

2009-2010



FRCC

HANDBOOK

SPORTS REGULATIONS

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**CONSTITUTION  
OF THE  
FOX RIVER CLASSIC CONFERENCE**

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**CONSTITUTION  
OF THE  
FOX RIVER CLASSIC CONFERENCE**

Article I                      **Name**

The name of the organization shall be the Fox River Classic Conference.

Article II                      **Logo**

The official logo of the Fox River Classic Conference shall be as presented.  
See appendix A.

Article III                      **Purpose**

The purpose of this organization shall be to promote interscholastic competition amongst the schools associated in the conference.

Article IV                      **Membership**

The following high schools are members of the Fox River Classic Conference:

Ashwaubenon  
Bay Port  
De Pere  
Green Bay East  
Green Bay Preble  
Green Bay Southwest  
Green Bay West  
Manitowoc Lincoln  
Notre Dame Academy  
Pulaski  
Sheboygan North  
Sheboygan South

Article V                      **Associate Membership**

An Associate Member is any non-member school which has applied for and has been accepted by the membership to participate in a conference sport during the membership's traditional sport season.

## Article VI

### Leadership Structure

#### Superintendents/Presidents Committee

The Superintendents/Presidents Committee shall consist of the Superintendents and/or Presidents of the membership's high schools.

#### Superintendents/Presidents Committee Duties

The Superintendents/Presidents Committee shall have final authority over the Constitution of the Fox River Classic Conference. The Superintendents/Presidents Committee's broad authority includes but is not limited to: governing relations amongst member institutions, athletics realignment of conference schools and oversight of the Principals Committee.

#### Principals Committee

The Principals Committee shall consist of the Principals of the membership's high schools. Associate Member schools are not considered part of the Principals Committee and are not eligible to hold any FRCC office nor are they eligible to vote on any Conference matters, except in the sport the Associate Members participates.

The Principals Committee shall elect from its Conference member schools a President and Secretary.

Candidates for the office of President and Secretary must be nominated by a member of the Principals Committee or by self nomination. When required, voting will be held during the regularly scheduled third Wednesday of May meeting. The President and Secretary will serve a two (2) year term. The President and Secretary may serve two consecutive two (2) year terms only. A majority vote shall elect the President and Secretary.

If the President or Secretary leaves office during his or her term, a new vote will be held to elect an individual to fulfill that term.

#### Principals Committee Duties

The Principals Committee shall have final authority over the Bylaws of the Fox River Classic Conference. The Principals Committee's broad authority includes but is not limited to such things as: Conference membership, WIAA and FRCC rule violations, enforcements, sanctions and appeals, approval of school sponsored sport activities as a conference sport, rules and regulation regarding eligibility and participation of

conference student-athletes, funding for all conference sponsored activities, selection, evaluation and annual salary for the Conference Commissioner.

#### President

Report to the Executive Committee.

Establish and staff Conference committees.

1. Finance Committee
2. All future committees

Preside over all meetings of the Principals Committee.

Establish and distribute agenda for all Principals Committee meetings.

Oversee the Conference revenues and expenditures.

Call special Principals Committee meetings.

#### Secretary

Keep an accurate record of minutes of Principals Committee meetings.

Distribute complete meeting minutes to Principals Committee and Superintendents/Presidents Committee.

Preside over Principals Committee meetings when necessary.

#### Directors Committee

The Directors Committee shall consist of the Athletics Directors/Activities Directors of the membership's high schools.

The Directors Committee shall elect from its Conference member's schools a President and Secretary.

Candidates for the office of the President and Secretary must be nominated by a member of the Directors Committee or by self nomination. When required, voting will be held during the regularly scheduled third Wednesday of May meeting. The President and Secretary will serve a two (2) year term. The President and Secretary may serve two consecutive two (2) year terms only. A majority vote shall elect the President and Secretary.

If the President or Secretary leaves during his or her term, a new vote will be held to elect an individual to fulfill that term.

#### Directors Committees Duties

The Directors Committee shall have broad authority that includes but is not limited to: regulations of individual sport policies and procedures, establishing and approving conference schedules, establishing and approving conference awards and recognition criteria.

#### President

Report to the Principals Committee.

Establish and staff Conference committees.

1. Awards Committee
2. Sport Liaisons
3. All future committees

Preside at all meetings of the Directors Committee.

Establish and send out agendas for upcoming meetings.

Prepare an annual evaluation report of the Conference Commissioner for the Principals Committee.

Call special meetings.

#### Secretary

Keep an accurate record of minutes of Directors Committee meetings.

Send out complete meeting minutes to Directors Committee and Principals Committee.

Preside over Directors Committee meetings when necessary.

#### Conference Commissioner

The Conference Commissioner shall be selected by the Principals Committee. The Conference Commissioner will serve a two (2) year term renewed on an annual basis during the March Principals Committee Meeting. An annual evaluation shall be conducted and presented to the Principals Committee at the annual fourth Wednesday of March Principals Committee Meeting. In addition, an honorarium for the roll over year shall also be established by the Principals Committee at the annual fourth Wednesday of May Principals Committee Meeting.

#### Conference Commissioner Duties

The Conference Commissioner shall have broad authority that includes but is not limited to: act as FRCC Treasurer and keep accurate records of conference funds, produce monthly accounting statements, pay conference expenses, invoice conference schools for annual dues, schedule all conference varsity athletic contests, select, evaluate and hire officials, print and distribute yearly sport passes, senior citizens passes and lifetime

passes, resolve scheduling conflicts, make recommendation for annual conference dues and/or special assessments.

Assistant Conference Commissioner-Hockey

The Assistant Conference Commissioner-Hockey shall be selected by the Principals Committee upon the recommendation of the Conference Commissioner. The Assistant Conference Commissioner-Hockey will serve a two (2) year term renewed on an annual basis during the March Principals Committee Meeting. An annual evaluation shall be conducted and presented to the Principals Committee by the Conference Commissioner at the annual fourth Wednesday of March Principals Committee Meeting. In addition, an honorarium for the roll over year shall also be established by the Principals Committee at the annual fourth Wednesday of May Principals Committee Meeting.

Assistant Conference Commissioner-Hockey Duties

The Assistant Conference Commissioner-Hockey shall have broad authority that includes, but is not limited to: serve as primary administrator for all matters dealing with WIAA and FRCC hockey, attend FRCC Directors Committee meetings when required, keep accurate records of conference revenue and expenditures associated with FRCC hockey, request from the Conference Commissioner payment of conference expenses associated with FRCC hockey, schedule all FRCC hockey contests, select, evaluate and hire all FRCC hockey officials, resolve scheduling conflicts, systemize all-conference voting, and make recommendations for annual conference hockey dues and/or special assessments.

Article VII

**Voting**

Superintendents/Presidents Committee

Each school district shall be represented by one Superintendent and/or President. Each school district will have one vote. The Constitution may be adopted, amended or repealed by an affirmative two-thirds majority vote. A Superintendent and/or President may designate an alternate voting candidate.

Principals Committee

Each high school shall be represented by one Principal. Each high school will have one vote. The by-laws of the FRCC may be adopted, amended or repealed by an affirmative majority quorum vote of all members' schools. A Principal may designate an alternate voting candidate.

Directors Committee

Each high school shall be represented by one Athletics/Activities Director. Each high school will have one vote. Sport Regulations matters may be adopted, amended or repealed by an affirmative majority quorum

vote of all conference schools. An Athletics Director/Activities Director may designate an alternate voting candidate.

The method of voting on proposals shall be by a roll call of member schools when necessary.

Article VIII                    **Dues**

Dues shall be set annually at the fourth Wednesday of May Principals Committee meeting and payable before the next annual fall meeting.

A special assessment may be made by the conference and approved at a regularly scheduled Principals Committee Meeting or a special meeting called by the Principals Committee President.

Article IX                    **Meetings**

The Superintendents/Presidents Committee shall meet a minimum of once a year.

The Principals Committee shall meet a minimum of twice a year.

The Directors Committee shall meet a minimum of four times a year.

All meetings shall be conducted according to Roberts Rules of Order.

Article X                    **Divisions**

For the purposes of scheduling the Fox River Classic Conference may be divided into two divisions, the East Division and the West Division.

The East Division shall consist of:

- De Pere
- Green Bay East
- Green Bay Preble
- Manitowoc Lincoln
- Sheboygan North
- Sheboygan South

The West Division shall consist of:

- Ashwaubenon
- Bay Port
- Green Bay Southwest
- Green Bay West
- Notre Dame Academy
- Pulaski

**BYLAWS  
OF THE  
FOX RIVER CLASSIC CONFERENCE**

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**BYLAWS  
OF THE  
FOX RIVER CLASSIC CONFERENCE**

## SECTION I

## Sport Sponsorship

A sport activity may become a conference sport when any combination of full-time FRCC members create a minimum of 6 full teams and indicate an interest to sponsor the sport and approval has been granted by the Principals Committee at a regular or special conference meeting. Cooperative teams shall count as one team and the host school shall be the designated representative and voting member for that sport.

