAC Officials Assignor: Charlie Libby (USILA, no contract with conference)  
Video Exchange: HUDL
  - a) Complete game video should be loaded into the system no later than noon the first business day following all games
  - b) The home team loads video for both teams in CAC games
  - c) The Men's Lacrosse committee endorsed CAC rule prohibiting the exchange of verbal, written or video information exchange regarding any CAC team with a non-CAC team/coach.Official CAC Ball: none
6. Participating institutions:

Christopher Newport University	Salisbury University
Frostburg State University	Southern Virginia University
University of Mary Washington	Wesley College
Marymount University (Va.)	York College of Pa.
St. Mary's College (Md.)	



# Section V - Championship Sports

## *Men's Lacrosse*

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### All-Conference Voting

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. Coaches may nominate up to one goalie, three defensemen, three midfielders, three attackmen, one long-stick middle, one short-stick specialist, one face off specialist, two nominees for the Player of the Year and a Rookie of the Year.
3. From the list of nominated players, vote, in rank order, for 7 attackmen, 7 midfielders, 7 defensemen, three goalies, three long stick middies, three short-stick specialists and three face off specialists. Coaches may not vote for their own players.
4. Composition of All-CAC team  
First Team - 3 attack, 3 midfield, 3 defense, 1 GK, 1 LSM, 1 SS, 1 FOS and 1 "at-large"  
Second Team - 3 attack, 3 midfield, 3 defense, 1 GK, 1 LSM, 1 SS, 1 FOS and 1 "at-large"
5. From the list of nominated individual honors, vote for three "Player of the Year" in rank order, three "Rookie of the Year" nominees and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.

#### **Sample listing:**

##### ***Attack, Midfield or Defense***

- 1st player (7 points)
- 2nd player (6 points)
- 3rd player (5 points)
- 4th player (4 points)
- 5th player (3 points)
- 6th player (2 points)
- 7th player (1 point)

##### ***Goalkeepers***

##### ***Long Stick Midfielders***

##### ***Short Stick Specialists***

##### ***Face Off Specialists***

##### ***Player of the Year***

##### ***Rookie of the Year***

##### ***Coach of the Year***

- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## Women's Lacrosse

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### WOMEN'S LACROSSE

1. Teams will play an in-season, single game round-robin schedule.
2. Postseason Tournament — the top six teams in the regular season will advance to the CAC Tournament *See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
  - a. Single elimination - games to be played at site of higher seeded team
  - b. Tournament Pairings
    - First Round - #3 vs. #6, #4 vs. #5 (#1 and #2 earn a bye)
    - Semifinals - #1 vs. the winner of #4 vs #5; #2 vs. winner of #3 vs #6
    - Finals - Championship Game at site of higher seed
  - c. The starting time for all CAC playoff or championship games are available in the chart on **page 14** of the Policy & Procedures section of the CAC Handbook.
  - d. The CAC will follow the NCAA Championship inclement weather-game delay policy unless both head coaches and administrators agree to let the score at the time of the game interruption stand as the final result.
  - f. The CAC Tournament champion gains an automatic bid to the NCAA Tournament
3. The Women's Lacrosse Coaches Committee has agreed to use the "Scoring differential with a cap" option as the third tiebreaker to seed teams. In Women's Lacrosse, the scoring cap will be five (5) goals in a contest.
4. Postseason Awards
  - a. Team Championship Award
  - b. Coach of the Year
  - c. Player of the Year
  - d. Rookie of the Year
  - e. All Conference Team*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
5. CAC Committee Chair: Lisa Valentine, Christopher Newport (term ends 2015-16)  
Athletic Director Liaison: Jamie Reynolds, Marymount  
NCAA RAC rep: Lisa Valentine, Christopher Newport (term ends 2016-17)  
CAC Officials Assignor: Fran Trumbo  
Film Exchange: Team Xtreme (IWLCA)
  - a) Complete game video should be loaded into the system no later than noon the first business day following all games
  - b) The home team loads video for both teams in CAC games
  - c) The Women's Lacrosse committee allows raw, unedited video exchange with any other team. However, the exchange of verbal, written or edited/tagged video information regarding any CAC team with a non-CAC team/coach is prohibited.

Official CAC Ball: none



# Section V - Championship Sports

## *Women's Lacrosse*

6. Participating institutions:
- Christopher Newport University
  - Frostburg State University
  - University of Mary Washington
  - Marymount University (Va.)
  - St. Mary's College (Md.)
  - Salisbury University
  - Southern Virginia University
  - Wesley College
  - York College (Pa.)

