

# **NORTHWEST CONFERENCE**

## **CONSTITUTION AND BYLAWS**

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### PAGE NUMBERING SYSTEM

A series of three numbers and letters are used to number the pages of this document. The first number indicates the major part of this document:

1. Constitution
2. Bylaws, Part I
3. Bylaws, Part II
- A. Appendix

The second number indicates the page number and/or a subdivision in the major part. Page 1-1 is page 1 of the Constitution. Page 2-2 is page 2 of the Bylaws, Part I.

**NORTHWEST CONFERENCE  
CONSTITUTION AND BYLAWS**

**CONSTITUTION**

**Article I**

**Name**

The name of this organization shall be The Northwest Conference.

**Article II**

**Benefits of the Northwest Conference**

The goal of this organization shall be to maintain and administer a program of competitive athletics, to promote good sportsmanship, and maintain high educational standards among its member schools.

**Objectives:**

To promote and contribute to the goals of the total educational program.

To develop physical excellence and understanding of the value of competition in our society.

To develop good citizenship and respect for rules and authority.

To promote community interest and involvement in the school program throughout athletics.

**Article III**

**Membership**

**Section 1.**

**Conference Membership:** Membership in this conference shall consist of the following high schools: Anacortes, Bellingham, Blaine, Burlington-Edison, Ferndale, Lynden, Lynden Christian, Meridian, Mount Baker, Mount Vernon, Nooksack Valley, Sedro-Woolley, Sehome, and Squalicum High Schools. To apply for membership a school's representative must contact the conference president and express their schools interest to become a member. The president will send them an application and qualification information. (Appendix IV). The school will complete the form and submit it by December 15th.

**Section 2.**

**District Membership:** This conference is a member of Northwest District I and shall abide by its regulations.

**Section 3.**

**State Membership:** This conference is a member of the Washington Interscholastic Activities Association and shall abide by its regulations.

**Article IV**

**Program**

**Adding or Dropping of Sports:** Official conference sports shall be those in which at least one-half of the member schools participate in a full conference schedule. Sports may be officially added or dropped at a conference meeting. In cases where a member district must reduce programs, this rule may be temporarily suspended by conference action.

## **Article V** **Officers**

Officers of this conference shall be known as President, Vice-President, Secretary, Treasurer ~~and~~ Scheduler **and Past President**. Officers of this conference shall be elected from and by the athletic directors for a two-year term at the last meeting of the regular school year. **Officers can hold an office for no more than two consecutive terms unless no other person gets nominated for that office.** (See Appendix I)

**District 1 board positions that represent the NWC will follow the same election process and criteria as the officers of the NWC. In accordance with District 1 policy. This process will be facilitated by the past president** (See Appendix I)

## **Article VI** **Governance**

### **Section 1.**

**Administrative Authority:** The administrative and policy governance of the conference and management of the conference operation for athletics shall rest with the administrative designees of the conference member districts.

### **Section 2.**

**Quorum:** Athletic Director Meetings: Quorum shall consist of one more than 50% of the athletic directors from member schools. In the absence of the athletic director, a principal or vice-principal, or assistant athletic director may be authorized to represent his/her district.

**Clarification: Motions that are not changes to the handbook need a simple majority of the quorum i.e. with 14 school 8 members must be present (motions with a tie vote fail)**

### **Section 3.**

**Voting:** In all Conference and District decisions each individual school will have one vote. Each school will select his/her own designee (i.e. Principal, Athletic Director or Superintendent).

**Clarification: The president is a voting member of the conference.**

## **Article VII** **Amendments**

### **Section 1.**

**Constitutional Amendments:** (a) A proposal to amend this constitution may originate from any member school district using the Amendment Proposal Form (see Appendix III) (b) The proposed amendment must be submitted in writing in one of the following ways:

- (1) At any official conference meeting of the athletic directors/designee, (without prior written notification) must be approved by a unanimous vote.
- (2) To the secretary/president of the conference prior to the next official conference meeting of the athletic directors/designee, at which time action may be taken by a 2/3 majority vote of the member high schools, as defined in Article VI, Section 3.

### **Section 2.**

**Amendment to the Bylaws:** The Bylaws of this organization may be amended by a 2/3-majority vote, as defined in Article VI, Section 3, of the directors of athletics/designee of the member schools and such revision shall become effective at a time specified by the directors of athletics/designee. (see Appendix III)

**Clarification: To change/add to the handbook you must have a 2/3 majority of the member schools i.e. with 14 schools you must have 10 yes votes. Non-present members can vote by proxy.**

**Article VIII**  
**Athletic Commission**

The purpose of this Commission is to investigate conduct and/or violations of Conference and state regulations including protests, grievances, self-reports and etc. Refer to Article XIV in the Bylaws.

1-2  
**Article IX**  
**Finances**

**Section 1.**

**Northwest Conference Funds:** The treasurer shall deposit all funds received and distribute to the conference from an approved banking account.

**Section 2.**

**Membership Fee:** A membership fee (\$500) for member schools may be established by the athletic directors on an annual basis. Payment of this fee will be a requirement for conference membership.

