

**RULES AND REGULATIONS
OF
NORTHWEST CONFERENCE LEAGUE**

PART I

**ARTICLE I
SPORTS PROGRAMS**

Section 1. Sports. Official Conference sports shall be those in which at least one-half (½) of the members participate in a full conference schedule.

Section 2. Adding or Dropping of Sports. Sports may be officially added or dropped at a meeting of the Board of Directors.

Section 3. Temporary Suspension. In cases where a member district must reduce programs, the provisions of this Article may be temporarily suspended by the Board of Directors.

**ARTICLE II
SEASON AND PRACTICE LIMITS**

Section 1. Sport Seasons. Athletic seasons for sports under the jurisdiction of this conference shall be in accordance with the regulations of the WIAA unless otherwise specified in these Rules and Regulations.

Section 2. Practice Limits.

- (a) Regulations of the WIAA pertaining to practice shall be followed, unless otherwise specified in these Bylaws.
- (b) Coaches or their designees will not meet or practice with their team on Sundays, (from the start of fall season through the end of the last post season event for spring sports) exception: year-ending banquet.
- (c) Teams involved in post-season play will be provided an exception to the no contact Sunday rule as per their school district policy.
- (d) Any additional exceptions to the Sunday no contact rule will need conference approval.

Section 3. Out-of-Season Participation.

- (a) The Northwest Conference League does not sponsor, recommend, or approve any out-of-season participation for any activity. The conference does not sanction any

out-of-season activity that is sponsored by any organization that is not affiliated with WIAA.

- (b) The Northwest Conference League is not responsible or liable for non-school-sponsored programs or programs organized, promoted, or participated in by staff members of conference schools.

ARTICLE III **DETERMINATION OF CHAMPIONSHIPS**

Section 1. Conference Championships. Each sport will have a conference champion decided by either won-lost record or a designated conference event. In the event of a tie: head to head criteria will be used to determine the champion.

ARTICLE IV **SCHEDULES**

Section 1. Schedule Preparation. Schedules for each sport sponsored by this conference shall be prepared under the direction of the athletic directors of the conference.

Section 2. Schedule Adoption. Schedules shall become effective when approved by a majority vote of the directors of athletics of the member schools.

Section 3. Member School Contests. Contests between member schools must be played.

Section 4. Schedule Changes. Changing of the dates of the conference master schedule must be approved by a majority vote of the athletic directors. Exceptions are rescheduling due to weather transportation, facility issues or lack of registered officials. In all incidences the conference President and Scheduler will be notified of changes.

Section 5. Schedule Guidelines.

- (a) The high school schedules will be drawn on a two-year basis, which corresponds with WIAA two-year allocation cycle.
- (b) High School Conference schedules are to be completed the year prior to the next two-year schedule period.
- (c) Proposed schedules are to be distributed to member schools prior to the final meeting of the year for approval.
- (d) The deadline for completion and final adoption of conference schedules for all 3 seasons shall be during the month of June.
- (e) Copies of the adopted schedules will be available on the NWC webpage to member schools within 2 weeks after approval.
- (f) Member schools are responsible to notify the conference of any conflicts prior to final action to permit adjustments prior to adoption. This applies to foreseeable

problems. Moving from a traditional play date needs prior approval from conference. Home team will make a recommendation to the conference.

- (g) The athletic directors will review all schedules prior to the start of each school year and distribute any necessary revisions.
- (h) Once final schedules are sent out by the conference scheduler each school is responsible to notify the assigning secretary, conference scheduler, NWCathletics.com, and all other parties as necessary.

ARTICLE V **STARTING TIMES**

The starting times for conference contests shall be set by the athletic directors for each sport. Exceptions to these times may vary by sport (*see Rules and Regulations Part II, individual sports*). Warm-ups and pregame for the visiting team will be as follows:

Spring sports: One hour early

Winter sports: Enter locker room 45 minutes early

Fall sports:

Varsity football: Enter locker room at 5:15 p.m.; on field at 6 p.m.

All other fall sports: One hour early

ARTICLE VI **RESCHEDULING**

Contests that are canceled will be rescheduled by the athletic directors of the schools involved in accordance with conference regulations and will be rescheduled on the next available date subject to transportation, facilities and officials. Should a number of contests be canceled, the conference athletic directors will reschedule. Conference contests will take precedent over non-conference contests.

ARTICLE VII **OFFICIALS**

Registered officials must be used in all varsity athletic contests. Registered officials, if available, will be used in all sub-varsity contests. Exceptions as per WIAA guidelines and National Federation Rule book.

ARTICLE VIII **TEAM BENCH AREA PERSONNEL**

Game bench area personnel are the responsibility of the head coach. Only school-authorized personnel will be allowed in the team bench area as per WIAA guidelines and NFHS rules.

ARTICLE IX
CONFERENCE STANDINGS

Conference standings shall be kept and reported to the Northwest Conference Website.

ARTICLE X
AWARDS POLICY

Section 1. General Rules.

- (a) Types and number of awards presented at conference events and for conference championships shall be approved by the conference athletic directors.
- (b) No other awards are to be presented at conference events without prior approval of the conference athletic directors.
- (c) The conference shall purchase all awards.
- (d) Conference trophies for winning the conference championship shall be awarded on an annual basis. In the case of a tie, a trophy will be awarded to each of the schools.
- (e) Awards will be provided for official conference sports only.

Section 2. Conference Awards.

- (a) A championship team trophy will be provided for each official conference sport.
- (b) The number and type of individual awards will be provided if there is an official varsity conference championship event as listed below:
 - i. Cross Country: Medals for the first ten places.
 - ii. Golf: No Conference Championship event.
 - iii. Swimming: No Conference Championship event.
 - iv. Tennis: No Conference Championship event.
 - v. Track: Medals for the champion and ribbons for 2nd and 3rd.
 - vi. Wrestling: Medals for the champion and ribbons for 2nd and 3rd.

Section 3. All-Conference Selection.

- (a) Nomination. Each coach will nominate his or her own athletes they believe deserving of first team all-conference consideration. Nominees should be listed in rank order.
- (b) Discussion. Brief discussion around own players permitted.

- (c) Season Performance. Selection will be based on performance throughout the season.
- (d) Once ballots have been turned into the AD in charge; the vote is final.
- (e) When voting, a coach may not vote for their own player.
- (f) Individual coaches voting on all-conference will be distributed in printed/electronic form to coaches and athletic directors. The results are not to be shared beyond coaches and athletic directors.
- (g) Certificates will be awarded to first team, second team and player of the year recipients.
- (h) All-conference selections will be determined by {ten percent of the (starters on a team) times (the number of teams that compete in the conference)} plus one MVP per sport.
- (i) Track & field, swim & dive and wrestling will be determined by times or places.
 - a. Baseball.
 - i. Most outstanding player of the year;
 - ii. First team pitchers, plus 12 first team;
 - iii. Second team pitchers, plus 12 second team.
 - b. Boys & Girls Cross Country.
 - i. Most outstanding player of the year;
 - ii. Ten first team;
 - iii. Ten second team.
 - c. Football.
 - i. Most outstanding player of the year;
 - ii. 12 Offensive first team;
 - iii. 12 Defensive first team;
 - iv. One punter first team;
 - v. One kicker first team;
 - vi. 12 Offensive second team;
 - vii. 12 Defensive second team.
 - d. Boys & Girls Soccer.
 - i. Most outstanding player of the year;
 - ii. One goalkeeper; five forwards; five midfielders; four defenders – First Team
 - iii. One goalkeeper; five forwards; five midfielders; four defenders – Second Team
 - e. Volleyball.
 - i. Most outstanding player of the year;
 - ii. Ten first team;
 - iii. Ten second team.