### **All-Conference Voting**

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. From the list of nominated players, vote, in rank order, for 7 attackers, 7 midfielders, 7 defenders, and three goalkeepers. Coaches may not vote for their own players.
7. Composition of All-CAC team
  - First Team - 3 attack, 3 midfield, 3 defense, 1 GK and 4 "at-large"
  - Second Team - 3 attack, 3 midfield, 3 defense, 1 GK and 4 "at-large"
4. From the list of nominated individual honors, vote for three "Player of the Year" in rank order, three "Rookie of the Year" nominees and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.

#### ***Attack, Midfield or Defense***

- 1st player (7 points)
- 2nd player (6 points)
- 3rd player (5 points)
- 4th player (4 points)
- 5th player (3 points)
- 6th player (2 points)
- 7th player (1 point)

#### ***Goalkeepers***

- Player of the Year***
- Rookie of the Year***
- Coach of the Year***
- 1st player (3 points)
- 2nd player (2 points)
- 3rd player (1 point)



# Section V - Championship Sports

## *Softball*

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### SOFTBALL

1. All teams will play an in-season, single round robin consisting of one doubleheader. The host will be the home team for both games of the doubleheader.
  - a) If two teams are playing a scheduled doubleheader and the weather does not permit a second game to be completed, the committee recommends:
    1. The teams involved will make every effort (before or after the game) to change the location of the game the schedule if weather is threatening.
    2. If only the first game has been completed and inclement weather moves in, the athletic directors from the institutions involved will make the final call on whether the game is to be re-scheduled.
  - b) If the site of a CAC game(s) changes to the home field of the visiting team because of weather or other emergency situation:
    1. The originally-scheduled home team will be the home team during the contest (batting order, scoreboard).
    2. The host institution will pay for umpires and the traveling team will pay for travel costs.
  - c) If the contest(s) change to a neutral site, the originally scheduled home team will be the home team during the contest (batting order, scoreboard) and will pay for its travel, umpires and any costs associated with the facility. The visiting team will be responsible to pay for its travel expenses.
  - d) It is recommended, but not mandatory, that teams have an infield tarp available to cover at least the infield in case of inclement weather.
2. Any regular season game will be considered a halted game and the game will be resumed where the game was stopped. The umpires are still required to review the rule in the pre-game meeting with coaches and captains.
3. Teams will be seeded into the postseason tournament based on regular-season record. If a regular season series cannot be completed before the weekend tournament and there is a tie in the standings, the tie-breaker format listed in the Policy and Procedures section of the CAC manual will be used to determine seeding.
4. The Softball Coaches Committee has agreed to use the “Scoring differential with a cap” option as the third tiebreaker to seed teams. In Softball, the scoring cap will be eight (8) runs in a contest.
5. If two teams need to postpone a scheduled doubleheader due to inclement weather, the two coaches involved should make every effort to reschedule the doubleheader in the current block or next block of the schedule.
6. Facilities used by CAC institutions will have two pitching warm up areas available to the visiting team that are similar to the surface used on the game field.
7. CAC Committee Chair: Juli Greep, Wesley (term ends 2015-16)  
Athletic Director Liaison: Troy Dell, Frostburg State  
NCAA RAC rep: Keith Parr, Christopher Newport (term ends 2016-17)  
CAC Officials Assignor: Denny Mader  
Official CAC Ball: no contract - coaches agree to use the NCAA championship ball for all games



# Section V - Championship Sports

## Softball

- 8. Postseason Awards
  - a. Team Championship Award
  - b. Player of the Year
  - c. Rookie of the Year
  - d. Coach of the Year
  - c. All Conference Team

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

### 9. Composition of All-CAC team

First Team - 3 Starting pitchers, C, 1B, 2B, SS, 3B, 3 OF, DH and UTIL

Second Team - 3 Starting pitchers, 1 relief pitcher, C, 1B, 2B, SS, 3B, 3 OF and DH

### Sample voting:

#### *Infield Positions*

*Catcher, DH*

*Utility*

*Player of the Year*

*Rookie of the Year*

*Coach of the Year*

1st player (3 points)

2nd player (2 points)

3rd player (1 point)

#### *Starting Pitchers*

*Outfielders*

1st player (5 points)