**Section 3.**

**Special Assessments:** The athletic directors may levy special assessments to meet conference financial requirements.

**Section 4.**

**Additional Funds:** The net income from conference events other than regular season scheduled events shall be deposited into the conference account. (i.e.: jamborees, play-in games, etc.)

**Section 5.**

**Disbursements:** The conference treasurer shall disburse conference funds upon approval of the athletic directors.

**Section 6.**

**Fiscal Year:** The conference's fiscal year shall be from September 1 to August 31.

**Section 7.**

**Annual Report:** The treasurer shall submit an annual financial report at the October conference meeting to be approved by the athletic directors.

**Section 8.**

**Post Season Income:** For all sports the net profit or loss of post-season events will be shared with the member schools.

**Article X**

## Meetings

The conference athletic directors will meet monthly during the school year. Other meetings will be scheduled as needed.

1-3

## BYLAWS

### PART I

#### Article I

#### 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 Bylaws.

##### **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 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 is not responsible or liable for non-school-sponsored programs or programs organized, promoted, or participated in by staff members of conference schools.

#### Article II

#### Determination of Championships

**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 III

#### Schedules

Schedules for each sport sponsored by this conference shall be prepared under the direction of the athletic directors of the conference. Schedules shall become effective when approved by a majority vote of the directors of athletics of the member schools. 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. (Schedule Procedure See Appendix V)

#### **Article IV** **Starting Times**

(a) The starting times for conference contests shall be set by the athletic directors for each sport. (b) Exceptions to these times may vary by sport. (See individual sport bylaws). Further exceptions may be made with mutual agreement by the competing schools.

#### **Article V** **Rescheduling**

(a) Contests that are canceled will be rescheduled by the athletic directors of the schools involved in accordance with conference regulations. (b) Should a number of contests be canceled the conference athletic directors will reschedule. (c) Conference contests will take precedent over non-conference contests.

2-1

#### **Article VI** **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 VII** **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 VIII** **Reporting Results**

The results of conference contests are to be reported to the local news media by the appropriate school within 90 minutes of the conclusion of the contest. (See Appendix VII)

#### **Article IX** **Conference Standings**

Conference standings shall be kept and reported to the news media for varsity sports only.

#### **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:
  1. Cross Country: medals for the first ten places.
  2. Golf: medals for the first ten places. **(Not 09-10)**
  3. Swimming: medals for the first three places. **(Not 09-10)**
  4. Tennis: medals for the first three places. **(Not 09-10)**
  5. Track: medals for the first three places. **(Not 08-09)**
  6. Wrestling: medals for the first three places.

2-2

## **Article XI** **Game Procedures**

### **Section 1.**

**Participant Practices:** Any Northwest Conference 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.

2-3

### **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, boy's basketball, girl's basketball, volleyball and wrestling contests. Additionally a school official will be in attendance at away football and boy's 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 districts 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.

## **Article XIII**

### **District Game Event Procedures**

#### **Section 1.**

- 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 Will:**

- 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**  
**Athletic Commission Guidelines**

**Section 1.**

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

2-4

**Section 2.**

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.**

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

- a. The Commission may be called upon when:
  - 1. Incidents of serious misconduct occur.
  - 2. Administration, game management, or officials lose control.
  - 3. Coach incites the crowd.
  - 4. Player(s) incite(s) the crowd.
  - 5. **Ejections**
  - 6. Protest or grievance is registered.
  - 7. Violations of Conference policy and WIAA Rules and Regulations, including self-reports.
  - 8. Other
- b. The Commission shall be appointed by the Northwest Conference 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 XV**  
**Northwest Conference Sportsmanship Program {Just Play Fair}:**

The Northwest Conference 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. (Refer to Appendix VI)

**Article XVI**  
**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.

2-5

**Section 2.**

**Draw Criteria:**

- a. ~~Conference Championship - If a tie exists for first place the teams will be declared Co Champions.~~  
**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:
  - 1. Final Playoff spot
  - 2. 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	1st
Team B:	beat Team A once	1-2	2nd

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

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

If three meetings occurred:

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

**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.

1. *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.
  - a. 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.
  - b. 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.
2. *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.

## 2-6

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

1. The contest will be played at a suitable neutral site that is centrally located if possible.
2. The tiebreaker draw will determine the home team.
3. Admission prices will be determined by the athletic directors.
4. 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.
5. ~~Soccer will use the playoff criteria in the soccer guideline section of the handbook.~~ **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)**
6. ~~Sports not mentioned in playoff criteria/playoff format will be determined by athletic directors.~~
7. **Volleyball tiebreaker will be two out 3 games to 15 (one timeout per team is allowed)**
8. **Basketball tiebraker will be two eight minute quarters. (Each team will get two full timeouts and one 30 sec timeout; overtime will be two minutes)**
9. **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 4<sup>th</sup> 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.

**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 remains in effect. The draw information listed below applies only to situations that formerly called for a coin flip.