- f. Boys & Girls Basketball.
 - i. Most outstanding player of the year;
 - ii. Seven first team;
 - iii. Seven second team.
- g. Wrestling.
 - i. Most outstanding player of the year;
 - ii. First team is the Northwest Conference League champion per weight class;
 - iii. Second team will be the runner-up.
- h. Boys & Girls Golf.
 - i. Most outstanding player of the year;
 - ii. Eight first team;
 - iii. Eight second team.
- i. Softball.
 - i. Most outstanding player of the year;
 - ii. 14 First team;
 - iii. 14 Second team.
- j. Boys & Girls Swimming.
 - i. Most outstanding player of the year;
 - ii. First team is determined by best mark during the season.
- k. Boys & Girls Tennis.
 - i. Most outstanding player of the year;
 - ii. Eight first team (6 post-season entries times 14 schools);
 - iii. Eight second team.
- l. Boys & Girls Track & Field.
 - i. Most outstanding boy/girl of the year, as voted on by the coaches;
 - ii. First team is determined by best mark during the season.

Section 4. All Conference Selection Criteria.

- a. The Athletic Director, who is responsible for the particular sport, will oversee the selection of the All-Conference Team.
- b. The Athletic Director responsible will solicit nominations and prepare a ballot, if applicable.
- c. The Athletic Director will release the names to the media, no later than two weeks after the post-season meeting. Timeline may be adjusted with Conference approval.
- d. Honorable mention may be added.
- e. The Northwest Conference Awards Chairperson will provide All-Conference awards.

Section 5. Awards.

- a. First / Second Team Certificates. **It is understood that the MVP will receive a First Team certificate.

ARTICLE XI
GAME PROCEDURES

Section 1. Participant Practices. Any Northwest Conference League team that has members who participate in a state playoff shall not be required to compete in a conference contest, which counts toward the championship in that sport, until they have the opportunity to meet the minimum WIAA practice days after the completion of the state playoffs. An alternative date for the contest shall be agreed upon by the two schools and will need conference approval.

Section 2. Sidelines. In all contests only game officials and authorized personnel may be on the sidelines.

Section 3. Registered Officials. Registered officials must be used in all varsity athletic contests. Registered officials, if available, will be used in all sub-varsity contests. Exceptions as per WIAA guidelines and National Federation Rule book.

Section 4. Questioning Officials. Administrators, staff members, and coaches shall refrain from questioning decisions of officials or otherwise criticizing them following the game. Any criticism shall be addressed in writing to the NW Conference President.

ARTICLE XII
CONTEST MANAGEMENT

Section 1. Contest Management. The home school will be responsible for the management of all conference contests. Management regulations for these contests as issued by the home school must be consistent with conference policies or be presented at a regular conference meeting for approval.

Section 2. Disruptive Event. The game/tournament manager will:

- (a) Stop the event/tournament immediately if necessary and restore order.
- (b) Call the Games Committee together (if it is a tournament) and establish a meeting to begin immediately after the event (if it can wait, otherwise, meet immediately).
- (c) Resume event if it is safe. Otherwise, take necessary measures (take a break, clear the gym, etc.)
- (d) Contact the president of the NWC Athletic Directors as soon as possible to report the incident. NWC President may request that an athletic commission be called to investigate.

Section 3. Supervision of Dressing Rooms. Upon arrival and departure, the coach/designee will inspect the dressing room and inform the event manager of any issues/concerns. The coaches of the participating teams shall be responsible for the supervision of the dressing rooms at all times during

occupancy by athletic squad members and student managers at officially scheduled contests. Information will be provided in preseason meetings.

Section 4. Choice of Stands, Team Benches, and Dressing Rooms. Choice of spectators' stands, players' benches, and dressing rooms shall be determined by the home school.

Section 5. School Bands at Athletic Contest. Schools will not be permitted to take their bands, including pep bands or any group with musical instruments, to away regular season conference contests.

Section 6. Faculty or Administration Representatives at Contests. A designated school official will be in attendance at home football, boys' basketball, girls' basketball, volleyball and wrestling contests. Additionally a school official will be in attendance at away football and boys' basketball contests. Exceptions to this policy will be agreed upon between schools. The visiting schools' representative must identify himself/herself to the home contest manager prior to the start of the event.

Section 7. Ticket Prices.

- (a) The conference shall set the ticket prices for adult, student, and elementary student tickets for all regular season conference contests, playoffs, tournaments, and championship events. Preschool children are to be admitted free.
- (b) The single contest ticket prices set by the conference may not be changed by member districts.
- (c) Member schools may initiate season ticket or multiple admission and senior citizen discount rates for games played within the school district during the regular season.
- (d) Districts that wish an exception to the conference admission policies must appeal to the conference for approval.
- (e) Students with ASB cards of any member will be admitted free of charge the NWC Championships (cross country, wrestling, track & field).

Section 8. Passes. Northwest Conference regular season events will accept the following passes: District 1; NWL Lifetime (Gold); NWIAA Lifetime (Salmon); pre-approved media/photography passes only. All passes are non-transferrable.

ARTICLE XIII **DISTRICT GAME EVENT PROCEDURES**

Section 1. District Manager.

- (a) Review Tournament and Managers Handbook from NW District One available on the District One website.
- (b) District Manager will be a District One Athletic Director.

Section 2. District Manager Duties.

- (a) Prepare fact sheets and brackets and e-mail to District One Secretary 14 calendar days prior to the start of District event. If fact sheets are updated include date of changes.
- (b) Brackets need to be updated during tournaments and e-mailed to the District One Secretary. (Please include date changed on updates)
- (c) Results to WIAA as needed.
- (d) Financial statement submitted to District One within 14 days of completion of event.

Section 3. District Manager Checklist.

- (a) Confirm sites and dates no later than one month prior to District Event.
- (b) Select, contact and confirm Games Committee Members.
- (c) Workers scheduled/confirmed.
- (d) Media notified prior, during and after as needed with results and information.
- (e) Officials confirmed with District One.
- (f) Trophies and awards from District One need to be reviewed once received.
- (g) Emergency contact numbers for weather cancellations, officials, etc.

ARTICLE XIV
SCORES AND STATISTICS REPORTING

Section 1. Website Reporting. Home School coaches are responsible for reporting scores/stats for all events to appropriate media outlets and to NWCathletics.com.

Section 2. Visiting Team Reporting. An away/visiting school that is competing out of its' respective geographic county is responsible for contacting their particular media outlet (i.e. A Whatcom County school competing in Skagit County is responsible for contacting the Bellingham Herald, and vice versa). An away/visiting team from same county school will not contact media unless mutually agreed upon by both head coaches.

ARTICLE XV
ATHLETIC COMMISSION GUIDELINES

Section 1. WIAA Guidelines. Schools must follow WIAA guidelines and timelines in regards to protests, grievances, self reports and appeals.

Section 2. Self Reports. Self-reports should be brought to the attention of the Conference President and a written report including recommended actions by the school, be brought to the next regular scheduled athletic director's meeting. Exceptions to this timeline will be determined by the Conference President, possibly resulting in the forming of a commission. **Refer to WIAA rule 27.0.0 - 27.2.5 for rule violation procedures. Sportsmanship violations should be self-reported to the conference president.**

Section 3. Guidelines. The following guidelines shall determine the procedures by which the appointed Commission shall function.