2nd player (4 points)

3rd player (3 points)

4th player (2 points)

5th player (1 point)

### 10. All-Conference Voting

a) Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.

b) The All-CAC First Team will consist of one player at each of the following positions: Pitchers (3), Relief pitcher, Catcher, 1st Base, 2nd Base, Shortstop, 3rd Base, Outfielders (3) and Designated Player.

c) Following the selection of the All-CAC First team, the conference coaches will vote again to select 13 players (regardless of position) from the remainder of the original nominees for the All-CAC Second Team. Voting for second-team All-CAC will be completed within 24 hours after the compilation of the first-team All-CAC squad.

d) Coaches may not vote for their own players.

e) From the list of nominated individual honors, vote for three “Player of the Year”, three “Rookie of the Year” and three “Coach of the Year” nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.



# Section V - Championship Sports

## *Softball*

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10. Participating institutions:
- Christopher Newport
  - Frostburg State University
  - University of Mary Washington
  - Penn State Harrisburg
  - Salisbury University
  - Southern Virginia
  - Wesley College
  - York College of Pa.
11. Post-Season Tournament
- a. The postseason tournament will be a five-team double elimination tournament following the NCAA rules and regulations.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
  - b. The international tiebreaker rule is not used in CAC Tournament play
  - c. The 2015 CAC Tournament format is listed on page 29.
  - d. The home team pays officials and all administrative expenses of hosting tournament game(s)
  - e. The 8-run rule is in effect in the CAC Tournament, similar to CAC regular-season games.
  - f. Teams are allowed eight (8) minutes for pre-game on the field (1 minute warning).
  - g. Uniforms - For Saturday and Sunday, be prepared to have a contrasting color. The home team in the CAC Tournament will always wear white or light colored jersey. Visiting team will always wear the darker color of their jerseys. Teams should always bring two color jerseys to the tournament.
  - h. The CAC Tournament champion receives an automatic bid to the NCAA Tournament.
12. Determination of the Home Team in CAC Tournament - The higher seeded team will be home team in first two rounds of the CAC tournament. Beginning in Round 3 (Game 7), if a team still remains undefeated:
- a. That team will be home team in the third round and beyond, or
  - b. If two are undefeated, the higher seed will remain home team in the third round and beyond.
  - c. Starting with third round, if both teams have 1 loss, a coin flip will determine the home team.
  - d. If the tournament advances to an "If" game to decide the championship, the team that forced the "If" game shall be the home team.
13. The CAC Tournament will be played to completion. If bad weather forces competition to be completed after the Sunday Tournament date, the coaches and athletic administrators of the teams still in the competition for the championship, in conjunction with the Commissioner, will agree on a schedule to complete the tournament. The tournament must be completed prior to conflicting with the final exams and reading days of the teams remaining in the competition.



# Section V - Championship Sports

## *Softball*

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### **CAC Softball Tournament Format - at #1 seed**

#### **Thursday, April 24 - at #1 seed**

- Game 1 #5 Seed vs. #4 Seed, 10 a.m.
- Game 2 #3 Seed vs. #2 Seed, noon
- Game 3 Winner of Game 1 vs. #1 Seed, 2 p.m.
- Game 4 Loser of Game 1 vs. Loser of Game 2, 4 p.m.

#### **Friday, April 25 - at #1 seed**

- Game 5 Winner of Game 2 vs. Winner of Game 3, 10 a.m.
- Game 6 Winner of Game 4 vs. Loser of Game 3, noon
- Game 7 Loser of Game 5 vs. Winner of Game 7, 2 p.m.

#### **Saturday, April 26 - at #1 seed**

- Game 8 Winner of Game 5 vs. Winner of Game 7, 10 a.m.
- Game 9 ("If") Same teams if Winner of Game 7 wins Game 8, noon