<b>2010/11 Draw</b>			
<b>School</b>	<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
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

2-7

**BYLAWS**  
**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.**

**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 innings in length. If a team is ten 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.

3-1

**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 make up 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 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.

3-2

**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.

**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.

3-4  
**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:** Meets will start at 4:00 p.m.

**Section 8.**

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

3-5  
**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 their 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.

3-6

#### **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 locker room for the visiting team shall be ready and available at 5:15 p.m. The visiting team should have the largest available room not used by the home team.

**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 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.**

3-7  
**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.

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

- a. 3:00 pm start
- b. 18 holes

- c. Tournament format
- d. A tournament may be limited to 9 holes at the determination of the host school.
- e. In the event the match does not go to 18 holes, revert back to 9 holes and double score.

**JV Conference Matches: {6 players, exceptions must be cleared through the host school}**

- a. Start time will be 3:30 pm.
- b. 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.

**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 2 1/2"), 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 6.5**

**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 7.**

**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.
- 3-8
- d. Positive sportsmanship must be displayed at all times. Abuse or harassment will not be tolerated.
- e. No coaching from the gallery.
- e. No rule interpretations by gallery members.
- f. Coaches will monitor the galleries.
- g. Range finders will not be allowed on the course.**
- h. Cell phones should be on silent or vibrate.**

**Violation of gallery rules:**

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

**Section 8.**

**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 9.**

##### **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 10.**

**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 11.**

**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.

#### **Section 12.**

**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.

3-9

### **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.

#### **Section 5.**

**Pre-match warm-up:** A minimum of twenty minutes shall be allowed for warm-up prior to the scheduled starting 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:** ~~(a) Play the regulation game, and if a tie exists; two five minute golden goal periods will be played. If a tie still exists after two overtime periods, the match will go to a shoot out. (b) If a sub varsity game ends in a tie there will be no overtime. (c) 3 points will be awarded at the end of a contest. (3 points for a win without shootout, 2 points for a win in a shootout, and 1 point for a loss in a shootout.)~~ **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. ~~If a player accumulates a fourth (dissent) yellow while continuing after receiving their third, the player will be required to sit two contests.~~

- ~~a. If a player completes three games without a yellow card one of the yellow cards can be removed. Exception: any yellow card attributed to dissent cannot be deleted. If a player accumulates three yellow cards due to dissent, they will sit one game every time they receive an additional yellow.~~
- ~~b. Serving the one game suspension reduces the card total by one.~~
- c. 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.
- d. 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.
- e. 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.
- f. Yellow cards will not carry over to post season.

3-10

### **Article VII**

#### **Softball (Fastpitch)**

#### **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.

#### **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 2<sup>nd</sup> base and the player scheduled to bat second to last placed on 3<sup>rd</sup> base. i.e.: If the number 5 batter is lead off batter, the number 4 batter is placed on 2<sup>nd</sup> base and the number 3 batter is placed on 3<sup>rd</sup> 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.

3-11

#### **Section 10.**

**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 make up 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 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.

3-12

**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:

- Prepare and disseminate meet notice
- Awards will not be presented
- Seed and prepare meet programs
- Conduct meet
- Prepare and distribute meet results
- 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.

3-13  
**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 regulations).

**Section 3.**

**Start Time:** Teams must be present at the court at or before 3:45. 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 season dual meet record.

**Section 6.**

**Seasons:** Boys tennis will be in the fall. Girl's 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.**

**Meet Order:**

- a. Each meet 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. Once the 1<sup>st</sup> 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.

3-14

**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. First offense: Warning. Second offense: Point Penalty. 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 3<sup>RD</sup> 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
- d. Single elimination for the first round of 2A competition for both Boys & Girls.

3-15  
**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. ~~except where modified by the Northwest Conference.~~

**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 Champion will be decided ~~by regular season win/loss record.~~ **at the conference championship meet.**

3-16

**Section 14.**

**Northwest Conference 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 in Appendix VIII.

**Section 15.**

Northwest Conference meet guidelines found in Appendix VIII.

3-17  
**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.

**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 ~~eight~~ **six** minutes will be shared, then the home team will have the next ~~five~~ **six** minutes with the visiting team having the next ~~five~~ **six** minutes, then both teams will share the court for two 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 pts. each.

**Section 9.**

**Lines Persons:** (a) The host school shall provide two 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.

3-18

**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 (~~One hour after weigh in~~). Weigh-ins will occur at 5 p.m. unless mutually agreed upon by participating schools (c) ~~Exceptions to the starting times must have prior approval of the conference.~~

(d) 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 tournament may include up to 3 participants per weight class or until the bracket is filled.

#### **1. Duties of the President: (stipend - \$1000) Brian Smith 2008**

- a. Preside over conference athletic director meetings.
- b. Call special meetings as necessary.
- c. Appoint special committees and the chairperson.
- d. Assume other duties as designated by the conference.
- e. This would be a two-year term.
- f. To confer and organize the meeting agendas with the secretary and distribute to the member school representatives prior to the day of the meeting.
- g. Serve as chairperson for district postseason agreements.