If a conference sport drops below six (6) FRCC sponsoring teams, the sport will no longer maintain an official conference designation.

### FRCC Membership and Sport Sponsorship

(\* shows designated school listed for coop schools)

#### Ashwaubenon

Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling, hockey

Girls - basketball, cross country, golf, softball, soccer, swimming, tennis, track and field, volleyball

#### Bay Port

Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling

Girls - basketball, cross country, golf, softball, soccer, swimming, tennis, track and field, volleyball, hockey

#### De Pere

Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, wrestling, hockey (co-op; De Pere)

Girls - basketball, cross country, golf, softball, soccer, swimming, tennis, track and field, volleyball

#### Green Bay East

Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, wrestling (co-op), hockey (co-op; Green Bay United)

Girls - basketball, cross country, golf, softball, soccer, \*swimming (co-op), tennis, track and field, volleyball, boys swimming (co-op),

#### Green Bay Preble

Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, hockey (co-op), wrestling (co-op), hockey (co-op; Green Bay United)

Girls - basketball, cross country, golf, softball, soccer, swimming (co-op), tennis, track and field, volleyball

#### Green Bay Southwest

Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, wrestling (co-op), hockey (co-op; Green Bay United)

- Girls - basketball, cross country, golf (co-op), softball, soccer, swimming (co-op), tennis, track and field, volleyball
- Green Bay West  
Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, \*wrestling (co-op), hockey (co-op; Green Bay United)  
Girls - basketball, cross country, softball, soccer, tennis, track and field, volleyball
- Manitowoc Lincoln  
Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling, hockey (co-op: Manitowoc United)  
Girls - basketball, cross country, softball, soccer, swimming, tennis, track and field, volleyball
- Notre Dame Academy  
Boys – baseball, basketball, cross country, football, golf, soccer, tennis, track and field, hockey  
Girls - basketball, cross country, golf, softball, soccer, tennis, track and field, volleyball
- Pulaski  
Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling, hockey (co-op; Pulaski/Shawano)  
Girls - basketball, cross country, golf, softball, soccer, swimming, tennis, track and field, volleyball
- Sheboygan North  
Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling, hockey (co-op; Sheboygan)  
Girls - basketball, cross country, \*golf (co-op), softball, soccer, swimming, tennis, track and field, volleyball
- Sheboygan South  
Boys – baseball, basketball, cross country, football, golf, soccer swimming, tennis, track and field, wrestling, hockey (co-op; Sheboygan)  
Girls - basketball, cross country, golf (co-op), softball, soccer, swimming, tennis, track and field, volleyball

## SECTION II Associate Membership

An Associate Member is any non-member school who has applied for and has been accepted by the membership to participate in a conference sport during the membership's traditional sport season.

Admission:

A school wishing to become an Associate Member of the FRCC must make application in writing. This application must be copied to the Conference Commissioner and to the current President of the Principals Committee. The Principals Committee President will forward the application to all member schools. The Principals Committee will vote on the application at its annual May meeting or a special meeting that may be called to act on the membership application.

Dues:

Associate members will be charged 10% of the annual conference membership fees per school per year. The FRCC Conference Commissioner will invoice those schools at the start of the school year.

Voting:

Associate members are non-FRCC members. They may be represented at FRCC all meetings and have voting privileges on all votes conducted by the FRCC athletic/activity directors' committee for the sport in which they hold membership.

Withdrawal:

Any Associate Member may withdraw from the FRCC by giving written notice to the current Principals Committee President one (1) year in advance. Failure to notify the FRCC at least one (1) year in advance may subject the Associate Member School to possible early withdrawal financial penalties. (One year Associate membership fee)

Dropped:

Any Associate Member may be dropped from membership in the FRCC. The Associate Member is entitled to a hearing in front of the Principals Committee if requested. The Associate Member will remain an Associate Member for next scheduled school year after the date of the decision to drop the Associate Member.

## COOPERATIVE MEMBERSHIP

### INTERNAL

An "internal" cooperative membership (or co-op member) is any member school who has combined with another member school to participate in a conference sport during the membership's traditional sport season.

Admission:

Schools wishing to establish "internal" co-op membership in the FRCC must make an application to the FRCC, coinciding with the schools WIAA cooperative renewal process. This application must be copied to the Conference Commissioner and to the current President of the Principals Committee. The Principals Committee President will forward

the application to all member schools. The Principals Committee will vote on the application during any of their regularly scheduled meetings or a special meeting may be called to act on the membership application.

Withdrawal:

Any “internal” cooperative membership may withdraw from the FRCC by giving written notice to the current Principals Committee President one (1) year in advance.

Dues:

Internal co-op schools will be charged 0% of the annual conference schools membership fee.

Voting:

Internal co-op schools must designate a primary administrative school. The primary administrative school will represent the co-op at all FRCC meetings and have voting privileges on all votes conducted by the FRCC athletic/activity directors committee in the assigned sport.

#### **EXTERNAL**

An “external” cooperative membership or co-op member is any member school who has combined with a non-member school to participate in a conference sport during the membership’s traditional sport season. Each sport will be treated as an individual entry.

Admission:

Schools wishing to establish “external: co-op membership in the FRCC must make an application to the FRCC coinciding with the schools biennial WIAA cooperative renewal process. This application must be copied to the Conference Commissioner and to the current President of the

Principals Committee. The Principals’ Committee President will forward the application to all member schools. The Principals Committee will vote on the application during any of their regularly scheduled meetings or a special meeting may be called to act on the membership application.

Dues:

Each non-member external co-op school will be charged 10% of the FRCC annual membership dues once (100% first year or 50% each year) during the two year biennial WIAA co-op team application cycle. The FRCC Conference Commissioner will invoice each school at the start of the co-op cycle.

Voting:

External co-op memberships must designate a FRCC member school as the primary administrative school for FRCC administrative purposes.

The primary administrative school will represent the co-op at all FRCC meetings and have voting privileges on all votes conducted by the FRCC athletic/activity directors committee for the assigned sport.

### SECTION III                      Meetings

Regularly scheduled FRCC meetings are as follows:

Superintendents/Presidents Committee

As determined by the Superintendent/Presidents Committee

Principals Committee

Third Wednesday of November, March, June

Directors Meetings

Second Wednesday of August, October, November, February, March, May, June

Coaches/Sport Meetings

Fall                      Second Monday of November

Winter                      Second Monday of March

Spring                      Second Monday of June

### SECTION IV                      Conference Commissioner

Job Description - see Appendix B for complete job description

Evaluation Process - see Appendix C for evaluation form.

The FRCC Commissioner shall be appointed by and evaluated by the Principals Committee at the annual June meeting.

An annual evaluation report shall be prepared by the President of the Directors Committee and forwarded to the Principals Committee by June 1st.

### SECTION V                      Championships

Conference Championships

A conference champion will be determined in the following sports under the guidelines established in the sport regulations and approved by the Principals Committee:



## All Conference/Player of the Year/Coach of the Year

All-Conference teams and Player of the Year awards will be selected in accordance with the descriptions established in the sport regulations policies and approved by the Principals Committee.

20% proximity criteria of the total starting positions in the conference in a particular sport shall be used for determining the number of 1<sup>st</sup> and 2<sup>nd</sup> team all-conference award recipients in sports where all-conference teams are selected.

On teams where all-conference awards are earned as a result of participation in a conference championship, the number of 1<sup>st</sup> and 2<sup>nd</sup> team all-conference and 3<sup>rd</sup> team honorable mention award recipients will match the number of events as established and approved in the sport regulations.

20% proximity criteria of the schools sponsoring a sport shall be used to determine the minimum amount of votes required for honorable mention award recipients.

20% proximity criteria of a starting team positions in a particular sport shall be used for determining the number of Player(s) of the Year award recipients.

A conference Coach of the Year will be selected in each sport as established and approved in the sports regulations.

All approved awards shall be paid for by the FRCC.

## SECTION IX Sport Meetings/Sports Liaison

Each sport will be required to have an end of the season coaches/sport meeting.

The date, time and location will be determined by the Conference Commissioner.

A FRCC Athletics/Activities Director will act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order. (That is, all decisions acted on require a motion, a second and a vote.)

Each sport will have a head coach act as president/secretary at the meeting. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.

## **SECTION X        Officials**

The Conference Commissioner shall assign only WIAA officials for the following sports:

Varsity only

Boys – baseball, basketball, cross country (divisional & conference championship meets only), football (all conference and non-conference games), soccer, swimming, track and field (divisional & conference meets only), wrestling, hockey (by Ast Commissioner)

Girls - basketball, cross country (divisional & conference meets only), softball, soccer, swimming, track and field (divisional & conference meets only), volleyball

The Principals Committee shall approve officials' fees two years in advance at its annual March meeting. See appendix D for officials' fee schedule.