# Section V - Championship Sports

## *Men's & Women's Tennis*

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### MEN'S & WOMEN'S TENNIS

1. In-season competition
  - a. By NCAA rule, each team must have at least four (4) participants to constitute a full team. Coaches are required to communicate to the opposing coach at least 24 hours prior to the match (if possible) if their team will not be able to field a complete singles and doubles lineup.
  - b. All teams will play each other in a single round-robin format.
  - c. Teams will follow NCAA guidelines for individual and team records when a team does not have enough players and must default any singles and/or doubles matches.
  - d. Regular-season matches that are played indoors shall be played to decision unless both coaches agree prior to the beginning of the match. If the coaches don't agree, then match should be played to decision.
  - e. Teams will be seeded into the postseason tournament based on regular-season record.  
*See page 3 of the Championship Sports Handbook for more information regarding CAC playoff access.*
2. Postseason Awards
  - a. Men's Team Championship Award and Women's Team Championship Award
  - b. Men's Player of the Year and Women's Player of the Year
  - c. Men's Rookie of the Year and Women's Rookie of the Year
  - d. Men's Coach of the Year and Women's Coach of the Year
  - e. Men's All-CAC Team and Women's All-CAC Team  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
3. CAC Committee Chair: Eric Christiansen, Christopher Newport (term ends 2016-17)  
Athletic Director Liaison: Gerry DiBartolo, Salisbury  
NCAA RAC rep: TBA  
CAC Officials Assignor: none  
Official CAC Ball: none
4. Participating institutions (8): Christopher Newport University  
Frostburg State University  
University of Mary Washington  
Penn State Harrisburg  
St. Mary's College of Md.  
Salisbury University  
Southern Virginia University  
York College of Pa.



# Section V - Championship Sports

## *Men's & Women's Tennis*

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### 5. Postseason Tournament

- a. The Conference shall declare a Men's Champion and a Women's Champion. Both CAC champions receive an automatic bid to the NCAA Tournament.
- b. CAC matches take precedence over non-conference matches. Coaches are encouraged to leave open dates during the last weeks prior to the CAC Tournament.
- c. It is suggested that all CAC matches are completed one week prior to the tournament. CAC matches may be played up to the Wednesday prior to the start of the championships, provided the host team has an indoor back-up.
- d. Coaches of teams advancing in CAC playoffs should contact their next opponent's coach as soon as possible following the playoff victory to schedule the next round match.
- e. CAC tournament matches shall be played to decision unless both coaches agree prior to the beginning of the match to play to completion. If the coaches don't agree, then match should be played to decision.
- f. The home team must provide and compensate a certified ITA official for all CAC playoff matches.
- g. Team lineups for CAC playoffs:
  - 1) Lineups will be submitted to the tennis chair by 5 p.m. Monday before the start of the conference playoffs.
  - 2) The chair will distribute the lineups to all coaches by 5 p.m. Tuesday before the start of the playoffs.
  - 3) Coaches have until 9 p.m. Wednesday prior to the start of the playoffs to contact the chair if there is a question/protest of a lineup.
  - 4) Coaches should be available Friday morning prior to the start of the playoffs for a conference call if needed because of a protest.
  - 5) Any coach with a lineup change following the lineup submission deadline must submit the lineup change, and reason for the change, to the committee chair, all coaches and conference office before the beginning of a playoff match for approval.
  - 6) Lineups can be bumped up in the event of illness, injury, or disciplinary measures.
- h. The CAC will use a playoff schedule format that does not force coaches who coach both Men and Women to choose between the two teams if they happen to play on the same day.
- i. Teams are encouraged to reserve indoor back-up for tournament and dual matches if possible.

Note: The University of Mary Washington plans to make their facility available if needed.



# Section V - Championship Sports

## *Men's & Women's Tennis*

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6. 2015 Men's and Women's Tournament Format -- higher seed hosts all CAC tournament matches

### First Round

Friday, April 15      Women's first round – #5 seed at #4 seed (top three seeds gain a bye) \*  
Saturday, April 16    Men's first round – #5 seed at #4 seed (top three seeds gain a bye)

### Semifinal Round

Tuesday, April 19    Women's semifinals – Winner of #4 vs. #5 match at #1 Seed ... #3 Seed at #2 Seed  
Wednesday, April 20 Men's semifinals – Winner of #4 vs. #5 match at #1 Seed ... #3 Seed at #2 Seed

### Championship

Friday, April 22      Women's Championship \*  
Saturday, April 23    Men's Championship

*\* Note: Both Friday women's playoff matches - first round on April 15 and championship on April 22 - may be re-scheduled for Saturday if the teams/coaches schedules do not conflict with the men's first round and/or championship matches.*

*For any playoff matches played on the same site at the same day, there shall be a minimum of a 30 minute break between matches if either or both teams have the same coach.*



# Section V - Championship Sports

## *Men's & Women's Tennis*

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### All-Conference Selection