- h. Will accept any nominations for open officer positions by May 15.

**2. Duties of the Vice President Brenda Terpstra 2008:**

- a. Assume the duties of the president in his/her absence.
- b. Assume the duties of the conference secretary in his/her absence.
- c. Assume other duties assigned by the president and/or the conference.
- d. **Public relation and recognition duties**

**3. Duties of the Secretary: (stipend - \$1000)Colin Cushman 2008**

- a. Shall be responsible to write, duplicate, and distribute the minutes of all conference meetings. The minutes are to be distributed to conference members within ten (10) calendar days following each meeting.
- b. To maintain a permanent file of minutes of all conference meetings, correspondence, records of protests, committee reports, rule violations, and other information identified by the conference.
- c. Be responsible for the updating of the conference handbook and provide copies for member schools annually.
- d. No term limit, voted on every two years.
- e. Needs to attend postseason agreement meeting.

**4. Duties of the Treasurer: (stipend - \$2000) Gary Clausen 2006**

- a. Administer the business affairs and act as the fiscal agent for the conference.
  - 1. Prepare an annual budget to be approved by NWC athletic directors.
  - 2. Approve all expenditures.
  - 3. Deposit all monies and revenues of/to the conference.
  - 4. Sign all checks and vouchers of the conference.
  - 5. To prepare and distribute to member school representatives a monthly financial report and an annual financial report.
  - 6. To maintain the financial records of the conference.
  - 10. To follow the financial policies and procedures of the conference.
  - 11. To order/distribute all conference awards.
  - 12. No term limit, voted on every two years.

**5. Duties of the Scheduler: (stipend of ~~\$1000~~ \$2000 to be divided if necessary) Mike Mckee 2008**

- a. Will be responsible for developing and maintaining NWC master schedules.
- b. Communicate schedules to assigning secretaries as needed.

**6. Duties of the Past President Vic Randall 2008**

- a. To support current president in all duties as necessary.
- b. **To conduct the election process which includes the collection of nominations by May 15<sup>th</sup> of each election year and the voting which takes place at the last meeting of the voting year**
- c. **To conduct the election process for the district 1 board representatives for the NWC**

A-1

**APPENDIX II**

**Northwest Conference All-Conference Selection Guidelines**

- 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.
- Brief discussion around own players permitted
- Selection should be based on performance throughout the season
- When voting a coach may not vote for their own player

- 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.
- Certificates will be awarded to first team, second team and player of the year recipients
- 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.
- Track/field, swim/dive and wrestling will be determined by times or places.

### **Baseball**

- 1 Most Outstanding Player of year
- 2 First Team pitchers + 12 First Team
- 2 Second Team pitchers + 12 Second Team

### **Boys/Girls Cross Country**

- 1 Most Outstanding Player of year
- 10 First Team
- 10 Second Team

### **Football**

- 1 Most Outstanding Player of year
- 12 Offensive First Team
- 12 Defensive First Team
- 1 Punter First Team
- 1 Kicker First Team
- 12 second Team Offensive
- 12 second Team Defensive

### **Girls/Boys Soccer**

- 1 Most Outstanding Player of year
- 1 Goal Keeper, 5 Forwards, 5 Midfielders, 4 Defenders - First Team
- 1 Goal Keeper, 5 Forwards, 5 Midfielders, 4 Defenders – Second Team

### **Volleyball**

- 1 Most Outstanding Player of year
- 10 First Team
- 10 Second Team

### **Boys/Girls Basketball**

- 1 Most Outstanding Player of year
- 7 First Team
- 7 Second Team

### **Wrestling**

- 1 Most Outstanding Player of year
- First Team is the Conference Champion per weight class
- Second Team will be the runner up

### **Boys/Girls Golf**

- 1 Most Outstanding Player of year
- 8 First Team
- 8 Second Team

A-2-a

### **Softball**

- 1 Most Outstanding Player of year
- 14 First Team
- 14 Second Team

### **Boys/Girls Swimming**

- 1 Most Outstanding Player of year
- First Team is determined by best mark during the season

### **Boys/Girls Tennis**

- 1 Most Outstanding Player of year
- 8 First Team (6 post season entries times 14 schools)
- 8 Second Team

### **Boys/Girls Track & Field**

- 1 Most Outstanding boy/girl of year as voted on by the coaches
- First Team is determined by best mark during the season

### **All Conference Selection Criteria**

1. The Athletic Director, who is responsible for the particular sport, will oversee the selection of the All-Conference Team.
2. The Athletic Director responsible will solicit nominations and prepare a ballot, if applicable.
3. 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.
4. Honorable mention may be added.
5. The Northwest Conference Awards Chairperson will provide All-Conference awards.

### **Awards**

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

A-2-b  
**APPENDIX III**  
**NORTHWEST CONFERENCE**  
**Amendment Proposal Form**

For a detailed explanation of the amendment procedure please read Article VII, Amendments of the Constitution of the Northwest Conference.

Date Submitted \_\_\_\_\_

(Please complete and check all that apply to the current conference handbook.)