## **SECTION XI        Contest Management**

Pre-game and half time activities shall try to be scheduled so that they do not delay the normal operation of a game or meet. When there is a mutually agreed upon change the host school shall inform the visiting school(s) of the change and give an approximate time schedule to the visiting school(s).

A conference school may broadcast in any format a home or away contest.

## **SECTION XII        Tickets/Passes**

The visiting team shall not receive any gate money or expense money from the home school.

Adult and student ticket prices will be reviewed for the following year at the Principals Committee's annual June meeting.

Complimentary conference passes (100 per school per year), senior citizen passes and lifetime membership passes (as established by each individual institution) shall be available to each conference school through the Conference Commissioner.

## **SECTION XIII      Scheduling**

The Conference Commissioner shall develop equitable schedules for both boys and girls programs.

The FRCC Commissioner shall schedule the following contests:

Varsity

Boys – baseball (22), basketball (16), cross country (divisional and conference meets only), football (8), golf (4 dual or quad meets plus divisional and conference meets), soccer (11 duals plus conference tournament), swimming (8 duals plus conference tournament), tennis (5 dual meets, 2 crossover tiered meets plus conference tournament), track and field (4 dual or triangular meets plus divisional and conference meets), wrestling (9)

Girls – basketball (16), cross country (divisional and conference only), golf (4 dual or triangular meets plus divisional and conference meets), softball (16), soccer (11 duals plus conference tournament), swimming (8 duals plus conference tournament), tennis (5 dual meets, 2 crossover tiered meets plus conference tournament), track and field (4 dual or triangular meets plus divisional and conference meets), volleyball (11)

IV (one team per school, in conjunction with varsity contest)

Boys – baseball, basketball, cross country, golf, soccer, swimming, tennis, track and field, wrestling

IV (one team per school, separate schedule)

Boys – football (8) (weeks 2-8)

IV (one team per school, in conjunction with varsity contest)

Girls – basketball, cross country, golf, softball, soccer, swimming, tennis, track and field, volleyball

Freshman (one team per school)

Boys – basketball (with varsity)

football (7) (weeks 3-9 in conjunction with JV football),  
baseball (16) (separate schedule, scheduled with freshman  
softball)

Girls – basketball (with varsity), volleyball (with varsity)

softball (unknown) (separate schedule, scheduled with freshman  
baseball when possible)

There shall be no official recognition of championships, standings or records maintained for non-varsity competition.

The FRCC name can not be used in any non-varsity competition and/or scheduling.

## **SECTION XIV Eligibility and Participation**

WIAA rules and regulations will prevail in all sports with the following exceptions:

- Athletes are limited to one conference sport per regular season.
- Any student may “play up” (JV, Varsity) at any time.
- Only freshman students are allowed to play on freshman teams. Teams must be designated Freshman, JV or Varsity before the start of the season.
- Students are not allowed to “play down” a level in the following sports: football, volleyball, soccer, basketball, baseball and softball.

An agreement can be made between two competing schools to request a waiver from the Commissioner to allow a sophomore to play on a freshman team in order to keep a program active.

Member schools must request a waiver from the Conference Commissioner for foreign exchange students to play down. The Conference Commissioner will conduct a vote of all conference schools. A majority vote of the conference schools will be required for the waiver to be granted.

## **SECTION XV Code of Conduct**

Each school must have a code of conduct.

## **SECTION XVI Violations, Enforcements, Sanctions and Appeals**

*Criteria still TBD*

## **SECTION XVII Sportsmanship**

*Criteria still TBD*

## **SECTION XVIII Scholarship Awards**

*Criteria still TBD*

## **SECTION XIX Non Athletic Agreements**

SECTION XX      Miscellaneous Provisions

SPORT REGULATIONS  
OF THE  
FOX RIVER CLASSIC CONFERENCE

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## SECTION I      BASEBALL

- A. **Game Times/Dates/Scheduling**
1. The Freshmen, JV and Varsity schedules will be set by the conference Commissioner, approved by the Athletics Directors and distributed to the Athletics Directors by March 1<sup>st</sup> of the previous year.
  2. The conference schedule will be twenty-two games with 10 games played against the teams within your division and twelve games played against teams in the other division, home/away or double-

header format as determined by the commissioner.

3. All games played during the week shall start at 4:30 p.m. unless mutually agreed upon by both schools.
4. Saturday doubleheaders shall start at 11:00 a.m. unless mutually agreed upon by both schools.
5. Three (3) Saturday doubleheaders will be played.
6. The JV and Frosh schedule will be a minimum of 16 games.

**B. Length of Games**

1. All games are to be seven (7) innings in length. However, the 10-run rule will apply to all conference games (Varsity, JV and Freshmen). Any shortening of the game length must follow all rules and regulations of baseball as set by the WIAA and the NFHS.
2. For Freshmen games, no new inning will start after the game has been 2.5 hours long, unless tied.

**C. Game Procedures/Details**

1. For conference games, the pre-game schedule will be:  
35 minutes prior to start      Home team (infield)  
20 minutes prior to start      Visitors (infield)  
5 minutes prior to start      Ground rules
2. Line-up cards must contain first and last names and numbers of all team members.
3. The official baseball is recommended to be the baseball the WIAA has approved for the State Tournament.
4. In conference doubleheader games, the host school will be home for the first game and the visiting school will be home for the second game. Schools will not be required to change dugouts. The host school will supply baseballs for both games.

**D. Conference Statistics/Scores/Media Reporting**

1. The home team shall record the official game stats on the conference stat sheet and fax or email them to the Conference Commissioner and the visiting team by noon of the following weekday.
2. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the game. Applicable fax numbers will be on the stat sheet.

**E. Individual Participation Rules**

1. Sophomores may play on a Freshmen team to fill out a roster. Schools moving a player(s) can do so with advance approval from the Athletics Directors of both competing schools.
2. Seniors are not permitted to participate on JV teams unless special circumstances exist, i.e. foreign exchange student, special disability, etc., and permission from the majority of Athletics Directors is obtained.

**F. Make-ups/Rainouts/Cancellations**

1. Cancelled games/ rainouts must be made up unless mutually agreed upon by both schools and the Conference Commissioner not to, even if it means that the game must be made up after the start of either team's postseason. If the game has an effect on a divisional or conference championship, it must be rescheduled.
2. Make-up games will be on the next mutually agreed upon open calendar date immediately following the scheduled date at the originally scheduled home site.
3. If the first re-scheduled game is rained out/cancelled, the game then must be played at the first available site regardless of the original home team designation. The original host school will always be responsible for hiring and paying replacement officials for rescheduled games.

**G. Umpires**

1. Varsity level umpires will be assigned by the Conference Commissioner with the approval of the Athletics Directors.
2. Junior Varsity and Freshmen officials shall be secured by the host school.
3. The Conference Commissioner will distribute an evaluation spreadsheet for umpires at the same time for all-conference nominations to the coaches.
4. The host school will be responsible for hiring and paying officials. If a game is postponed, the originally scheduled umpires shall be offered the rescheduled date first; if they are not available, another set of officials will be hired by the host school.

**H. Conference/Division Champion**

1. The conference champion will be determined by the conference standings at the end of the 22-game schedule.
2. The division champion will be determined by the 10 games played within each division.
3. There will be no tie-breakers in determining a conference or division champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
4. The conference champion(s) will receive a plaque.
5. Division champions will receive a plaque.

**I. All-Conference Selections**

**Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference-approved form.

3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining the number of players to be nominated. A pitcher may be nominated and selected at more than one position. Other position players can only be selected at one position. The Utility/DH must have played at least three (3) positions during the conference season or been the DH in 50% of the conference games, or a combination of both.
5. Prior to the end-of-season coaches meeting, the Conference Commissioner shall fax/email a list of all players nominated for all-conference to all head coaches.
6. The coaches will discuss players at the end-of-season meeting and will vote by secret ballot at this time.
7. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media at the discretion of the commissioner.
8. A first team vote will be worth 3 points and a second team vote will be worth 1 point.
9. Coaches may not vote for his/her own player.

#### **All-Conference Allocations/Numbers**

#### **All-Conference Teams**

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the starters in the conference. For baseball, there are twelve conference schools and ten starters per team. This equates to 24 players for the first and second teams.
3. Two 12-member teams (first team and second team) shall consist of 2 pitchers, 1 catcher, 4 infielders, 3 outfielders and 1 DH/Utility and 1 player to be determined by the coaches.
4. In order for a player to receive honorable mention, he must receive votes from a minimum of 20 percent of the schools sponsoring the sport. For baseball, that would equate to 2.4 schools or rounded up to 3 schools.