- (a) The Commission may be called upon when:
 - i. Incidents of serious misconduct occur;
 - ii. Administration, game management, or officials lose control;
 - iii. Coach incites the crowd;
 - iv. Player(s) incite(s) the crowd;
 - v. Ejections;
 - vi. Protest or grievance is registered;
 - vii. Violations of Conference policy and WIAA Rules and Regulations, including self-reports;
 - viii. Other.
- (b) The Commission shall be appointed by the Northwest Conference League Athletic Director's President. The commission would be composed of three (3) athletic directors. The schools involved will not be represented on the Commission.
- (c) The Commission will make recommendations to the athletic directors for their review/action. The athletic directors will make their final recommendation (as determined by vote) and then forward to the principal for their review/action.
- (d) A formal meeting of the principals will be called if two or more principals request a review of the athletic director's recommendation. This meeting will take place in a timely manner.
- (e) The principals will notify the athletic directors of their actions.

ARTICLE XVI
NORTHWEST CONFERENCE LEAGUE
SPORTSMANSHIP PROGRAM {JUST PLAY FAIR}

Section 1. Sportsmanship Mission. The Northwest Conference League is strongly committed to sportsmanship and responsible behavior of participants, coaches, cheerleaders, spectators, students and adults, from all member schools. Although many people display appropriate behavior, it is important to teach and re-emphasize sportsmanship and responsible behavior as part of an ongoing program.

To assist those responsible for the sportsmanship program in each school and to have consistency in the basic items stressed throughout the Northwest Conference League, the following guidelines and ideas are being presented:

Section 2. Sportsmanship Program Components.

- (a) Sportsmanship poster;
- (b) Radio announcements about sportsmanship during contests;
- (c) Printed sportsmanship announcements in programs including the Just Play Fair message;
- (d) Participation in Northwest Conference League sponsored sportsmanship conference;
- (e) Game and contest announcements promoting sportsmanship including the Just Play Fair message.

Section 3. Sportsmanship Policies.

- (a) Spectators, students and adults should remain in their assigned rooting sections. Bands shall play at home activities only.
- (b) Cheerleaders, yell leaders, mascots or any group representing a member school will conduct themselves in a positive manner and will not do anything that demeans or belittles the visiting school, participants or officials.
- (c) Chants, yells, cheers, etc. must be positive in nature – supportive of your team; they must not be negative, not the type that demeans or belittles the opponent or officials.
- (d) Only official school banners (i.e. professionally manufactured, school approved) and school signs that promote school spirit, without reference to opposing schools, will be allowed/displayed at any game by the home team. Visiting teams are allowed to bring only their official school banners.
- (e) Handheld paper signs will be allowed if approved by the administration on site.
- (f) Run-through signs are to have words that promote your own school and only used at home events.
- (g) No newspaper or confetti may be used at games.
- (h) No artificial noisemakers may be used at games, including band instruments.
- (i) Face painting is allowed. Body painting is not allowed. Shirts must be worn.
- (j) Live animal mascots may not be used at athletic contests. No children may act as song or yell leaders except as half-time entertainment.
- (k) Announcers should refrain from providing play-by-play editorial comments.
- (l) Official school policies should be posted on site, at the field or gym.
- (m) Bandanas are not allowed at NWCL events
- (n) Fans are not allowed to rush the court or capture center court at any point before, during, or following an NWCL contest.

Section 4. Cheer and Song Leaders. Cheer and song leaders are a vital part of the sportsmanship program. Northwest Conference League cheerleaders will follow the National Federation Spirit Rules and WIAA guidelines. Cheerleading is considered a school activity by the Northwest Conference League.

ARTICLE XVII
TIE BREAKER POLICY FOR FINAL STANDING TIES
INVOLVING TOURNAMENT AND PLAYOFF POSITIONS

Section 1. Arrangements for Playoff Contests.

- (a) The site of the contest will be determined by the athletic directors, a neutral site is preferred.
- (b) The profit and loss of a playoff contest shall be shared equally by all conference schools.

Section 2. Draw Criteria.

- (a) Conference Championship. If a tie exists for the conference championship head to head criteria will be used.
- (b) Attempts to resolve ties will be made by first applying criteria 1, then criteria 2 and then criteria 3, as listed below. If the criteria cannot resolve the tie, then it will be handled by the athletic directors.
- (c) The tiebreaker draw procedure will be utilized if a contest is not needed. This procedure will not be used if any of the following are at stake:
 - i. Final Playoff spot
 - ii. Bye
- (d) If hosting is at stake a neutral site will be used to play the District game between the 4 and 5 seeds.

Criteria for Tie-Breaking - The following tie-breaking criteria and procedures will be applied for purposes of playoff placing.

1st Criteria: The results of head to head Conference competition between the teams involved in the tie.

Examples:

Team A:	beat Team B twice	2-1	1 st
Team B:	beat Team A once	1-2	2 nd

Team A:	beat Team B twice; beat Team C twice	4-0	1 st
Team B:	beat Team C twice; lost Team A twice	2-2	2 nd
Team C:	lost Team A twice; lost Team B twice	0-4	3 rd

Team A:	beat Team B twice; split Team C	3-1	1 st
Team B:	lost Team A twice; split Team C	1-3	3 rd
Team C:	split Team A; split Team B	2-2	2 nd

If three meetings occurred:

Team A:	beat Team B twice; beat Team C Twice	4-2	1 st
Team B:	beat Team A once; beat Team C twice	3-3	2 nd
Team C:	beat team A once; beat Team B once	2-4	3 rd

2nd Criteria: If, after applying *Criteria 1*, a tie still exists and a final playoff spot or a bye is at stake, then a playoff will be held.

Three-Way-Ties. In a playoff situation under *Criteria 2*, which involves three teams, the draw procedure will be used to determine which team draws the initial bye. The two remaining teams will then play one contest (referred to as “Game 1” hereafter): the winner will play the bye team.

- i. If there is one playoff spot or a bye at stake, the winner of “Game 1” will play the bye team for this position; the loser of “Game 1” is out.
- ii. If there are two playoff spots or a bye(s) at stake, the loser of “Game 1” will play the bye team. If the bye team wins “Game 2” they will play the winner of “Game 1” for the higher seed.

Four-Way Ties. In playoff situation under *Criteria 2* which involves four teams, the tie-breaker draw procedure will be used to determine the pairings; the two lowest numbers of the teams will play in “Game 1” and the two highest numbers will play in “Game 2”. The winner of “Game 1” and the winner of “Game 2” will meet in “Game 3” will have the next highest spot if there is one. The losers of “Game 1” and “Game 2” will meet in “Game 4” for the next two-playoff spots if there are any.

Section 3. Playoff Formats. The following playoff formats will be used to break ties as in *Criteria 2*:

- (a) The contest will be played at a suitable neutral site that is centrally located, if possible.
- (b) The tiebreaker draw will determine the home team.
- (c) Admission prices will be determined by the athletic directors.
- (d) For football, the “Kansas City tie-breaker” will be used as the mini-playoff format (*see WIAA Handbook*). Teams will receive a minimum 15-minute break between games, unless agreed on by both coaches involved.

- (e) Soccer tiebreaker will be two 10-minute halves and a shootout if it is still tied after the two halves (no break between halves; teams will switch ends and play will continue);
- (f) Volleyball tiebreaker will be two out 3 games to 15 (one timeout per team is allowed).
- (g) Basketball tiebreaker will be two, eight-minute quarters. (Each team will get two full timeouts, and one 30 second timeout; overtime will be two minutes).
- (h) Baseball/Softball tiebreaker will be a three inning game. If tied after 3 innings, we will use international tiebreaker procedures at the top of the 4th inning.

3rd Criteria: If, after applying *Criteria 1*, a tie still exists for a playoff spot and *Criteria 2* does not apply, the tie-breaker draw procedure will be used to determine the placing for the District Tournament.