Constitution \_\_\_\_\_ By-Laws Part I \_\_\_\_\_ By-Laws Part II \_\_\_\_\_

AMEND: ARTICLE(S) \_\_\_\_\_ SECTION(S) \_\_\_\_\_ PAGE(S) \_\_\_\_\_

The amended article is to read as follows: (attach additional information)

Effective date if other than September 1: \_\_\_\_\_

REASONS AND RATIONALE:

- 1.
- 2.
- 3.
- 4.
- 5.

The amendment proposal is sponsored by the following member school(s):

<u>School</u>	<u>Administrator</u>
_____	_____
_____	_____
_____	_____

-----

Date received by the Conference \_\_\_\_\_ Recorded by \_\_\_\_\_

Action taken by the Conference \_\_\_\_\_ Date \_\_\_\_\_

**APPENDIX IV**

**Conference Membership Application Procedure**

A. Procedure.

1. A letter of formal application for membership and a completed application form from the school's superintendent will be sent to the conference secretary.
2. Copies of the application letter and form are to be sent to each member district.

3. Each member district is to decide how they will vote on the membership application. When this has been done officially, the superintendent of each district is to send a letter to the conference secretary informing the conference of his/her district's decision.
4. Approval requires a majority vote of the current conference member districts.
5. The conference secretary will inform the member districts and the applicant of the final vote. The final decision shall be announced at an official conference meeting.

B. Information to be Provided Member Districts.

1. Background information of the district/school making application.
  - a. Reason for application of membership.
  - b. Enrollment figures for the current year and the next five years.
  - c. Projected length of time district will be a member of the Northwest Conference.
  - d. Sports in the school's athletic program including number of reserve teams in each sport.
  - e. District's position regarding the place of athletics in the school program and the administrative approach to this program.
  - f. Facilities
  - g. The list and explanation of any policies or practices regarding athletics that will influence the conference scheduling and organized activities.
2. The Northwest Conference athletic directors will develop a list of conditions and understandings regarding the addition of the district/school to the Conference.
3. The Northwest Conference athletic directors will list the advantages and disadvantages of adding the district/school to the Conference.
4. The recommendations of the conference principals and athletic directors.

C. Criteria for Admission into the Northwest Conference.

1. Agree to support and abide by the rules and regulation of the Northwest Conference.
2. The schools' admission to the conference will be mutually beneficial.
3. The school making application demonstrates a sincere need and interest in belonging to this conference.
4. Participate in seven (7) of the following boys sports or have unanimous vote of current member schools:
  - a. Cross Country (Fall)
  - b. Football (Fall)
  - c. Tennis (Fall)
  - d. Basketball (Winter)
  - e. Swimming (Winter)
  - f. Wrestling (Winter)
  - g. Baseball (Spring)
  - h. Golf (Spring)
  - i. Soccer (Spring)
  - j. Track (Spring)

A-4-a

5. Participate in seven (7) of the following girls sports or have unanimous vote of current member schools:
  - a. Cross Country (Fall)
  - b. Soccer (Fall)
  - c. Swimming (Fall)
  - d. Volleyball (Fall)
  - e. Basketball (Winter)

- f. Bowling (Winter)
- g. Golf (Spring)
- h. Softball (Spring)
- i. Tennis (Spring)
- j. Track (Spring)

6. Participate in a minimum of one activity per season for both boys and girls.

The deadline for the receipt of applications for conference membership shall be December 15 of the year prior to conference participation. The addition of conference members shall coincide with the scheduling cycle of the conference.

A-4-b

**NORTHWEST CONFERENCE APPLICATION FORM**

School District \_\_\_\_\_

School Address \_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
School District Superintendent\_\_\_\_\_

High School Principal\_\_\_\_\_

High School Athletic Director\_\_\_\_\_

Enrollment. Please list your current and projected enrollment on this chart.

Year	Enrollment by Grades			
	9	10	11	12
Current				

High School Activities Program: Check (x) those presently offered and the teams provided.

- a. Boys
- |                      | <u>Varsity</u> | <u>Reserve (Specify)</u> |
|----------------------|----------------|--------------------------|
| 1. Baseball          | _____          | _____                    |
| 2. Basketball        | _____          | _____                    |
| 3. Cross Country     | _____          | _____                    |
| 4. Football          | _____          | _____                    |
| 5. Golf              | _____          | _____                    |
| 6. Soccer            | _____          | _____                    |
| 7. Swimming          | _____          | _____                    |
| 8. Tennis            | _____          | _____                    |
| 9. Track             | _____          | _____                    |
| 10. Wrestling        | _____          | _____                    |
| 11. Other(s) specify | _____          | _____                    |

- b. Girls
- A-4-c
- |                  | <u>Varsity</u> | <u>Reserve (Specify)</u> |
|------------------|----------------|--------------------------|
| 1. Basketball    | _____          | _____                    |
| 2. Bowling       | _____          | _____                    |
| 3. Cross Country | _____          | _____                    |
| 4. Golf          | _____          | _____                    |
| 5. Soccer        | _____          | _____                    |

- 6. Softball \_\_\_\_\_
- 7. Swimming \_\_\_\_\_
- 8. Tennis \_\_\_\_\_
- 9. Track \_\_\_\_\_
- 10. Volleyball \_\_\_\_\_
- 11. Other(s) specify \_\_\_\_\_

School Facilities: Please check (x) those presently constructed or under construction.