#### **Player(s) of the Year**

(Note: Voting procedures may preclude having this process.)

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For baseball, 20 percent of ten starters is two (2) players of the year.
3. Each school will nominate 1 player for consideration as Player of the Year; after the first vote is conducted and a Player of the Year is selected, the school in which the first player of the year was chosen from may then nominate a replacement or second player. A second vote will then take place and a second Player of the Year will be selected.

4. All players nominated shall be voted upon. A simple majority vote will be used.
5. Part of the process must be a secret ballot.
6. Coaches may not vote for his/her own player.
7. The entire process shall take place at the end-of-season meeting.

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

1. Each sport shall have one officially recognized Coach of the Year.
2. Each school may nominate one coach for the award.
3. A coach may not nominate himself/herself. The nomination must be seconded.
4. All coaches nominated shall be voted upon. Coaches should rank their votes in order of preference. For example, if three coaches are nominated, each coach should vote for his/her first choice, second choice and third choice. The lowest vote-getter will be Coach of the Year. If there is a tie, coaches will share the honor.
5. The entire process shall take place at the end-of-season meeting.

#### **J. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## **SECTION II      BASKETBALL**

#### **A. Game Times/Dates/Scheduling**

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by November 1<sup>st</sup> of the previous year.
2. The conference schedule will be sixteen games with 10 games

(home and away) played against the teams within your division and six games played against the teams outside your division (3 home and 3 away). The two-game series against the opponent outside your division will be home-and-away series over two years.

3. The JV game shall start at 5:45 p.m., and the Varsity game will start after the 20-minute warm-up period but not earlier than 7:30 p.m.
4. If there is one Freshmen game, it will be at 5:45 p.m. The games are to be held on the same night as the JV and Varsity games at the same school, unless mutually agreed upon by both schools.
5. Any Freshmen "B" (lower level) games will be scheduled between participating schools, and when there is a choice, "B" games will be played prior to the regular Freshmen, or "A" games, unless mutually agreed upon by both schools.

**B. Game Procedures/Details**

1. The Freshmen, JV and Varsity will play eight (8) minute quarters. Freshmen games will have only 7 minutes between halves.
2. The visiting school will have access to its locker room at 5:00, not earlier.
3. Freshmen games will not have fifth quarters.
4. The official basketball will be the WIAA state approved ball for the state tournament.
5. The host school will provide the visiting team with eight (8) basketballs prior to the JV game upon the visiting coach's arrival.
6. The JV/Freshmen teams will take the court at 5:25 for warm-up. There will be no shooting until warm-ups, and no shooting before or during the JV game by Varsity players.
7. The standard WIAA procedure will be followed for the 20-minute warm-up period.
8. We will follow established WIAA procedures for the National Anthem and team introductions.

**C. Conference Statistics/Scores/Media Reporting**

1. The home and visiting teams shall record their own stats on the conference stat sheet and report to the Conference Commissioner by 3:00 p.m. the following Monday.
2. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the game. Applicable fax numbers will be on the stat sheet.

**D. Individual Participation Rules**

1. Only freshmen can compete on Freshmen teams.
2. Seniors are not permitted to participate on JV teams unless special

circumstances exist, i.e. foreign exchange student, special disability, etc., and permission from the majority of Athletics Directors is obtained.

**E. Make-ups/Cancellations**

1. If games are cancelled during the season due to weather conditions,
  - a. School district policies will dictate re-schedule of games.
  - b. All schools in the conference will be made aware of re-scheduled dates for scouting purposes.

**F. Officials**

1. Varsity level officials will be assigned by the Conference Commissioner with the approval of the Athletic Directors.
2. JV and Freshmen officials shall be secured by the host school.
3. The Conference Commissioner will distribute a ranking spreadsheet for officials at the same time for all-conference nominations to the coaches.
4. The FRCC will use a 2-person crew for all conference games.

**G. Conference/Division Champion**

1. The conference champion will be determined on the conference standings at the end of the season based on the 16-game schedule.
2. The division champion will be determined by the 10 games played within each division.
3. There will be no tie-breakers in determining a conference or division champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
4. The conference champion will receive a plaque.
5. Each division champion will receive a plaque.

**H. All-Conference Selections**

**Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference-approved form.
3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining numbers of players nominated.
5. Each coach will submit to the Conference Commissioner a list of

player from his/her team (along with stats of conference games only) who deserves consideration.

6. Coaches will receive from the Commissioner a list (and stats) of players nominated.
7. Coaches will then, using a 15-point scale, rank the best player (15), the next best (14), etc., and submit his/her ballot to the commissioner for tabulating.
8. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media at the discretion of the Commissioner.

#### **I. All-Conference Allocations/Numbers**

##### **All-Conference Teams**

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the starters in the conference. For basketball, there are twelve conference schools and five starters per team. This equates to 12 players for the first and second teams combined.
3. The six players receiving the most points will be first team all-conference; the next six will be second team. If there is a tie for sixth, the coaches will re-vote on the players who were tied.
4. Players who receive at least three votes from opposing coaches will be considered honorable mention.

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

1. Each sport shall have an officially recognized Player of the Year.
2. The player receiving the most points will be awarded the Player of the Year.
3. If there is a three-way tie, a 5-3-1 vote of those players will be taken.
4. Coaches may not vote for his/her own player.
5. The entire process shall take place at the end-of-season meeting.

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

1. Each sport shall have one Coach of the Year.
2. A Coach of the Year will be selected on a vote of all coaches.
3. All coaches nominated shall be voted upon. Coaches should rank their votes in order of preference using a numbering system with the coach receiving the highest points being named Coach of the Year.
4. The entire process shall take place at the end-of-season meeting.

#### **J. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.

3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

### SECTION III      CROSS COUNTRY

#### A. Meet Times/Dates/Scheduling

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1<sup>st</sup> of the previous year.
2. The FRCC meet shall be held the week prior to the start of the WIAA Tournament. The conference championship meet (12 teams - coed) will be held on Thursday of the week prior to the WIAA Sectional meet. This meet will start at 3:30 PM. This will be a co-ed meet held at one site and the host for the meet will be based on a rotating system.
3. The division championship meets (6 teams - coed) will be held on Thursday of the week prior to the conference meet. These meets will start at 3:30 PM. Bay Port will be the host yearly for West Division. The site for the East Division will be rotated. (A separate document listing hosting sites will be an addendum to this document.)

#### B. Meet Procedures/Details

1. The order of races will be: Varsity races follow JV races. Varsity races will follow the same order as the WIAA sectional order each year. The JV races will be run depending on flag management.
2. In the division and conference meets, the Varsity team shall consist of eight (8) runners. All eight Varsity runners will receive a place number and act as either team scorers or pushers. The sum of the top five (5) for each team will comprise the Varsity team score.
3. An unlimited number of athletes can compete in the JV division and conference meets. All JV runners will receive a place number and act as either team scorers or pushers. The sum of the top five (5) for each team will comprise the JV team score.
4. There will be a FRCC JV meet at the same time and location as the Varsity meet. The Varsity and JV meets will be scored. When chip timing is used, scoring for JV meets could be altered.
5. The school hosting the varsity conference meet can divide the cost of hiring PT Timing between the twelve conference schools.

**C. Officials**

1. The Conference Commissioner will assign three (3) officials for the conference meet and two (2) officials for the division meets.
2. All conference meets shall have two officials.

**D. Conference and Division Champion**

1. The conference champion will be determined by the conference championship meet.
2. The division champion will be determined by the division championship meets.
3. The conference champion will receive a plaque.
4. Each division champion will receive a plaque.

**E. Conference Statistics/Scores/Media Reporting**

1. The host team shall record stats on the conference stat sheet and report to Conference Commissioner and opposing team's coach by noon of the following weekday.
2. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the meet. Applicable fax numbers will be on the stat sheet.

**F. All-Conference Selections**

1. Each school will determine its own policy regarding athletes earning all-conference status.
2. Selections will be determined by finish in the conference meet.
3. The first eight finishers will be first-team all-conference, followed by the next eight finishers (second team) and next eight finishers (honorable mention).