1. Nomination and voting for All-CAC teams will be conducted via the PrestoSports online awards system. The Commissioner/SID will notify the coaches, through the committee chair, when the time period is open to nominate and vote.
2. The All-CAC team will be selected as a flighted team.  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
4. All-CAC voting will be conducted after the completion of the CAC championship tournament.
5. Supporting information for All-CAC nominees will be submitted and presented in the PrestoSports system when the student-athlete(s) are being nominated.
6. Coaches will vote for the top 3 in each flight (both singles and doubles).
7. Coaches may not vote for their own players or teams.
8. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.
9. Composition of All-CAC team  
First Team - 6 singles players and 3 doubles teams - selected by flight  
Second Team - 6 singles players and 3 doubles teams - selected by flight
10. From the list of nominated individual honors, vote for three "Player of the Year", three "Rookie of the Year" and three "Coach of the Year" nominees. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.

#### **Sample listing:**

#### ***In Each Flight (6 Singles flights & 3 Doubles flights)***

#### ***Player of the Year***

#### ***Rookie of the Year***

#### ***Coach of the Year***

1st player/team (3 points)

2nd player/team (2 points)

3rd player/team (1 points)



# Section V - Championship Sports

## *Men's & Women's Outdoor Track & Field*

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### MEN'S & WOMEN'S OUTDOOR TRACK & FIELD

**Dates & Sites:** The CAC Championship will be held annually so that the event does not conflict with CAC institutional final exams. Competition will begin no earlier than 3 p.m. on the first day to minimize the overnight costs for visiting teams.

The site of the championship will rotate annually among the institutions with facilities capable of hosting the event.

Current CAC Championship rotation:  
2016 - Mary Washington (FSU backup)  
2017 - Frostburg State (SAL backup)  
2018 - Salisbury (CNU backup)  
2019 - Christopher Newport (YCP backup)  
2020 - York (UMW backup)

**Sponsorship:** CAC Championship participating institutions are:

Christopher Newport University	Salisbury University
Frostburg State University	Wesley College
University of Mary Washington	York College of Pa.
Penn State Harrisburg	

Institutions that do not sponsor a full intercollegiate team may enter individuals into the championship meet. However, all individual entrants must have previously competed in at least one certified meet. Individual entrants can qualify for all-conference honors, but do not score team points.

**Championship Scoring:** Top six places will score at the CAC Championship (10-8-6-4-2-1).

**Order of Events:** The Championship Meet schedule will be distributed to the coaches committee no later than one month prior to the championship. The conference will follow the NCAA championship schedule in determining the alternating of gender for the order of events from year to year.

**Timing:** The host institution is to use Fully Automatic Timing (FAT) for all races, and that videotaping of the finishes is encouraged.

**Implement Certification:** All implements are to be certified prior to competition.

**Relay Cards:** Relay cards are to be turned in to the clerk at the starting line.

**Inclement Weather:** A committee, to include one head coach from each institution, the meet head referee, the meet director and the commissioner to administrate the championship, will decide on how to proceed if weather forces the delay or cancellation of the championship. If a consensus of the committee can not be reached, the commissioner will make the final determination.

**Games Committee:** The Games Committee will consist of all head track and field coaches per gender. All protests and appeals are to follow guidelines set in the NCAA Track & Field rulebook.



# Section V - Championship Sports

## *Men's & Women's Outdoor Track & Field*

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**Medical Staff:** See page 2 of Section VII (Sports Medicine) of the CAC Handbook  
[http://www.cacsports.com/information/handbook/Section\\_VII\\_-\\_Sports\\_Medicine.pdf](http://www.cacsports.com/information/handbook/Section_VII_-_Sports_Medicine.pdf)

**Sports Information Staff:** See page 4 of Section VIII (Sports Information) of the CAC Handbook  
[http://static.psb.in.com/8/o/6sxueq6qa4mxt2/Section\\_VIII\\_-\\_Sports\\_Info.pdf](http://static.psb.in.com/8/o/6sxueq6qa4mxt2/Section_VIII_-_Sports_Info.pdf)

**Postseason Awards:** Follows the guidelines from the CAC Handbook. Voting for these awards (Athlete of the Year, Rookie of the Year and Coach of the Year) is to start on the Monday following the championship. The coaches agreed that accomplishments for the entire season could be included.  
*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*

**Performance Lists:** The CAC will post a performance list, provided by a member of the coaches committee, via the conference website. It will be updated whenever updates are available from the coaches committee.