Section 4. Tie Breaker Draw Procedure. The first number listed after the name of the school is the number that will be used for fall tie-breakers, the second number will be used for winter tie-breakers and the third number will be used for spring tie-breakers. *Example:* If two schools are tied for the same position at the end of the season, the lowest number (1 would be before 8) would receive the higher seed. In a 3-way tie with one spot at stake the higher seed will get the bye. If two spots are at stake the higher seeds will play in game one. **Note:** All other criteria for breaking ties remain in effect. The draw information listed below applies only to situations that formerly called for a coin flip.

2011/12 Draw			
School	Fall	Winter	Spring
Anacortes	3	9	9
Bellingham	8	5	10
Blaine	2	4	13
Burlington-Edison	13	3	6
Ferndale	7	12	12
Lynden	5	11	5
Lynden Christian	9	6	7
Meridian	12	1	3
Mount Baker	14	8	11
Mount Vernon	4	14	2
Nooksack Valley	1	13	1
Sedro-Woolley	11	10	4
Sehome	6	2	8
Squalicum	10	7	14

PART II

SPECIFIC PROVISIONS FOR SPORTS

ARTICLE I **BASEBALL**

Section 1. Program. The Conference shall sponsor varsity and sub varsity baseball schedules.

Section 2. Rules. All baseball teams will abide by the regular National Federation Rules and WIAA regulations.

Section 3. Starting Times. Starting times Monday through Friday to be determined by the home team. Saturday games are at 1:00 p.m. unless mutually agreed upon. Night games may be played by mutual agreement only, exception facility availability. Visiting teams have access to fields no more than one hour prior to game time.

Section 4. Officials. Two registered umpires are to be used for varsity games, and a minimum of one in sub varsity games.

Section 5. Suspended Contests. The NWC will follow the WIAA suspended rule as follows. The contest shall continue from the point of suspension at the next time the two teams play. If the two teams do not play again, the game will be made up on the next available playing date, at the home teams' site. All substitution rules apply. (*Example: due to darkness*) (*Does not* include rainouts).

Section 6. Cancelled Games. The home team must notify opponents and umpires of cancelled contests by no later than 1:00 p.m.

Section 7. Game Length. All games are to be seven (7) innings in length. If a team is 10 runs ahead at the end of five innings of play, the game is over.

Section 8. Consecutive Days. Schools will not be required to play more than three conference games on consecutive days prior to March 31.

Section 9. Game Balls. The home team must have six Diamond D-1/state-adopted baseballs available for every conference game.

Section 10. Pitcher Warm-ups. Both teams must have equal opportunity to pitch from the warm-up mound.

Section 11. Postponed Games. Postponed games must be made up on the first available day. (This would exclude day's set aside from conference commitments, which are the first two eligible Saturdays). All effort must be made to reschedule rainouts in the order of their cancellations. If after contact has been made a team is unable to reschedule with their first postponed opponent (because that opponent has already scheduled a makeup game with someone else) then they must try and reschedule with their second postponed opponent and if they are unavailable then their third postponed opponent, etc.

Conference games have priority over non-conference games (except on days which have been set aside from conference commitments). In case of a rainout, if the required number of innings has not been played, the game will be cancelled and replayed.

Section 12. Speed Up Rules. The Northwest Conference League will play by National Federation speed up rules for pitcher and catcher.

Section 13. Batting Practice. Batting practice by the home team could take place before a game, as long as pre-game infield/outfield is not delayed.

Section 14. Spring Break. No varsity conference games will be played during spring break. (Monday-Saturday)

Section 15. Game Location. The originally scheduled home team will remain the home team when the location is switched and will provide the game balls. The host school will be responsible for scheduling and payment of umpires

Section 16. Pre-Game Procedures.

- (a) The home team will start infield 30 minutes before game time. The visiting team will start infield 15 minutes before game time.
- (b) If a team is late, the team must be given a 10-minute warm-up time and 10 minutes for infield.

ARTICLE II
BASKETBALL

Section 1. Program. The Conference shall sponsor varsity and sub varsity basketball schedules.

Section 2. Rules. The Conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times.

- (a) Varsity games scheduled between conference schools shall start at 7:30 p.m., junior varsity and C games at 5:45 p.m.
- (b) "C" games scheduled on a night other than with V/JV will start at 6:00 p.m. Visiting teams may enter locker room 45 minutes prior to the first contest (JV or "C").

Section 4. Game Uniforms.

- (a) For all games of this conference, the home teams shall wear white and the visiting team shall wear the dark color of the school.
- (b) Exceptions to this rule for "C" team games are permissible if agreed to by both schools' athletic director.

Section 5. Scorers and Timers.

- (a) The official scorer, official timer and announcer for varsity conference games must be qualified adults.
- (b) The home team is responsible for providing the scorer and timer.

Section 6. Opening Ceremony at Games.

- (a) The opening ceremony for varsity conference games is to start at the end of the 20-minute warm-up time but no sooner than 7:25 p.m.
- (b) When both teams have lined up at their respective benches, the National Anthem or flag salute is to be given.
- (c) Starting players will be alternately introduced beginning with the visiting team. Each player will go to the center circle to shake hands with the opposing team member and then line up on their respective free throw lines.

Section 7. Restrictions on the Use of the Floor.

- (a) Any activities conducted on the floor shall have prior approval of the contest management.
- (b) If a half-time activity is taking place the floor will be cleared with 3 minutes remaining.

- (c) Coach supervised members of the varsity teams will be permitted on the floor prior to and at half-time of the junior varsity game, provided they are in game shoes and proper attire (i.e. no hats, not electronic devices, etc.).
- (d) No unauthorized half-time activities during the varsity game.

Section 8. Game Balls.

- (a) For conference games a conference approved NFHS basketball is to be used.
- (b) The home team is responsible for furnishing the game ball.
- (c) The official game ball shall only be used for the game contest.

Section 9. Arrival Times. Visiting teams shall arrive no more than one hour prior to first game start time.

Section 10. Sub-Varsity Team Limitations.

- (a) The players on the junior varsity teams in this conference shall be limited to juniors, sophomores, and freshmen.
- (b) The players on the "C" teams in this conference shall be limited to sophomores and freshmen.

Section 11. Capturing Center Court. Teams will not be allowed to "capture" center court at the conclusion of pre-game introductions or at any other time before, during or immediately following a game. Capturing center court is herein defined as locating the team rally huddle at or near the center jump circle.

ARTICLE III
CROSS COUNTRY

Section 1. Program. The Conference shall sponsor a varsity cross-country schedule.

Section 2. Rules. The Conference will follow the National Federation Rules and WIAA regulations.

Section 3. Course. All courses are to be designed and clearly marked for the benefit of the competitors.

Section 4. Team Entries.

(a) For regular varsity conference meets a school may enter a maximum of 14 runners when a JV race is held.

(b) In the NWC Championship meet a school may enter a maximum of 10 runners.

Section 5. Junior Varsity. A junior varsity meet of unlimited numbers may be run prior to conference varsity meets. In the event numbers do not support a JV race the home school athletic director/designee will contact the visiting schools.

Section 6. Meet Management. It is recommended that the managing school for any conference meet shall have available a map of the course to be used during the season to share with other conference teams.

Section 7. Starting Times. Varsity races will start no earlier than 4 p.m. Visiting teams have access to course no more than one hour prior to race time.

Section 8. Course Maps. Each school must bring copies of their home course to the pre-season meeting.

ARTICLE IV FOOTBALL

Section 1. Program. The Conference shall sponsor varsity and sub varsity football schedules.

Section 2. Rules. The conference will follow the National Federation Rules and WIAA regulations.