4. The first place boys' and girls' runners will be conference Runners of the Year.

**G. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Recognize the Coach of the Year (male and female teams), selected by a majority vote of the Head Coaches.
  - b. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - c. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION IV

## FOOTBALL

**A. Game Times/Dates/Scheduling**

1. The Freshmen, Sophomore and Varsity schedules will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1<sup>st</sup> of the previous year.
2. The Varsity conference schedule will be eight games. The conference schedule will begin with the second week of the season. The eight game schedule will remain the same for two years with alternating home sites. The first week non-conference game must be played against a cross over divisional opponent.
3. The eight game schedule will consist of 5 divisional games and 3 cross over games with the other division. (starting with 2009/2010 season)
4. All Varsity games will be played at 7 p.m. on Friday nights except the final game of the season, unless the two schools mutually agree to another date and time.
5. The FRCC will complete its Varsity regular season by Thursday prior to the WIAA playoffs.
6. Freshmen and Sophomore games will be played on Monday at 5:00. JV will play at the school opposite the previous Friday night varsity game and Freshmen will play at the site of the previous Friday night

- game. Times can be changed if mutually agreed upon by both schools.
7. The Sophomore schedule will be eight games. The first conference game will be the Thursday prior to the first Varsity conference game. The first Sophomore opponent will be the final Varsity opponent on the schedule. *No games on Labor Day*. All succeeding games will be on Mondays.
  8. The Freshmen schedule will be eight games, starting with week 2, and will follow the Sophomore schedule.

## **B. Game Procedures/Details**

### **Varsity Games**

1. The WIAA state ball (Wilson 1205) will be the official conference game ball.
2. The field clock shall be started at least 20 minutes prior to the start of the game and the field clock will run during halftime. All halftimes are to be at least 15 minutes in length.
3. The home team will wear dark colored uniforms and the visiting team will wear light colored uniforms.
4. Each team will provide a copy of the starting line-ups to the press box upon entering the field for pre-game warmups.
5. The playing field shall be made available for pre-game ceremonies ten (10) minutes prior to the start of the game. Performance squads will have the middle of the field (between the 30-yard lines) for their routines. Teams may remain practicing but they must do so from the twenty-yard line (20) to the end zone.
6. The home team will have the choice of which end of the field they will use for pre-game warm-ups. Visiting team must be notified prior to the game.
7. The host school will provide at least three (3) spots for the visiting team in the press box, including a spot for the person filming.

### **Sophomore Games**

1. Quarters will be 10 minutes.
2. Halftimes will be 10 minutes.
3. Overtimes will be played.

### **Freshmen Games**

1. Quarters will be 10 minutes.
2. Halftimes will be 10 minutes.
3. No overtimes will be played.

## **C. Conference Statistics/Scores/Media Reporting**

1. A statistics template will be provided via email from the Conference Commissioner.
2. The home team shall record stats for both teams on the conference stat sheet and report to Conference Commissioner no later than 3:00 Monday following the game. Stats may be faxed or emailed.
3. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the

night of the game. Applicable fax numbers will be on the stat sheet.

**D. Individual Participation Rules**

1. Only freshmen can compete on Freshmen teams.
2. Seniors are not permitted to participate on Sophomore teams unless special circumstances exist, i.e. foreign exchange student, special disability, etc., and permission from the majority of Athletics Directors is obtained.
3. Juniors may play down to a Sophomore team only when a shortage of sophomore numbers demands it. Junior players must be identified/declared to the coach prior to the day of the game.
4. Freshmen "B" will be arranged individually school to school for either a fifth quarter or scheduled "B" game.

**E. Scouting Procedures**

1. Game access for scouting will be arranged through a Conference agreement with a digital scouting program. Each team will have access to each Conference opponent game schedule throughout the season. Each school is responsible for paying subscription fees for this scouting program. (Scrimmages are not recorded with the program)
2. No team shall exchange tape/DVD with a playoff opponent of another conference team under any circumstance.
3. No space will be provided for scouts in the press box.

**F. Officials**

1. Varsity level officials will be assigned by the conference commissioner.
2. Sophomore and Freshmen officials shall be secured by the host school.
3. The Conference Commissioner will distribute an evaluation spreadsheet for officials at the same time for all-conference nominations to the coaches.
4. The FRCC will use a 5-man crew for all Varsity conference games.

**G. Conference/Division Champion**

1. The conference champion will be determined the conference standings based on the eight game schedule.
2. The division champions will be determined by the 5 games played within each division. Each division champion will receive a plaque.
3. There will be no tie-breakers in determining a champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
4. For playoff seeding, the WIAA tie-breaker will be followed. (Refer to the WIAA Fall Season Regulations book.)
5. The conference champion will be determined on the overall conference standings after eight games. The conference champion

will receive a plaque.

#### H. All-Conference Selections

##### Nomination/Voting Procedure for All-Conference Teams

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference-approved form and may include a brief narration for each player nominated.
3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining numbers of players nominated.
5. Prior to the end-of-season coaches meeting, the Conference Commissioner shall fax/email a list of all players nominated for all-conference consideration to all head coaches.
6. The coaches shall vote for a first team and second team, with a first team vote receiving three (3) points and a second team vote receiving one (1) point. The tie breaker will be the player receiving the most first team votes. If players still are tied, duplicate awards will be given.
7. A final ballot will be faxed/emailed to coaches and returned to the Commissioner prior to the coaches' meeting. The Commissioner will present the voting results at the coaches' meeting.

#### I. All-Conference Allocations/Numbers

##### All-Conference Teams

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the offensive and defensive starters in the conference. For football, there are twelve conference schools and 22 starters per team. This equates to 52.8 players or rounded up to 53 players for the first and second teams combined.
3. Based on Football Coaches Association format, the following positions will be used for first and second team: (53 total players):

##### Offense

3 running backs

1 quarterback

5 offensive linemen (2 tackles, 2 guards, 1 center)

1 tight end

2 wide receivers

1 kicker

1 return specialist (first team only)

##### Defense

3 defensive linemen

2 defensive ends

4 linebackers

3 defensive backs

1 punter

#### **Honorable Mention**

13 offensive players regardless of position based on point totals.

13 defensive players regardless of position based on point totals.

4. All-conference players will receive all-conference certificate awards.

#### **Player(s) of the Year**

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For football, 20 percent of eleven is 2.2 or three Players of the Year, 3 on offense and 3 on defense.
3. Each school may nominate one player for each Offensive and Defensive Player(s) of the Year award. Once selected, the other two players on offense and defense will be voted for the awards.
4. All players nominated shall be voted upon. Coaches will determine the voting procedure. Part of the process must be a secret ballot.
  - a. Coaches may vote for his/her own player.
  - b. The entire process shall take place at the end-of-season meeting.

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

1. Each sport shall have one officially recognized Coach of the Year.
2. Each school may nominate one coach for the award.
3. A coach may not nominate himself/herself.
4. All coaches nominated shall be voted upon. Coaches should rank their votes in order of preference. For example, if three coaches are nominated, each coach should vote for his/her first choice, second choice and third choice. The lowest vote-getter will be Coach of the Year. If there is a tie, coaches will share the honor.
5. Voting will occur when coaches complete the final player ballot.
6. The entire process shall take place at the end-of-season meeting.

### **J. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
  3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
  4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
  5. Roberts' Rules of Order will be used for the meeting.
  6. The purpose of the meeting will be to:
    - a. Discuss and vote on all-conference selections;
    - b. Vote on Player(s) of the Year and Coach of the Year;

- c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletic Directors.
- d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION V                      BOYS GOLF

### A.    Meet Times/Dates/Scheduling

- 1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by March 1<sup>st</sup> of the previous year.
- 2. The conference schedule will consist of 4 nine-hole meets every year, 1 eighteen-hole divisional championship for each division and 1 eighteen-hole conference tournament. There will be 1 eighteen-hole meet at the beginning of the season at one of the following courses- Royal St. Patrick's, Northbrook, and Pine Hills or the Bull. There will also be a FRCC Junior Varsity 18-hole meet on the Wednesday prior to the FRCC Varsity meet.
- 3. Tee times on the nine-hole meets will be staggered and set-up by the host school to allow students from the schools to miss less school time.

### B.    Meet Procedures/Details

- 1. The conference tournament will be held at Wander Springs. The host school will rotate.
- 2. Schools will host the FRCC 18-hole JV meet one year and the FRCC eighteen-hole varsity meet the next year.

### C.    Conference/Division Champion

- 1. Scoring to determine a conference champion will be as follows:
  - a. 18 hole meet and 9 hole meets will be 12 points for first, 11 points for second, etc. and 1 point for twelfth place.
  - b. The conference meet will be scored 24 points for first, 22 for second, etc. and 2 points for twelfth.
  - c. The division championship will be scored twelve points for first, ten points for second, etc. and two points for sixth place. The divisional championship will be determined by points earned in all conference meets prior to the divisional meet and double points for the divisional meet.
  - d. Divisional meet scoring will not count in the scoring for determining the conference champion or all-conference.
- 2. There will be one conference champion and two divisional champions.

3. There will be no tie-breakers in determining a conference champion or divisional champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
4. The conference champion will receive a plaque.
5. The division champions will receive a plaque.