**Entries:** Each school will be allowed to enter up to four athletes in each individual event. However, a school may enter more than four if each of the entered athletes has attained a qualifying standard that was established and approved by the coaches. The qualifying standards are developed by using the 6<sup>th</sup> place time or the last placing competitor from the previous three championship meets. The qualifying standard must be attained in either indoor or outdoor competition during the current academic year. Schools are allowed only one relay team per event.

### **Entry Procedure:**

1. The host school will send out meet information at least one month prior to the Championships. Included in the meet information will be a schedule of events, specific directions for submitting entries, as well as an entry format that is to be used by all coaches. The entry format will include the entered performance of each athlete and the meet/date of that performance. The meet information will also include a specific website address where performance lists and results will be found.
2. If requested by the host institution for publicity purposes, team rosters will be due at least one week prior to the championship. The host institution should make the request through the sports information offices as done in other sports.
3. Entries will be submitted online to Direct Athletics by 7 p.m. three days prior to the Championships. All submissions should be considered as "final entries". It is the responsibility of each coach to ensure that his or her entries are complete and accurate!
4. Only performances attained in indoor competition during the current academic year and reported to TFRRS may be submitted. No relay splits may be submitted. All other entries must be entered as either NT (No Time) or ND/NH (No Distance/No Height), and will be seeded last.



## Section V - Championship Sports

### *Men's & Women's Outdoor Track & Field*

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5. The entry lists will be posted on the CAC website by noon two days prior to the Championships.
6. A conference call will be held at 7 p.m. two days prior to the Championships. At this time, coaches may scratch athletes from the meet. If a coach wishes to scratch an athlete from certain events, but not all entered events, then this must be approved by the Games Committee during the call. If a coach omitted an entry on the original entry, they may appeal to the Games Committee during the call, and it will be the Games Committee's decision whether or not to accept this late entry.
7. At the end of the conference call, each event will be seeded by performance and posted on the CAC website by the morning prior to the Championships.
8. All NT entries must be in the same heat/section in a timed final event, if possible. Entries that are submitted as NT should not be placed in the "fast section" unless all NT entries can be placed in that same section.

**Meet Officials:** The host school is responsible for hiring all meet officials, subject to the approval of the CAC office, and paying all administrative expenses incurred during the championship. The Primary Roles and Duties of the officials are set forth in NCAA Rule 3. The Championships Officials Crew shall include the following Certified Officials as well as sufficient assistants for each to conduct the meet efficiently:

- a) Meet Director: Responsible for sending all pertinent information regarding the championships to coaches, officials, etc. Information shall include schedule requirements based on facility configuration, facility descriptions (lanes & sizes, lengths of runways and board distances, and throw circles materials), and the availability of the facility for practice prior to the championships.
- b) Announcer (1)
- c) Head Timer/Scorer (1)
- d) Referees (2): One Track Referee and one Field Referee. Duties may be split in another manner depending on facility arrangement. A single Referee may be used if agreed upon by the Conference Head Coaches and the CAC office.
- e) Starters (2): In addition to the Head Starter, at least one Assistant Starter shall be used.
- f) Clerk (1): At least one Clerk of the Course to manage check-ins for track events.
- g) Finish Line Judge (1): At least one Finish Line Judge who will also oversee lap counters.
- h) Umpires (4): At least four Track Umpires will be used around the track with the Head Umpire stationed at the finish line or break line as needed.
- i) Jumps Officials (1 for each venue): A second Certified Official is recommended for each venue.
- j) Throws Officials (2 for each venue)

**Failure to Participate rule (previously known as the Scratch Rule/Honest Effort rule):** Athletes must participate honestly in all trials and finals of all track or field events in which they legally are declared or they shall be barred from all remaining events in the current meet. See the NCAA rulebook for specifications.



# Section V - Championship Sports

## *Men's & Women's Outdoor Track & Field*

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### All-Conference Selection

1. Composition of All-CAC team
  - First team – gold medalist in each event (including relays)
  - Second team – silver medalist in each event (including relays)

*See page 4 of the Championship Sports Handbook for more information regarding the All-CAC team.*
2. Coaches will vote for the Athlete of the Year, Rookie of the Year and Coach of the Year beginning Monday following the conclusion of the championship.
3. To be eligible for the Rookie of the Year award, an athlete will not have competed previously at the collegiate level in the sport for which they are nominated.