- a. Football field \_\_\_\_\_ Lighted \_\_\_\_\_ Grandstand \_\_\_\_\_
- b. Gymnasium \_\_\_\_\_ Number available in District \_\_\_\_\_ Seating capacity in main gym \_\_\_\_\_
- c. Baseball Field \_\_\_\_\_
- d. Softball Field (separate) \_\_\_\_\_
- e. Track \_\_\_\_\_ Number of Lanes \_\_\_\_\_ Surface \_\_\_\_\_
- f. Tennis Courts \_\_\_\_\_ Number of courts \_\_\_\_\_

High School Music Program: Please check (x) those presently offered.

- a. Concert Band \_\_\_\_\_ b. Marching Band \_\_\_\_\_ c. Pep Band \_\_\_\_\_
- d. Concert Choir \_\_\_\_\_ e. Chamber Choir \_\_\_\_\_

Middle Level Activities Program: Please Check (x) those presently offered.

- a. Boys
  - 1. Basketball \_\_\_\_\_ 2. Football \_\_\_\_\_ 3. Soccer \_\_\_\_\_
  - 4. Track \_\_\_\_\_ 5. Wrestling \_\_\_\_\_
  - 6. Other(s) – specify \_\_\_\_\_
- b. Girls
  - 1. Basketball \_\_\_\_\_ 2. Soccer \_\_\_\_\_ 3. Softball \_\_\_\_\_
  - 4. Track \_\_\_\_\_ 5. Volleyball \_\_\_\_\_
  - 6. Other(s) – specify \_\_\_\_\_

**WIAA District Membership**

- a. Which WIAA District is your school a member of \_\_\_\_\_

b. If your school is not a member of WIAA District 1, is your school district willing to transfer its membership to District 1 effective the year your school's membership in the Northwest Conference is established?

Yes \_\_\_\_\_ No \_\_\_\_\_

If your answer is "no" please explain your reason. \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Reason for applying for membership. Please explain the primary reasons your school district wishes to become a member of the Northwest Conference.

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\_\_\_\_\_

Principal \_\_\_\_\_  
Signature

Superintendent \_\_\_\_\_  
Signature

Date \_\_\_\_\_

1. The high school schedules will be drawn on a two-year basis, which corresponds with WIAA two-year allocation cycle.
2. High School Conference schedules are to be completed the year prior to the next two-year schedule period.
3. ~~Proposed schedules are to be distributed to member schools at least two weeks prior to final conference action.~~ **Proposed schedules are to be distributed to member schools prior to the final meeting of the year for approval**
4. The deadline for completion and final adoption of conference schedules for all 3 seasons shall be during the month of June.
5. ~~Copies of the adopted schedules are to be distributed to member schools within two weeks after approval.~~ **Copies of the adopted schedules will be available on the NWC webpage to member schools within 2 weeks after approval**
6. 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.
7. The athletic directors will review all schedules prior to the start of each school year and distribute any necessary revisions.
8. 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.

## **APPENDIX VI**

### **Sportsmanship**

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

1. Northwest Conference Sportsmanship Program Components:
  - a. NWC sportsmanship poster
  - b. Radio announcements about sportsmanship during contests
  - c. Printed sportsmanship announcements in programs including the Just Play Fair message
  - d. Participation in NWC sponsored sportsmanship conference
  - e. Game and contest announcements promoting sportsmanship including the Just Play Fair message
  
2. 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 conference 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 mfg/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. Hand held 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.
  
3. NW Conference Cheer and Song Leaders are a vital part of the sportsmanship program.
  - a. The NWC Cheerleaders will follow the National Federation Spirit Rules and WIAA guidelines.
  - b. Cheerleading is considered a school activity by the NW Conference.

**Appendix VII**  
**Reporting Scores/Stats**

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

**APPENDIX VIII**  
**2A Track Conference Meet Guidelines**

1. 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 7<sup>th</sup> 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.