**D. Conference Statistics/Scores/Media Reporting**

1. The host team shall record stats on the conference stat sheet and report to the GB Preble coach and opposing team's coach by noon of the following weekday.
2. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the meet. Applicable fax numbers will be on the stat sheet.

**E. Rainouts/Make-ups**

1. If a conference meet is rained out or cannot be made up, no points will be awarded towards determining the conference or divisional champion.

**F. All-Conference Selections**

1. Each school will determine its own policy regarding athletes earning all-conference status.
2. Selections will be based upon players' average scores in all meets, excluding the divisional meet.
3. To be eligible, boys must play in both 18-hole conference meets and 3 of the 4 nine-hole meets. The divisional meet will not be involved in the process.
4. Any athlete who is suspended during the golf season for unsportsmanlike action during a conference match will not be eligible for all-conference.
5. Players who have the top five averages will be first team, the next five players will be second team and the next five players will be honorable mention. Any ties for the final spots on the first, second, and honorable mention teams will be considered ties. There will be no tie-breakers for the last spots based on the selection criteria of using scoring averages.

**G. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. Coaches will hold their season ending meeting at the conclusion of the JV conference meet. All varsity coaches must be in attendance.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.

4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Player of the Year will be the individual with the lowest stroke average in conference play. Coach of the Year will be selected after the FRCC conference championship.
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletic Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## GIRLS GOLF

- A. **Meet Times/Dates/Scheduling**
  1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by March 1<sup>st</sup> of the previous year.
  2. The conference schedule will consist of 4 nine-hole triangulars and 1 eighteen-hole conference tournament. The eighteen-hole conference tournament will include both varsity and junior varsity golfers. For this meet, the conference will pay the varsity green fees and schools will be responsible for paying the JV green fees.
  
- B. **Meet Procedures/Details**
  1. The conference tournament will be held at Wander Springs. The host school will rotate.
  
- C. **Conference/Division Champion**
  1. Scoring to determine a conference champion will be as follows:
    - a. Triangulars will be scored three points for first, two points for second, and one point for third.
    - b. The conference tournament will be scored 18 points for first, 16 points for second, etc, and two points for ninth place.
    - c. The total points for all matches will determine the conference champion.
  2. There will be one conference champion and no divisional champions.
  3. There will be no tie-breakers in determining a conference champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
  4. The conference champion will receive a plaque.
  
- D. **Conference Statistics/Scores/Media Reporting**

1. The host team shall record stats on the conference stat sheet and report to the Notre Dame coach and opposing team's coach by noon of the following weekday.
2. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the meet. Applicable fax numbers will be on the stat sheet.

**E. Rainouts/Make-ups**

1. The schools involved in the canceled meet will use their scores over the first 9 holes of the 18-hole conference meet in place of the postponed meet.

**F. All-Conference Selections**

1. Each school will determine its own policy regarding players earning all-conference status.
2. Selections will be based upon players' average scores in all meets, including duals, triangulars, quadrangulars, divisional meet and conference meet.
3. To be eligible, girls must play in the divisional and conference meets and 3 of the 4 quadrangulars.
4. Any athlete who is suspended during the golf season for unsportsmanlike action during a conference match will not be eligible for all-conference.
5. Players who have the top five averages will be first team, the next five players will be second team and the next five players will be honorable mention.

**G. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and confirm all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the

- Athletic Directors.
- d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION VI                      BOYS HOCKEY

- A. Game Times/Date/Scheduling
  1. The schedule will be set by the Assistant Commissioner of Hockey and approved by the Athletics Director and distributed to the Athletics Director by November 1<sup>st</sup> of the previous year.
  2. The conference schedule will be fourteen games. Games will be a home and away against each team within the conference.
  3. Specific game dates and time will be determined by the host school. Home games must be scheduled within the schedule provided by the Assistant Commissioner of Hockey.
- B. Game Procedures/Details
  1. Varsity games will play 17 minutes periods. JV will play 15 minutes periods.
- C. Conference Statistics/Scores/Media Reports
  1. The home and visiting teams shall record their own stats. Stats will be reported and compiled through wiprephockey website by Monday on each week.
- D. Individual Participation Rules
  1. Students can play at any level of hockey. Players can play up to five periods in a day, per WIAA guidelines
- E. Make-ups/Cancellations
  1. If games are cancelled during the season due to weather conditions,
    - a. School district policies will dictate re-schedule of games
    - b. All schools in the conference will be made aware of re-scheduled dates.
- F. Officials
  1. Varsity and JV officials will be assigned by the Assistant Commissioner of Hockey with the approval by the Athletics Directors
  2. Assistant Commissioner of Hockey is responsible for the procurement and contracting of officials for all non-conference and home tournaments.
  3. Assistant Commissioner of Hockey shall notify each school of contracted officials assigned to each contest
  4. Assistant Commissioner of Hockey will report to Athletic Directors any contract violations or misconduct of an official

5. Assistant Commissioner of Hockey shall provide a means of recruiting, screening, and evaluating conference officials.
  6. Assistant Commissioner of Hockey will provide a written contract for each official, for each contest to which they have agreed to officiate.
  7. Assistant Commissioner of Hockey shall provide member school with official game evaluation cards and compile and communicate results to member schools.
- G. Conference Champion
1. The conference champion will be determined by counting two points for a win or forfeit, one point for a tie, and zero points for a loss in all contests that make up the conference schedule.
  2. The conference champion will receive a plaque.
- H. All-Conference Selections
1. Each coach will nominate his All-Conference candidates on forms provided by the Assistant Commissioner of Hockey. The Assistant Commissioner of Hockey will compile and provide copies for balloting. Meeting will be chaired by the AD Liaison to Hockey
  2. Nominations may not be added at the meeting. Each coach will be provided an opportunity to discuss each player nominated before the voting takes place.
  3. All voting would be on a point basis as indicated below:
    - a. 5, 3, 2, 1 when voting for Goaltenders
    - b. 7, 5, 3, 2, 1 when voting for Defensemen
    - c. 11, 9, 7, 5, 3, 2, 1 when voting for forwards
  4. Coaches may not vote for their own nominees
  5. A coach could vote equally for two or more candidates by averaging the number of points equal to the number of positions to be selected. For example, in selecting two defensemen; using (b) above, the 5 and 3 may be used for two separate nominees or you may give each of two players 4. This could be a possibility, but may never occur. Votes may not be split where fractions result. This does not apply to tie breaking.
  6. The players who receive the most votes (points) will be designated to the FRCC All-Conference Team as follows:
 

First Team: 1 Goaltender, 2 Defensemen, and 3 Forwards

Second Team: 1 Goaltender, 2 Defensemen, and 3 Forwards
  7. Any player who receives on the following votes from any coach shall receive Honorable Mention:
    - a. Goaltenders: (top 2 of any coach; or point value of 5, 3)
    - b. Defensemen: (top 4 of any coach; or point value of 7, 5, 3, 2)
    - c. Forwards: (top 6 of any coach; point value of 11, 9, 7, 5, 3, 2)
  8. In case of a Tie:

- a. All coaches must have voted for the nominee
  - b. The number of first place votes would be the second determining factor
  - c. If still tied at this point, the candidates involved directly in the tie would be re-voted upon. All schools must vote except those with athletes involved.
  - d. If they still remain tied, the tie would stand.
9. In order to be eligible for nominations for All-Conference, an athlete must play in 50% of conference games in the position nominated.
10. All voting will be done verbally by the Head Coach or his representative.
- I. Player of the Year
- 1. Each sport shall have an officially recognized Player of the Year
  - 2. The entire process shall take place at the end-of-season meeting
- J. Coach of the Year
- 1. Each sport shall have an officially recognized Coach of the Year
  - 2. The entire process shall take place at the end-of-season meeting
- K. End-Of-Season Coaches Meeting
- 1. Each sport will have an end-of-season coaches meeting
  - 2. The date, time, and location will be determined by the Conference Commissioner
  - 3. Each sport will have an Athletic Director act as the liaison at the meeting to ensure the meeting is conducted by Roberts' Rule of Order, to answer questions and to run the meeting.
  - 4. Each sport will have a head coach act as the secretary.
  - 5. Roberts' Rules of Order will be used for the meeting.
  - 6. The purpose of the meetings will be to:
    - a. Discuss and vote on All-Conference selections
    - b. Vote of Players of the Year and Coach of the Year.
    - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded, and voted upon; changes approved will be approved or denied by a majority vote of the Athletic Directors.
    - d. Discuss other agenda items brought forward prior to the start of the meeting.
- L. Sportsmanship Award
- 1. The Fox River Classic Conference "Hockey Sportsmanship Award" is presented each year to the School / Team that, in the opinion of the leagues Head Coaches, displays the best overall sportsmanship.
  - 2. The Head Coaches, as a part of their All-Conference nomination form, will be given the opportunity to vote for 2 teams that display the best overall sportsmanship in conference games.