Section 3. Length of Quarters. Junior varsity will play 12-minute quarters and C games shall be played in 10-minute quarters.

Section 4. Officials.

- (a) For conference varsity games, five registered association officials shall be required to work.
- (b) For reserve games between conference schools, a minimum of two registered association officials shall officiate.

Section 5. Game Jerseys.

- (a) For varsity conference games the "home" team shall wear dark colored jerseys; and the "visiting" team shall wear white.
- (b) In JV games the visiting team will wear dark jerseys and the home team will wear white.
- (c) In "C" games the home team wears dark jerseys.

Section 6. Game Balls. The home team is responsible for furnishing three game balls for all varsity games. The visiting team may supply the game balls when it is on offense.

Section 7. Pre-Game Order of Events. 6:50 p.m. introductions, 6:55 p.m. coin toss, 6:57 p.m. National Anthem and 7:00 p.m. kickoff.

Section 8. Film Exchange. Schools will exchange at least two films with each other prior to their conference game. Films should be first generation tape or DVD. Any additional cameras need prior home school approval. If the visiting team brings a second camera to film from the end zone the visiting school will provide a copy to the home team, if asked.

Section 9. Game Management.

- (a) Field phone policy.
 - a. Each school is responsible to supply their own field phones.
 - b. Each team is responsible for the care and workability of its own phones.
- (b) Facilities for spotters: Comparable facilities are to be provided for the spotters of each participating team.

- (c) Only participating schools will be allowed in NWC press box areas during contests. Scouts will not be permitted in the press box areas at conference schools.

Section 10. Timer. The official timer for varsity conference games shall be a qualified adult.

Section 11. Tie-Breaker Policy.

- (a) For varsity games, which end in a tie after regulation play, the game will continue under the Kansas tiebreaker rule.
- (b) For sub-varsity games, which end in a tie after regulation play, the game will continue under the Kansas tiebreaker plan with a maximum of two sequences, from the ten (10) yard line.

Section 12. Pre-Game Warm-up Period. The playing field is to be clear and available for the participating teams' pre-game warm-up activities from 6:15–6:45 p.m. Other groups needing to use the field must do so prior to or after this time period.

Section 13. Sub-Varsity Team Limitations.

- (a) JV games will be played on Mondays and “C” games will be played on Thursdays, with the exception of Monday double headers.
- (b) The players on the junior varsity teams in this conference shall be limited to juniors, sophomores and freshmen.
- (c) The “C” team shall be limited to freshmen. Sophomores may be on the “C” team only with pre-season notification to the conference.

Section 14. Visiting Team Locker Room. The visiting team should have the largest available room not used by the home team. Visiting teams may enter locker room one hour 45 minutes prior to game time and begin on field warm-ups one hour prior to game time.

Section 15. Conference Playoffs. All end of the season conference games will be played on the day scheduled. The mini playoffs will be held on Saturday. Schools with no mini playoff possibilities, or the Tuesday Cross Over, may play on Friday with mutual agreement. The mini playoffs will use the Kansas Tie Breaker. The site of the mini playoff will be Civic Field or Mount Vernon. Travel will be considered in the mini playoff when considering which site to utilize. If three teams in a playoff and two from south then Mount Vernon would be the site.

ARTICLE V GOLF

Section 1. Program. The Conference shall sponsor a boy's and girl's varsity and junior varsity schedules.

Section 2. Rules. The Conference will follow the USGA official rules of golf, and the rules and guidelines as outlined by the respective courses of competition

Section 3. Starting Times/Schedules. Conference Golf schedules' dates and time will be developed based on gender equity, start time, time out of class and coaches missing class time. Visiting players have access to the course, driving range or the practice putting green no more than one hour prior to start time.

(a) Varsity Conference Matches: **{6 players. It is recommended that schools email the host school their lineup the morning of the match}.**

- i. 3:00 p.m. start.
- ii. 18 holes.
- iii. Tournament format.
- iv. A tournament may be limited to 9 holes at the determination of the host school.
- v. In the event the match does not go to 18 holes, revert back to 9 holes and double score.

(b) JV Conference Matches: **{6 players; exceptions must be cleared through the host school}.**

- i. Start time will be 3:30 p.m.
- ii. Conference schedule will reflect one match per week.

Section 4. Officials. The regular season matches will be governed by the respective coaches and the participating course's head professional. Once the match has begun, only the host course pro or designee may cancel the match.

Section 5. Team Entries. Each school will be represented by six (6) players at regular conference meets. The team score will be determined by counting the total of the lowest five scores for the boys and the highest 5 Stableford scores for the girls. It is recommended that schools email the host school their lineup the morning of the match.

Section 6. Golf Attire. Golf attire is expected to be suitable. Shoes and collared shirts or mock turtlenecks are required. No short shorts (must have a minimum inseam of 2½"), no cutoffs, cotton sweat pants or jeans. Hats must be worn properly. It is recommended that each team have a uniform: shirts, sweaters, jackets, bags, umbrellas, etc., to identify them. Violations of dress code will result in athlete not being allowed to play.

Section 7. Electronic Devices. No electronic devices will be allowed on the course. The penalty for having an electronic device on the course will result in: first offense, warning and two-stroke penalty; second offense, disqualification from current match and next match.

Section 8. Gallery Rules.

- (a) Galleries will be permitted with the approval of the course pro. Currently, no galleries are allowed at Similk and Grandview.
- (b) Members of the gallery are required to dress according to course standards.
- (c) Galleries must be 25 yards behind players and observe the etiquette of golf.
- (d) Positive sportsmanship must be displayed at all times. Abuse or harassment will not be tolerated.
- (e) No coaching from the gallery.
- (f) No rule interpretations by gallery members.
- (g) Coaches will monitor the galleries.
- (h) Range-finders will not be allowed on the course.
- (i) Cell phones should be on silent or vibrate.

Section 8.1. Violation of Gallery Rules.

- (a) Players may be disqualified;
- (b) Gallery members may be asked to leave the golf course; and
- (c) Gallery members may be banned from future matches.

Section 9. Rule Infractions. Host school's golf coach will be the tournament manager. Tournament manager will hear all rule infractions and consult with the course pro before rendering a decision.

- (a) In the event the rule infraction is not clear to the tournament manager and course pro, the tournament manager will appoint a tournament board. The tournament board will be made up of tournament manager, course pro, and three neutral coaches. The tournament board will rule on rule infractions.
- (b) If the coach of a team committing a rule infraction wants to appeal a decision of the tournament manager referred to in part (a) above, the tournament board will hear the appeal.
- (c) Coaches of teams involved will be notified of rule infraction results.
- (d) Tournament manager will inform players involved of the decision.

Section 10. Tournament Play Guidelines.

- (a) Each team shall consist of six players with team scores determined by counting the total for the lowest five scores for boys and the highest five Stableford scores for the girls.

- (b) Dates and sites of the scheduled tournaments shall be determined by the conference schedule. Starting times for conference tournaments shall be 3:00 pm.

Section 11. Tee Boxes. All players at the boy's tournament will tee off from the regular tees. Players at the girl's tournaments will all use the forward tees.

Section 12. Conduct. Players guilty of unsportsmanlike conduct may be ejected from the tournament, as per the rules of golf. Tournament manager and course pro will hear case. Examples of unsportsmanlike conduct considered improper are; vandalism, cheating, throwing clubs, obscene or vulgar language, smoking or use of tobacco in any form, use of alcohol/drug without medical authorization, picking up (quitting). Picking up the ball for medical reasons will not result in an unsportsmanlike disqualification. Entrapment: both marker and player are disqualified. First offense of throwing a club is a mandatory two-stroke penalty; second offense is disqualification from the event and the following event.