### Northwest Conference Athletic Offices 2009-2010

Athletic Director's Work #'s			School Address	
Anacortes	Rick Mergenthaler	293-1237	Anacortes	1600-20th St. Anacortes 98221
Bellingham	Brian Smith	676-6575 x.7167	Bellingham	2020 Cornwall Ave Bellingham 98225
Blaine	Wayne Vezzetti	332-0394	Blaine	1055 H St. Blaine 98230
Burlington-Edison	Jim Clem	757-4074 x. 3504	Burlington-Edison	301 N. Burlington Blvd. Burlington 98233
Ferndale	Vic Randall	383-9248	Ferndale	5830 Golden Eagle Dr Ferndale 98248
Lynden	Terry Devalois	354-4401 x.5212	Lynden	1201 Bradley Rd Lynden 98264
Lynden Christian	Curt DeHaan	354-3221 x1498	Lynden Christian	515 Drayton St Lynden 98264
Lynden Christian	Kim Grycel	354-3221 x1451	Meridian	194 W. Laurel Rd Bellingham 98226
Meridian	Chad Larsen	318-2160	Mount Baker	4936 Deming Rd PO Box 95 Deming 98244
Mount Baker	Brenda Terpstra	383-2022	Mount Vernon	314 N. 9th St Mount Vernon 98273
Mount Vernon	Dave Riddle	428-6191	Nooksack Valley	3326 East Badger Rd Everson 98247
Nooksack Valley	Tom Harmon	988-2641	Sedro Woolley	1235-3rd St. Sedro Woolley 98284
Sedro Woolley	Todd Torgeson	855-4037	Sehome	2700 Bill McDonald Pkwy B'ham 98225
Sehome	Colin Cushman	676-6482 x5200	Squalicum	3773 E. McLeod Rd Bellingham 98226
Squalicum	Mike McKee	647-6845		

Athletic Director's Home #'s		
Anacortes	Rick Mergenthaler	293-9726
Bellingham	Brian Smith	647-1878
Blaine	Wayne Vezzetti	319-4507
Burlington-Edison	Jim Clem	757-8160
Ferndale	Vic Randall	961-0211
Lynden	Terry Devalois	354-4293
Lynden Christian	Curt DeHaan	354-5289
Lynden Christian	Kim Grycel	756-6614
Meridian	Chad Larsen	398-7239
Mount Baker	Brenda Terpstra	319-6233
Mount Vernon	Dave Riddle	770-7313
Nooksack Valley	Tom Harmon	933-1722
Sedro Woolley	Todd Torgeson	854-9807
Sehome	Colin Cushman	319-5599
Squalicum	Mike McKee	354-8059

Athletic Department Fax	
Anacortes	299-0449
Bellingham	647-6806
Blaine	332-0393
Burlington-Edison	757-3350
Ferndale	383-9546
Lynden	354-0991
Lynden Christian	354-1047
Meridian	398-7720
Mount Baker	383-2029
Mount Vernon	428-6192
Nooksack Valley	988-7058
Sedro Woolley	855-3517
Sehome	647-6819
Squalicum	647-6889

Athletic Director's Cell #'s		
Anacortes	Rick Mergenthaler	333-9961
Bellingham	Brian Smith	393-0954
Blaine	Wayne Vezzetti	410-8802
Burlington-Edison	Jim Clem	391-0132
Ferndale	Vic Randall	961-0211
Lynden	Terry Devalois	815-4471
Lynden Christian	Curt DeHaan	510-3248
Lynden Christian	Kim Grycel	303-9881
Meridian	Chad Larsen	303-6951
Mount Baker	Brenda Terpstra	319-6233
Mount Vernon	Dave Riddle	333-2648
Nooksack Valley	Tom Harmon	220-7142
Sedro Woolley	Todd Torgeson	661-4116
Sehome	Colin Cushman	319-5599
Squalicum	Mike McKee	319-4385

Athletic Secretaries Work #'s		
Anacortes	Clarise Way	293-1236
Bellingham	Julie Moody	676-6575 x.7168
Blaine	Connie Pilon	332-0396
Burlington-Edison	Carole Kennedy	757-4074 x.3505
Ferndale	Sandy Finkbonner	383-9249
Lynden	Wendy Kuplent	354-4401 x.5251
Lynden Christian	Connie Burns	354-3221 x.1452
Lynden Christian	Vicki Lindquist	353-3221 X 1453
Meridian	Monica Campfield	318-2160
Mount Baker	Janet Eckton	383-2015 x.4545
Mount Vernon	Barbara Honor	428-6191
Nooksack Valley	Darlene Zylstra	988-2641
Sedro Woolley	Marilyn Solemslie	855-3514
Sehome	Danita Schacht	676-6482 x.5201
Squalicum	LeAnn Young	676-6472 x.5168

Athletic Director's E-mail	
Anacortes	<a href="mailto:rmgerenthaler@asd103.org">rmgerenthaler@asd103.org</a>
Bellingham	<a href="mailto:brsmith@bham.wednet.edu">brsmith@bham.wednet.edu</a>
Blaine	<a href="mailto:wvezzetti@blainesd.org">wvezzetti@blainesd.org</a>
Burlington-Edison	<a href="mailto:jclem@be.wednet.edu">jclem@be.wednet.edu</a>
Ferndale	<a href="mailto:vrandall@ferndale.wednet.edu">vrandall@ferndale.wednet.edu</a>
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Lynden Christian	<a href="mailto:kgrycel@lynchs.org">kgrycel@lynchs.org</a>
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Mount Baker	<a href="mailto:btrepstra@mtbaker.wednet.edu">btrepstra@mtbaker.wednet.edu</a>
Mount Vernon	<a href="mailto:driddle@mv.k12.wa.us">driddle@mv.k12.wa.us</a>
Nooksack Valley	<a href="mailto:tom.harmon@nv.k12.wa.us">tom.harmon@nv.k12.wa.us</a>
Sedro Woolley	<a href="mailto:ttorgeson@swsd.k12.wa.us">ttorgeson@swsd.k12.wa.us</a>
Sehome	<a href="mailto:ccushman@bham.wednet.edu">ccushman@bham.wednet.edu</a>
Squalicum	<a href="mailto:mmckee@bham.wednet.edu">mmckee@bham.wednet.edu</a>