3. The Head Coaches will place the most deserving team in their first position; this team will be awarded 2 points toward the sportsmanship total.
  4. The Head Coaches second choice will be placed in their second position, this team will be awarded 1 point toward the sportsmanship total.
  5. The Head coach has the option of voting for 1 team, 2 teams, or not voting for any teams at all, they are not allowed to vote for their own team.
  6. The team receiving the highest point total will be awarded the years “Hockey Sportsmanship” plaque.
  7. In the case of a tie, all schools tying will be awarded the year’s “Sportsmanship” plaque.
- M. Hockey Official Of The Year
1. Selection Procedure
    - A. To be conducted at the “Coaches Meeting”
    - B. Each team prior to the meeting may nominate 1, 2, 3, or no officials.
    - C. The coach should be prepared, at the meeting, to provide a reason for their nomination.
    - D. After all the nominations have been given, each team will rank the officials nominated using a numbering system commensurate with the “All Conference” procedures. (ex: If 6 officials are nominated, the top official gets 7 points, the 2<sup>nd</sup> official gets 5 points, the 3<sup>rd</sup> official gets 4 points, the 4<sup>th</sup> official gets 3 points, the 5<sup>th</sup> official gets 2 points, and the 6<sup>th</sup> official gets 1 point.)
    - E. The coaches will then decide if 1, 2, or 3 officials will be chosen to receive the award for the season.
  2. Criteria
    - A. Professional Reliability
      1. If an official is unable to fulfill his contract , he communicates with the Assistant Commissioner the cause for this in a timely and professional manner
      2. The official is always punctual
      3. The official signs the scoresheet in a legible fashion and provides coaches with evaluation cards prior to the contest.
    - B. Communication
      1. The official communicates in a professional manner in all activities dealing with his game responsibilities.
      2. The official demonstrates reasonable willingness to listen/communicate with the coaches during the game or in between periods.
      3. The official is willing to communicate with the other officials to ensure a correct ruling.
    - C. Judgment

1. The Official demonstrates objectivity and fairness in working contests.
  2. The Official demonstrates reasonably good judgment in the Calls he makes, and they are made in a timely and independent manner.
- D. Contest Administration
1. The Official conducts Line-Changes and Face-Offs with consistency and fairness.
  2. The Official demonstrates clarity and correctness of players scoring and calling of penalties to the official scorekeeper and is in control in multiple-penalty situations.
- E. Skating Ability
1. The Official has the ability to position himself properly on the ice without interfering in the course of the play.

## SECTION VII SOCCER

- A. **Game Times/Dates/Scheduling**
1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1<sup>st</sup> (boys) and March 1<sup>st</sup> (girls) of the previous year.
  2. All varsity FRCC conference games played in Manitowoc will start at 4:30 p.m. At all other sights the games will be played at 4:30 (JV) and 6:30 p.m. (Varsity).
  3. Game dates will be scheduled by the Commissioner.
  4. The conference schedule will consist of 14 games. Each team will play eleven dual matches. The dual matches will have 5 home/6 away for each school with the number switching the next year of home/away matches switching every year. (No conference tournament beginning with 2009/2010 school year)
  5. The conference JV schedule will follow the same schedule as the Varsity.
- B. **Game Procedures/Details**
1. JV games will not have overtime periods.
  2. The regular season dual matches shall follow WIAA and NFHS rules in case of ties at the end of regulation.
  3. A 10-goal rule will be in effect if the differential is 10 at the end of the first half or at anytime in the second half. If so, the game will end.
- C. **Conference Statistics/Scores/Media Reporting**
1. The home team shall record stats for both teams on the conference stat sheet and report to Conference Commissioner and opposing team's

coach by noon of the following weekday.

2. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the game. Applicable fax numbers will be on the stat sheet.

**D. Individual Participation Rules**

1. Seniors are not permitted to participate on JV teams unless special circumstances exist, i.e. foreign exchange student, special disability etc., and permission from the majority of Athletics

Directors is obtained.

**E. Officials**

1. Three registered WIAA officials shall be used for Varsity games. Two registered officials will be used for JV games.
2. Varsity level officials will be assigned by the Conference Commissioner.
3. JV and Freshmen officials shall be secured by the host school.
4. The Conference Commissioner will distribute a ranking spreadsheet for officials at the same time for all-conference nominations to the coaches.

**F. Conference/Divisional Champion**

1. The conference champion will be determined by a point system; receiving two points for a conference dual win, one point for a conference dual tie, and zero points for a conference dual loss.
2. The division champion will be determined by the five games played within each division.
3. There will be no tie-breakers in determining a conference or division champion. All teams with the highest points will be named co-champions in the conference championship and each team with the best record will be named the co-divisional champions. Each team will receive the same conference honor.
4. The conference champion and each division champion will receive a plaque.

**G. All-Conference Selection**

**Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference-approved form.
3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining numbers of players nominated.
5. Prior to the end-of-season coaches meeting, the Conference

- Commissioner shall fax/email a list of all players nominated for all-conference to all head coaches. The ballot will include a column for a coach's recommendation for where he/she feels his/her player belongs.
6. The coaches will discuss players at the end-of-season meeting and will vote by secret ballot at this time.
  7. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media at the discretion of the Commissioner.
  8. The coaches will determine voting procedure.

## H. All-Conference Allocations/Numbers

### All-Conference Teams

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the starters in the conference. For soccer, there are twelve conference schools and 11 starters per team. This equates to 26.4 players or rounded up to 27 players for the first and second teams combined. There will be 13 field players and one goalie on first team, and 13 players on second team.
3. Teams will be selected based on best players, regardless of position.
4. In order for a player to receive honorable mention, he/she must receive votes from a minimum of 20 percent of the schools sponsoring the sport. For soccer, that would equate to 2.4 schools or rounded up to 3 schools.

### Player(s) of the Year

(Note: Voting procedures may preclude having this process.)

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For soccer, 20 percent of 11 is 2.2 or 3.0 players of the year.
3. The coaches will determine the name of the Player of the Year Awards.
4. Each school may nominate one player for each Player of the Year award.
5. All players nominated shall be voted upon. Coaches will determine the voting procedure. Part of the process must be a secret ballot.
6. Coaches may vote for his/her own player.
7. The entire process shall take place at the end-of-season meeting.

### Coach of the Year

1. Each sport shall have one officially recognized Coach of the Year.
2. Each school may nominate one coach for the award.
3. A coach may not nominate himself/herself.
4. All coaches nominated shall be voted upon. Coaches should rank their votes in order of preference. For example, if three coaches are nominated, each coach should vote for his/her first choice, second

choice and third choice. The lowest vote-getter will be Coach of the Year. If there is a tie, coaches will share the honor.

5. The entire process shall take place at the end-of-season meeting.

#### **End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## **SECTION VIII**

## **SOFTBALL**

### **A. Game Times/Dates/Scheduling**

1. The Freshmen, JV and Varsity schedules will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by March 1<sup>st</sup> of the previous year.
2. The conference schedule will be sixteen games with 10 games (home and away) played against the teams within your division and six games played against the teams outside your division (3 home and 3 away).
3. All games played during the week shall start at 4:30 p.m. unless mutually agreed upon by the participating schools.
4. Saturday doubleheaders at 11:00 a.m. unless mutually agreed on by two participating schools.
5. Two (2) Saturday doubleheaders will be played.

### **B. Length of Games**

1. All games are to be seven (7) innings in length. However, the 10-run rule will apply to all Varsity & Junior Varsity games. Any shortening

of the game length must follow all rules and regulations of softball as set by the WIAA and the NFHS.

2. For Freshman games, the 15/10 run rule will be used. This requires the game to end when the losing team is behind by 15 or more runs after three innings or by 10 or more runs after five innings.

**C. Game Procedures/Details**

1. For conference games, the pre-game schedule will be:  
35 minutes prior to start            Home team (infield)  
20 minutes prior to start            Visitors (infield)  
5 minutes prior to start            Ground rules
2. Line-up cards must contain first and last names and numbers of all team members.
3. The official softball is recommended to be the softball the WIAA has approved for the state tournament.
4. In conference doubleheader games, the host school will be home for the first game and the visiting school will be home for the second game. Teams will not be required to change dugouts.

**D. Conference Statistics/Scores/Media Reporting**

1. The home team shall record the official game stats on the conference stat sheet and fax or email them to the Conference Commissioner and the visiting team by noon of the following weekday.
2. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the game. Applicable fax numbers will be on the stat sheet.

**E. Individual Participation Rules**

1. Sophomores may play on a Freshmen team to fill out a roster. Schools moving a player(s) can do so with advance approval from the Athletic Directors of both competing schools.
2. Seniors are not permitted to participate on JV teams unless special circumstances exist, i.e. foreign exchange student, special disability, etc., and permission from the majority of Athletics Directors is obtained.