Section 13. Disqualification.

- (a) If a boys' team is disqualified from any 18-hole segment of the conference tournaments, their team score for that segment shall be 10 strokes greater than the team score finishing last in the segment.
- (b) If a girls' team is disqualified from any 18-hole segment of the conference tournaments, their team score for that segment shall be 10 strokes less than the team score finishing last in the segment.

ARTICLE VI SOCCER

Section 1. Program. The conference shall sponsor varsity and sub varsity soccer schedules.

Section 2. Rules. The conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times. Starting time is 4:00 p.m. unless the home team needs to schedule at another time.

Section 4. Officials.

- (a) For conference varsity matches three Association officials will be used.
- (b) For sub-varsity matches, one Association official is required.
- (c) If officials don't show up for a contest, one or two officials can officiate a varsity or JV match. JV contests will have at least one official for a contest unless only one official shows up for both contests.

Section 5. Pre-match warm-up. A minimum of twenty minutes shall be allowed for warm-up prior to the scheduled starting time. Visiting teams have access to fields no more than one hour prior to game time.

Section 6. Length of Matches. Conference play matches will be two (2) halves of forty (40) minutes playing time. When time is kept on a scoreboard, the scoreboard will be stopped at two (2) minutes. The referee on the field will keep the remaining time. His/her clock will be the official clock. There will be a 10-minute half time.

Section 7. Game Ball. An official leather NFHS ball is to be provided by the home team.

Section 8. Tie Games. Games can end in a tie. Games with a winner will be awarded 3 points and games that end in a tie will be awarded 1 point.

Section 9. Yellow Cards. An accumulation of three yellow cards (**for dissent**) by an individual player will result in a one game suspension from the next scheduled contest.

- (a) The coach will report to the building/district athletic director the name of each player receiving a yellow or red card for each contest by 9:00 a.m. the morning following the infraction. This includes post-season contests.
- (b) The coach will email a cumulative report of all (**dissent**) yellow/red cards received by his/her team to the AD in charge of soccer (copy to building/district athletic director) at the request of the AD in charge of soccer, within 24 hours of the request.
- (c) Failure of the coach to email the mid and post season cumulative soccer report to the AD in charge of soccer, with a copy to the building/district AD, will result in a

warning from the Conference for the first violation and a one contest suspension for the head coach for additional violations.

(d) Yellow cards will not carry over to post season.

ARTICLE VII SOFTBALL

Section 1. Program. The Conference shall sponsor varsity and sub varsity softball (fastpitch) schedules.

Section 2. Rules. The Conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times. The approved conference schedule will determine the starting times for each school. Circumstances may cause the time to change; facilities, officials, weather, etc.

Section 4. Officials.

- (a) For conference varsity games, two association officials shall be used as umpires. If only one of the assigned umpires reports, both coaches must agree to play the game with one umpire behind the plate. Should neither of the assigned umpires report for a scheduled game, the game will be postponed and the postponed game rule shall apply. (See Section 10).
- (b) For sub-varsity games, 1 association official is required. Should only one official be used the umpire is to work behind the plate.

Section 5. Cancelled Games. The home team must notify opponents and umpires of cancelled contests by no later than 1:00 p.m.

Section 6. Game Balls.

- (a) The home school shall have available three new official softballs for all conference games.
- (b) A game ball is to be made available to the visiting team pitcher for warm-up.

Section 7. Pre Game Warm-up.

- (a) Each team will be permitted ten (10) minutes for infield practice. The home team will start its infield warm-up 25 minutes prior to game time and the visiting team will start its infield warm-up 15 minutes prior to game time.
- (b) Batting practice by the home team could take place before a game, as long as pre-game infield/outfield is not delayed.
- (c) Visiting teams have access to fields no more than one hour prior to game time.

Section 8. Length of Games.

- (a) Ten run rule after 5 innings.
- (b) Tiebreaker rule; international begins in the top of the ninth.

Section 9. Sub-Varsity Games.

- (a) Sub-varsity: for Conference games, sub-varsity teams shall be limited to either three (3) outs or five (5) runs per half-inning, except in the last inning, during which only three outs shall end a half inning;
- (b) If a single play allows a team to exceed the five-run limit, all runs which score on that play shall be allowed before ending the inning;
- (c) No new inning in a sub-varsity game shall start after 1:45 (1:30 if part of varsity/JV double header) of game time has elapsed unless the game is tied – if tied at time limit use tie breaker until winner is determined. (Tie-breaker will begin with the player who is scheduled to bat last in that respective half inning being placed on 2nd base and the player scheduled to bat second to last placed on 3rd base. i.e.: If the number 5 batter is lead-off batter, the number 4 batter is placed on 2nd base and the number 3 batter is placed on 3rd base.) If both coaches agree, all half-innings will be played to 3 outs.
- (d) Junior varsity teams shall be limited to juniors, sophomores and freshmen players for conference games.
- (e) Junior varsity coaches have the option of an open or closed lineup as agreed upon by both coaches. If both coaches do not agree a closed lineup will be used.
- (f) “C” teams shall be limited to sophomores and freshmen.

Section 10. Postponed Games. Conference games have priority over non-conference games (except on days which have been set aside from conference commitments). In case of a rainout, if the required number of innings has not been played, the game will be cancelled and replayed.

Section 11. Suspended Contests. The NWC will follow the WIAA suspended rule as follows. The contest shall continue from the point of suspension at the next time the two teams play. If the two teams do not play again, the game will be made up on the next available playing date, at the home teams' site. All substitution rules apply. (Example: due to darkness)

Section 12. Make Up Days. The last 3 Saturdays of the regular season will be reserved for make-up days, with the understanding that each school may opt out of one of those Saturdays.

ARTICLE VIII
SWIM/DIVE

Section 1. Program. The Conference shall sponsor a varsity swim/dive schedule.

Section 2. Start Times. The start of competition shall be as close to the posted meet time as is practical. Changes to this time shall be communicated to the participating team coaches and respective athletic offices as soon as they are known.

Section 3. Diving. If the hosting facility does not have a diving area or board, the dive points during the meet will not be awarded even if a school has a diver able to compete.

Section 4. Warm-up Period. For dual and tri-meets the pre-meet warm-up will start 30 minutes before the meet start time unless specified by the host team. Zone diving meets will be 60 minutes before the meet start time. Other meets will be as listed in the meet notice.

Section 5. Volunteer Timers. Individuals wishing to assist with timing should be available for duty assignment 15 minutes before the start of the meet. Volunteers should have their own clean pool deck footwear.

Section 6. Pre-meet Coordination. It is recommended that coaches make contact not less than two days before dual or tri-meets to coordinate exhibition heat desires and availability, plus lane assignments.

Section 7. NWC JV Meet. This meet will be held for all district non-qualified swimmers and will serve as a qualifier for the district meet.

(a) The host school(s) or activity(s) have the following responsibilities:

- i. Prepare and disseminate meet notice
- ii. Awards will not be presented
- iii. Seed and prepare meet programs
- iv. Conduct meet
- v. Prepare and distribute meet results
- vi. Prepare required financial reports for conference treasurer

(b) All participating schools are expected to provide volunteer lane timers and judges as needed by the meet manager.

(c) Any swimmer who undresses on the deck will immediately be disqualified. All team points the athlete has earned will deducted from the team.

Section 8. NWC Champion. Will be determined by conference win/loss record.

ARTICLE IX TENNIS

Section 1. Program. The conference shall sponsor varsity and sub varsity tennis schedules.

Section 2. Rules. The conference will follow the rules of the United States Tennis Association (with such exceptions as are indicated in WIAA rules or Northwest Conference League regulations).