Athletic Secretaries E-mail	
Anacortes	<a href="mailto:cway@asd103.org">cway@asd103.org</a>
Bellingham	<a href="mailto:julmoody@bham.wednet.edu">julmoody@bham.wednet.edu</a>
Blaine	<a href="mailto:cpilon@blainesd.org">cpilon@blainesd.org</a>
Burlington-Edison	<a href="mailto:ckennedy@be.wednet.edu">ckennedy@be.wednet.edu</a>
Ferndale	<a href="mailto:stinkbonner@ferndale.wednet.edu">stinkbonner@ferndale.wednet.edu</a>
Lynden	<a href="mailto:Kuplentw@lynden.wednet.edu">Kuplentw@lynden.wednet.edu</a>
Lynden Christian	<a href="mailto:connieb@lynchs.org">connieb@lynchs.org</a>
Lynden Christian	<a href="mailto:vicki@lynchs.org">vicki@lynchs.org</a>
Meridian	<a href="mailto:mcampfie@meridian.wednet.edu">mcampfie@meridian.wednet.edu</a>
Mount Baker	<a href="mailto:jeckton@mtbaker.wednet.edu">jeckton@mtbaker.wednet.edu</a>
Mount Vernon	<a href="mailto:bhonor@mv.k12.wa.us">bhonor@mv.k12.wa.us</a>
Nooksack Valley	<a href="mailto:darlene.zylstra@nv.k12.wa.us">darlene.zylstra@nv.k12.wa.us</a>
Sedro Woolley	<a href="mailto:msolemslie@swsd.k12.wa.us">msolemslie@swsd.k12.wa.us</a>
Sehome	<a href="mailto:dschacht@bham.wednet.edu">dschacht@bham.wednet.edu</a>
Squalicum	<a href="mailto:lyoung@bham.wednet.edu">lyoung@bham.wednet.edu</a>

School Principals		Superintendents		Mascots/Colors	
Anacortes	Pam Estvold	Chris Borgen	Seahawks	Purple/White	
Bellingham	Steve Clarke	Ken Vedra	Red Raiders	Red/White	
Blaine	Scott Ellis	Ron Spanjer	Borderites	Black/Orange	
Burlington-Edison	Beth VanderVeen	Laurel Browning	Tigers	Navy/Gold	
Ferndale	Dawn Mark		Golden Eagles	RoyalBlue/Gold	
Lynden	Jeff Baglio		Lions	Kelly Green/Gold	
Lynden Christian		Don Kok	Lyncs	Navy Blue/White	
Meridian	Dave Shockley	Dr. Tim Yeomans	Trojans	Black/Gold/White	
Mount Baker	Steve King	Dr. Richard Gantman	Mountaineers	Red/Black	
Mount Vernon	David Anderson	Dr. Carl Bruner	Bulldogs	Green/White	
Nooksack Valley	Matt Galley	Mark Johnson	Pioneers	Purple/White	
Sedro-Woolley	Mike Schweigert	Mark Venn	Cubs	Blue/White	
Sehome	Phyllis Textor	Ken Vedra	Mariners	Forest Green/Gold	
Squalicum	Keith Schacht	Ken Vedra	Storm	Navy/White/Silver	

Official Assigners							
SPORT	ASSIGNER / CONTACT	CELL	WORK	WORK	HOME	FAX	E-MAIL ADDRESS
FOOTBALL	LARRY LABREE	927-9913			733-6009	738-8157	llabree@comcast.net
SOCCER	SHERRY PATRICK						mikeslittlekids@comcast.net
VOLLEYBALL	LORI OLSON	303-0459			966-7039	966-2941	nvwolleyball@comcast.net
BOYS BASKETBALL	STEVE SOMMERS	815-1399	676-8744		354-8092	296-7060	ssomers907@aol.com
GIRLS BASKETBALL	PETE ZUANICH	734-2807	734-2807		671-3155	671-2221	soundmarine@comcast.net
WRESTLING	GEORGE GLEASON				734-5837		george_maryan@yahoo.com
BASEBALL	TED RAMSEY	441-5674			441-5674		tjramz@comcast.net
FAST PITCH	TINA MILLER	305-2661	676-4015		384-6216		punners@msn.com
GOLF (Sudden Valley)	JEFF MCMAHON		734-6430 X332				pro@suddenvalley.com
WCC SOCCER	JOSH TURPEN	927-0619	676-2170 x3008				jturpen@whatcom.ctc.edu
NW SOCCER PARK	LANCE CALLOWAY		676-1919 x109	384-6323 x4		380-3918	lance@whatcomsoccer.com