### CAC Outdoor Championship Event Procedures

**Preferred Lanes:** The following events shall start in lanes, with preferred lanes assigned by seed times in the following order: **4-5-3-6-2-7-8-1**.

#### **100m, 200m, 100m/110m Hurdles**

1. The event will be run in two rounds.
2. Rounds will be seeded as determined by NCAA Rules.
3. A single-section final (8 lanes) will be run for each event.
4. Heat winners will automatically advance to the finals with remaining lanes filled by time.
5. In the event of a tie for the eighth qualifying place (after being compared to the 0.001 second), the advancer shall be determined by a run-off.
  - a. For the 100m/110m Hurdles, a run-off would immediately precede the 10k competitions.
  - b. For the 100m, a run-off would be run between the men's and women's 10k.
  - c. For the 200m, a run-off would immediately follow the 10k competitions.

#### **400m, 400m Hurdles, 4x100m Relay, 4x400m Relay**

1. The event will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Heats will be seeded from fastest to slowest with eight (8) in each heat. If fewer than three (3) contestants remain for the final (slowest) seeded heat, the second slowest heat will be reduced in size so that slowest heat will have three (3) contestants.

#### **800m**

1. The 800m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. The start will use lanes and a one turn stagger.
3. Heats will be seeded from fastest to slowest with eight (8) in each heat. If fewer than three (3) contestants remain for the final (slowest) seeded heat, the second slowest heat will be reduced in size so that slowest heat will have three (3) contestants.





# Section V - Championship Sports

## *Men's & Women's Outdoor Track & Field*

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**The following events shall use a waterfall start with positions assigned randomly.**

### **1500m**

1. The 1500m will be run as a timed final starting with the slowest seeded section and progressing to the fastest.
2. Heats will be seeded from fastest to slowest with twelve (12) in each heat. If fewer than four (4) contestants remain for the final (slowest) seeded heat, those athletes will be added to the previous heat.

### **5,000m, 10,000m, and 3,000m Steeplechase**

1. The event will be run as a single-section final.
2. A double-waterfall start may be used with the fastest seeds assigned to the outer start line.

## **Field Event Procedures**

### **Long Jump, Triple Jump, Shot Put, Discus, Hammer, Javelin**

1. Flights will be seeded from worst to best with random order within the flights.
2. Flight sizes will be determined by NCAA Rules with break-points determined by the Games Committee (Conference Head Coaches) during the pre-Championships conference call.
3. Seven (7) contestants will qualify for finals. All ties (by mark) for the final qualifying position will advance to finals.

### **High Jump**

1. Opening height will be determined so that the progression of heights includes the current ECAC qualifying height, hereafter called the Target Height.
2. 3cm increments shall be used working backwards from the Target Height to or immediately below the 6th ranked Conference Performance as listed on TFRS on the Monday prior to the Championships. 5cm increments shall be used for the remainder of the progression until
  - a. for the Men's High Jump, opening height will be no lower than 1.62m/5-3.75
  - b. for the Women's High Jump, opening height will be no lower than 1.31m/4-3.5
3. Progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches during the pre-Championships conference call.

### **Pole Vault**

1. Opening height will be determined so that the progression of heights includes the current ECAC qualifying height, hereafter called the Target Height.
2. 10cm increments shall be used working backwards from the Target Height to or immediately below the 6th ranked Conference Performance as listed on TFRS on the Monday prior to the Championships. 15cm increments shall be used for the remainder of the progression until
  - a. for the Men's Pole Vault, opening height will be no lower than 3.31m/10-10.25
  - b. for the Women's Pole Vault, opening height will be no lower than 2.24m/7-4.25
3. Progressions will be posted by the Tuesday prior to the Championships. The height progressions may be modified by agreement of all the Head Coaches during the pre-Championships conference call.



# Section V - Championship Sports

## *Men's & Women's Outdoor Track & Field*

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### 2015-16 Height Progressions and Supplemental Entry Standards

**Height Progressions** *(to be finalized on the Tuesday prior to the Championship meet)*

CAC Minimum	WHJ - 131	MHJ - 162	WPV - 224	MPV - 331
ECAC Standard	TBA			
2015-16 6th Seed	TBA			

### **Supplemental Entry Standards**

The qualifying standards are developed by using the sixth-place time or the last placing competitor from the previous three championship meets.

*TBA*