Section 3. Start Time. Introduction of line-ups and 10-minute warm-up will not start prior to 3:15. The first point of any match will not start prior to 3:30. Teams must notify the opposition if start time is to be delayed due to transportation or facility availability.

Section 4. Officials. No officials will be provided for the matches. The players themselves will police the match. If a player feels an umpire is needed, he/she may request one and it will be at the discretion of the coaches to see that the matter is attended to.

Section 5. NWC Championships. Conference Championships will be determined by the seasonal meet record.

Section 6. Seasons. Boys' tennis will be in the fall. Girls' tennis will be in the spring.

Section 7. Official Balls. The host school will provide the tennis balls: 14 balls (2 new balls for each match).

Section 8. Match Order.

- (a) Each match shall consist of 4 singles and 3 doubles matches (meaning 10 players) with the #1 singles better than the #2 singles, the #2 singles better than the #3 singles and so forth. The same rule is to hold for doubles.
- (b) Sub-varsity matches shall consist of 4 singles with a set to 6 and 3 doubles with a pro set to 8.
- (c) Sub-varsity tennis matches: Players may play up to 3 sets against different players from opposing teams. This will be considered as one (1) contest for the individual. (Added as per amendment)

Section 9. Line-ups. Coaches shall present their written line-ups to each other prior to the assigning of courts. The line-up will include exhibition match(es) for players 11 and 12. This match can be abbreviated but must be at least one pro-set to 8. Once the 1st point has been played on any match of a contest, and the match is postponed, no substitutions in the line-ups will be allowed. If a match is postponed for any reason the players must play in the same assigned positions or forfeit that match.

Section 10. Match Play. Match play shall be the best two-out-of-three sets using regular scoring, continuous play throughout the set. At the END OF ANY SET our conference will allow a brief (no longer than two minutes) time-out in which players may talk with their coaches. (An optional 5-minute rest is permitted at the end of the second set only). There is to be no coaching DURING ANY set.

Section 11. Attire. All varsity and junior varsity players are required to wear a team shirt for conference matches.

Section 12. Postponement. In any case of postponement the previous score and previous occupancy of courts should hold good.

Section 13. Weather. If inclement weather causes postponement of a match, the host school shall notify the visiting school by 1:00 pm that day. All postponed matches should be scheduled for play as soon as possible following the day of postponement.

Section 14. Conduct. Players must display proper sportsmanship and conduct. Any improper conduct will be dealt with according to the following point-penalty method:

- (a) First offense: Warning.
- (b) Second offense: Point Penalty.
- (c) Third offense: Disqualification.

ANY COACH viewing such infractions is responsible for enforcing said penalty on his/her own player and notifying opposing coach of any infractions witnessed on the opposing players(s).

Section 15. Breaks. Five minutes are allowable for accidental injuries. A maximum of one (1) bathroom break is allowed for emergency reasons only.

Section 16. Speed of Play. ON THE 3RD DUECE: No ad In/Out Point will be used to speed up the play in girls' matches.

Section 17. Sub-District Tournament Guidelines. The coaches will vote taking into consideration the following criteria:

- (a) Head-to-head competition;
- (b) Record against common opponents;
- (c) Conference record; and
- (d) Single elimination for the first round of 2A competition for both boys & girls.

ARTICLE X TRACK

Section 1. Program. The conference shall sponsor varsity track schedules.

Section 2. Rules. The conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times. All conference meets are to start as near 3:30 p.m. as possible for field events and 3:45 p.m. for running events.

Section 4. Officials. Adults recommended for all judges, timers, and starter(s).

Section 5. Meet Summary. To be provided to visiting coach(es) at the conclusion of the meet.

Section 6. Timing. All athletes will receive times/marks.

Section 7. Entries/Dual and Triangular.

(a) Each school allowed unlimited entries in all running events and field events.

(b) A school may enter extra relay teams.

Section 8. Starting Heights High Jump/Pole Vault. To be decided at the coaches' preseason meeting. Starting heights can be changed at any regular season meet by mutual agreement of the coaches.

Section 9. Infield. Any person not associated with the official running of the meet is to stay in the stands. Coaches are allowed on the infield, regular season meets only.

Section 10. Records. Conference records must be established in the preliminaries or finals of the Conference meet. Field and meet records may be kept if desired.

Section 11. Numbers. Not required in dual, triangular, Conference, or District meets.

Section 12. Sub-Varsity. To accommodate students who are eligible for sub-varsity competition only, JV heats may be run at conference meets. The sub-varsity heats will not count for meet scoring. When JV heats are not run, athletes eligible for sub-varsity competition will be identified by their coach as "unattached", and will not be eligible for scoring.

Section 13. Conference Champion. The Northwest Conference League Champion will be decided at the conference championship meet.

Section 14. Northwest Conference League Classification Guidelines. All schools may be represented in the Sub District Track Meet with a minimum of one athlete per event. Additional entry guidelines to the Sub District Track Meet can be found below.

TRACK CONFERENCE AND SUB-DISTRICT MEET GUIDELINES

1A TRACK SUB-DISTRICT MEET GUIDELINES

1. Entries to Sub District:
 - a. Schools will be allowed a minimum of three entries in all events. Exception is one relay team
 - b. Additionally, schools will be allowed to enter athletes who meet the minimum standards. The minimum standards will be developed at the conclusion of the previous season.
 - e. The Conference Seed Meeting will take place on Monday of the week in which the Sub District track meet takes place.
2. Places and Points: The scoring of points shall be: 6-5-4-3-2-1 for individuals and 6-4-2 for relays.
3. High Jump and Pole Vault: Starting height and increments are to be set by Games Committee with recommendation from the coaches.
4. Preliminaries: Will be scheduled on the first day of the Conference meet. Preliminaries shall be held in all running events except the 1600M and 3200M and the relays. Eight contestants shall qualify for the finals in each event where prelims are conducted.
5. Field Events: Field events completed on the day of the track preliminaries will be at discretion of the Games Committee.

NWC Sub-District 1A Track Qualifying Marks

<u>Men</u>	<u>Event</u>	<u>Women</u>
11.96	<i>100</i>	13.73
19.00	<i>110H/100H</i>	18.89
24.55	<i>200</i>	28.56
48.61	<i>300H</i>	54.36
55.6	<i>400</i>	65.0
2:12.66	<i>800</i>	2:41.75
4:58.40	<i>1600</i>	5:53.84
10:43.09	<i>3200</i>	12:52.08
17-10	<i>Long Jump</i>	14-5
37-6	<i>Triple Jump</i>	28-9
5-4	<i>High Jump</i>	4-5
40-2	<i>Shot-Put</i>	30-9
119-8	<i>Discus</i>	87-1
138-3	<i>Javelin</i>	85-11
10-0	<i>Pole Vault</i>	7-0

2A TRACK CONFERENCE MEET GUIDELINES

1. Entries:
 - a. Schools will be allowed a minimum of two entries in all events. Exception, relays will be one entry.
 - b. Any athlete ranked in the top ten, after scratches, may be added to the conference meet.
 - c. Additionally, schools will be allowed to enter athletes, who meet the minimum standards. The minimum standards will be established by using the average of the 7th place finishes over the three previous years.
 - d. If after applying b and c above, we have not filled two heats for running events, we will use the next fastest times to fill the available spaces.
 - e. The Conference Seed Meeting will take place on Monday of the week in which Conference track takes place.
2. Places and Points: Eight places shall count in the scoring. The scoring of points shall be: 10-8-6-5-4-3-2-1
3. High Jump and Pole Vault: Starting height and increments are to be set by Games Committee with recommendation from the coaches.
4. Preliminaries: Will be scheduled on the first day of the Conference meet. Preliminaries shall be held in all running events except the 1600M and 3200M and the relays. Eight contestants shall qualify for the finals in each event where prelims are conducted.
5. Field Events: Field events completed on the day of the track preliminaries will be at discretion of the Games Committee.

2A TRACK SUB-DISTRICT MEET GUIDELINES

1. Entries to Sub District:
 - a. Schools will be allowed a minimum of one entry in all events, including relays.
 - b. Any athlete ranked in the top sixteen, after scratches, may be added to the Sub District meet.
 - c. Additionally, schools will be allowed to enter athletes, who meet the minimum standards. The minimum standards will be developed at the conclusion of the previous season.
 - d. If after applying b and c above, we have not filled two heats for running events, we will use the next fastest times to fill the available spaces.
 - e. The Conference Seed Meeting will take place on Monday of the week in which the Sub District track meet takes place.
2. Places and Points: Eight places shall count in the scoring. The scoring of points shall be: 10-8-6-5-4-3-2-1
3. High Jump and Pole Vault: Starting height and increments are to be set by Games Committee with recommendation from the coaches.
4. Preliminaries: Will be scheduled on the first day of the Conference meet. Preliminaries shall be held in all running events except the 1600M and 3200M and the relays. Eight contestants shall qualify for the finals in each event where prelims are conducted.
5. Field Events: Field events completed on the day of the track preliminaries will be at discretion of the Games Committee.

NWC Sub-District 2A Track Qualifying Marks

<u>Men</u>	<u>Event</u>	<u>Women</u>
11.90	<i>100</i>	13.70
18.50	<i>110H/100H</i>	18.30
24.40	<i>200</i>	28.60
46.50	<i>300H</i>	54.00
55.00	<i>400</i>	67.00
2:12	<i>800</i>	2:40
4:50	<i>1600</i>	5:55
10:43	<i>3200</i>	12:52
18-3	<i>Long Jump</i>	14-6
38-0	<i>Triple Jump</i>	29-0
5-6	<i>High Jump</i>	4-6
40-0	<i>Shot-Put</i>	28-6
115-0	<i>Discus</i>	85-0
130-0	<i>Javelin</i>	85-0
10-0	<i>Pole Vault</i>	7-6

3A TRACK SUB-DISTRICT MEET GUIDELINES

1. Entries to Sub District:
 - a. Schools will be allowed a minimum of two entries in all events. Exception is one relay team
 - b. Any athlete ranked in the top ten, after scratches, may be added to the Sub District meet.
 - c. Additionally, schools will be allowed to enter athletes, who meet the minimum standards. The minimum standards will be developed at the conclusion of the previous season.
 - d. If after applying b and c above, we have not filled two heats for running events, we will use the next fastest times to fill the available spaces.
 - e. The Conference Seed Meeting will take place on Monday of the week in which the Sub District track meet takes place.
2. Places and Points: The scoring of points shall be: 10-8-6-5-4-3-2-1 for individuals and 6-4-2 for relays.
3. High Jump and Pole Vault: Starting height and increments are to be set by Games Committee with recommendation from the coaches. (for 2009: 4'5' & 6'8' are the starting heights)
4. Preliminaries: Will be scheduled on the first day of the Conference meet. Preliminaries shall be held in all running events except the 1600M and 3200M and the relays. Eight contestants shall qualify for the finals in each event where prelims are conducted.
5. Field Events: Field events completed on the day of the track preliminaries will be at discretion of the Games Committee. Field events will include 9 competitors in the final – 8 will score.

NWC Sub-District 3A Track Qualifying Marks

<u>Men</u>	<u>Event</u>	<u>Women</u>
12.0	<i>100</i>	13.8
19.00	<i>110H/100H</i>	18.9
24.6	<i>200</i>	28.6
48.6	<i>300H</i>	54.4
55.6	<i>400</i>	65.0
2:13	<i>800</i>	2:42
4:58	<i>1600</i>	5:54
10:43	<i>3200</i>	12:52
17-10	<i>Long Jump</i>	14-5
37-6	<i>Triple Jump</i>	28-9
5-4	<i>High Jump</i>	4-5
40-2	<i>Shot-Put</i>	30-9
119-8	<i>Discus</i>	87-1
138-3	<i>Javelin</i>	85-11
10-0	<i>Pole Vault</i>	7-0

ARTICLE XI **VOLLEYBALL**

Section 1. Program. The conference shall sponsor varsity and sub varsity volleyball schedules.

Section 2. Rules. The conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times. The starting times for conference matches shall be; varsity 7:00 p.m., Junior varsity and C team at 5:30 p.m. Visiting teams may enter locker room 45 minutes prior to the first contest (JV or "C").

Section 4. Officials.

(a) For conference varsity matches, two association officials shall be used. There must be at least one association official present before a match may be started.

(b) For sub-varsity matches between conference schools, at least one association official must be used.

Section 5. Scorers.

(a) The official scorers for conference matches must be qualified individuals.

(b) The home team is responsible for providing the scorers, including the libero tracker.

Section 6. Match Ball.

(a) The home team is responsible for furnishing all game and practice balls.

(b) The Conference match ball shall be a NFHS approved stamped ball.

Section 7. Pre Match Warm-up. The warm-up shall be a guaranteed 20 minutes in length. The first six (6) minutes will be shared, then the home team will have the next six (6) minutes with the visiting team having the next six (6) minutes, then both teams will share the court for two (2) minutes of serving.

Section 8. Length of Matches. In conference play all sub-varsity matches will be 3 games. These games will be capped at 25 points each.

Section 9. Lines Persons.

(a) The host school shall provide two (2) qualified adults or certificated officials to serve as lines persons for varsity conference matches.

(b) The host school shall provide two qualified individuals to serve as lines persons for reserve team matches.

ARTICLE XII WRESTLING

Section 1. Program. The conference shall sponsor varsity and sub-varsity wrestling schedules.

Section 2. Rules. The conference will follow the National Federation Rules and WIAA regulations.

Section 3. Starting Times.

- (a) Varsity duals will start at 7:00 p.m.
- (b) Junior varsity matches shall start no sooner than 6:00 p.m. for dual meets. Weigh-ins will occur at 5 p.m. unless mutually agreed upon by participating schools.
- (c) Each team gets 10 minutes of warm-up times. If the JV matches go late the visiting team will start warm-ups at the conclusion of that match.

Section 4. Officials. One registered official will be used for varsity and sub-varsity matches.

Section 5. Scorer and Timer.

- (a) The timer for varsity matches held between conference schools shall be a qualified adult.
- (b) The scorer for varsity conference matches must be a qualified person familiar with the scoring procedures for wrestling.

Section 6. Opening Ceremony.

- (a) Five minutes before the starting time of a meet the wrestlers shall be introduced in alternate fashion by weight class with the visiting team being named first.
- (b) The wrestlers are to line up on their edge of the mat facing toward the center.
- (c) The coaches are to be introduced after their respective teams.
- (d) Following the flag salute, the wrestlers are to meet in the center of the mat and shake hands.

Section 7. Outings. Each varsity team will have at least 6 required conference matches. Team Conference Champions will be determined by the crossover duals. A conference tournament will be held to decide the individual Conference Champions.

Section 8. Seeding Criteria. Will be discussed and decided prior to the beginning of the season by each classification for individuals entering post season tournaments.

Section 9. NWC JV Tournament. The NWC will provide JV outings where league prices will be charged. (Students with ASB cards will be admitted for free). Gate monies from these events will go to the host schools. Officials' invoices will be paid by the NWC.