**F. Make-ups/Rainouts/Cancellations**

1. Cancelled games/ rainouts must be made up unless mutually agreed upon by both schools not to, even if it means that the game must be made up after the start of either team's postseason. If the game has an effect on a division or conference championship, it must be rescheduled.
2. Make-up games will be on the next mutually agreed upon open calendar date immediately following the scheduled date at the originally scheduled home site.

3. If the first re-scheduled game is rained out/cancelled, the game then must be played at the first available site regardless of the original home team designation. The original host school will always be responsible for hiring and paying replacement officials for rescheduled games.

**G. Umpires**

1. Varsity level umpires will be assigned by the Conference Commissioner with the approval of the Athletics Directors.
2. JV and Freshmen officials shall be secured by the host school.
3. The Conference Commissioner will distribute an evaluation spreadsheet for umpires at the same time for all-conference nominations to the coaches.
4. The host school will be responsible for hiring and paying officials. If a game is postponed, the originally scheduled umpires shall be offered the rescheduled date first; if they are not available, another set of officials will be hired by the host school.

**H. Conference/Division Champion**

1. The conference champion will be determined on the conference standings at the end of the season based on the sixteen game schedule.
2. The division champion will be determined by the ten games played within each division.
3. There will be no tie-breakers in determining a conference or division champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
4. The conference champion(s) will receive a plaque.
5. Division champions will receive a plaque.

**I. All-Conference Selections**

**Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference approved form.
3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining numbers of players nominated.
5. Prior to the end-of-season coaches meeting, the Conference Commissioner shall fax/email a list of all players nominated for all-conference to all head coaches.
6. The coaches will discuss players at the end-of-season meeting and will vote by secret ballot at this time.

7. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media at the discretion of the Commissioner.
8. A first team vote will be worth 3 points and a second team vote will be worth 1 point.
9. Coaches may not vote for his/her own player.

**J. All-Conference Allocations/Numbers**

**All-Conference Teams**

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the starters in the conference. For softball, there are twelve conference schools and ten starters per team. This equates to 24 players for the first and second teams combined.
3. All-conference teams will be comprised of 2 pitchers, 2 catchers, 4 infielders, 3 outfielders and 1 to-be-determined player from any field position.
4. In order for a player to receive honorable mention, she must receive votes from a minimum of 20 percent of the schools sponsoring the sport. For softball, that would equate to 2.4 schools or rounded up to 3 schools.

**Player(s) of the Year**

(Voting procedures may preclude having this process.)

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For softball, 20 percent of nine is 1.8 or two Players of the Year.
3. Each school will nominate 1 player for consideration as Player of the Year; after the first vote is conducted and a Player of the Year is selected, the school in which the first Player of the Year was chosen from may then nominate a replacement or second player. A second vote will then take place and a second Player of the Year will be selected.
4. All players nominated shall be voted upon. A simple majority vote will be used.
5. Part of the process must be a secret ballot.
6. Coaches may vote not for his/her own player.
7. The entire process shall take place at the end-of-season meeting.

**K. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.

3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION VIX

## GIRLS SWIMMING

- A. **Meet Times/Dates/Scheduling**
  1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1<sup>st</sup> of the previous year.
  2. The conference schedule will consist of six dual meets, one triple dual meet, and a conference meet.
  3. All duals will start at 5:30 p.m., unless mutually agreed upon by both schools.
  4. The conference meet will be held the Friday prior to the WIAA Sectionals; 5:00 Swim. The diving portion of the meet will be the night before at 5:00.
  5. The conference meet host site will be rotated amongst schools able to host.
- B. **Meet Procedures/Details**
  1. If either school in a dual meet does not have divers or a diving well, diving will not count in team scoring.
  2. A swimmer may compete in both Varsity and JV in the same meet, provided she does not swim in the same event at both levels and competes in a maximum of four events, according to NFHS and WIAA rules.
  3. Exhibition swimming and diving are permitted, according to NFHS and WIAA rules.
  4. A triple dual format will use the three entry format. Ashwaubenon and Pulaski will not host a triple dual because of limited facilities.
  5. Each team will provide their own Team Manager Hy-Tech entries for

all conference competition, unless there is prior mutual agreement to use manual entries.

**C. Officials**

1. Two officials will be assigned for all duals and three officials for the conference meet by the Conference Commissioner.
2. The Conference Commissioner will distribute an evaluation spreadsheet.

**D. Conference Meet Procedures/Scoring**

1. 16-place scoring will be used for the conference meet.
2. Each school may have a maximum of 27 entries with no more than five per event.
3. Two relay teams per school will be permitted for each relay event.
4. Diving will be a scored event at the conference meet. An eleven-dive format will be used. Scoring will be based on the number of diving entries, and based on a sliding scale. If there are 4 or fewer entries, the 4-lane scoring scale will be applied.
5. Conference entries must be sent to the host school and the Conference Commissioner by the deadline set by the host school.
6. Championship format for relay entries will be followed, based on the NFHS rules.

**E. Conference/Division Champion**

1. The conference champion will be determined by the results of the conference meet only.
2. There will be no division champion.
3. There will be no tie-breakers in determining a conference champion. If there is a tie, teams will be named co-champions and each team will receive the same honor.
4. The conference champion will receive a plaque.
5. The results of the conference meet must be sent to the conference commissioner by the host school.

**F. Conference Statistics/Scores/Media Reporting**

1. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the meet. Applicable fax numbers will be on the stat sheet.

**G. All-Conference Selections**

1. Each school will determine its own policy regarding athletes earning all-conference status.
2. Selections will be determined by finish in the conference meet. The first finisher in each event will be first-team all-conference, the

second-place finisher in each event will be on the second team, and the third-place finisher in each event will be honorable mention.

#### **H. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## **BOYS SWIMMING**

#### **A. Meet Times/Dates/Scheduling**

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by November 1<sup>st</sup> of the previous year.
2. The conference schedule will consist of a dual against each conference team and a conference meet.
3. All duals will start at 5:30 p.m. unless mutually agreed upon by both schools.
4. The conference meet will be held the Saturday one week prior to the WIAA Sectionals. 1:00 Start.
5. The conference meet host site will be rotated amongst schools able to host.

#### **B. Meet Procedures/Details**

1. If either school in a dual meet does not have divers or a diving well, diving will not count in team scoring. All schools with a diving facility and declared divers at the beginning of the season will be scored in team scoring.

2. A swimmer may compete in both Varsity and JV in the same meet, provided he does not swim in the same event at both levels and competes in a maximum of four events, according to NFHS and WIAA rules.
3. Exhibition swimming and diving are permitted, according to NFHS and WIAA rules.

**C. Officials**

1. Two officials will be assigned for all duals and three officials for the conference meet by the Conference Commissioner.
2. The Conference Commissioner will distribute an evaluation spreadsheet for officials.

**D. Conference Meet Procedures/Scoring**

1. 16-place scoring will be used for the conference meet.
2. Each school may have a maximum of 27 entries with no more than five per event.
3. Two relay teams per school will be permitted for each relay event.
4. Diving will be a scored event at the conference meet. An eleven-dive format will be used. Scoring will be based on the number of diving entries, and based on the NFHS championship scoring scale, 16 places. If there are 4 or fewer entries, the 4-lane scoring scale will be applied.
5. Conference entries must be sent to the host school and the Conference Commissioner by the deadline set by the host school.

**E. Conference/Division Champion**

1. The conference champion will be determined by the results of the conference meet only.
2. There will be no division champion.
3. There will be no tie-breakers in determining a conference champion. If there is a tie, teams will be named co-champions and each team will receive the same honor.
4. The conference champion will receive a plaque.
5. The results of the conference meet must be sent to the Conference Commissioner by the host school.

**F. Conference Statistics/Scores/Media Reporting**

1. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the meet. Applicable fax numbers will be on the stat sheet.

**G. All-Conference Selections**

1. Each school will determine its own policy regarding athletes earning all-conference status.

2. Selections will be determined by finish in the conference meet. The first finisher in each event will be first-team all-conference, the second-place finishers in each event will be on the second team, and the third-place finishers in each event will be honorable mention.

#### H. End-of-Season Coaches Meeting

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION X

## GIRLS TENNIS

#### A. Game Times/Dates/Scheduling

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1<sup>st</sup> of the previous year.
2. The conference schedule:

##### Conference Play – Season

##### Divisional Play - 5 dual meets within division

Positions will be determined from these five matches by Overall record (win/loss)

Tie-Break\* using head-to-head between teams

\*if three-way tie (matches won/lost within the three teams),

positions will be determined by sets lost, games lost or coin toss.

**Tier Play/Crossover – two dual meets based on positions following divisional play**

In the first round of play, the home team\* will be determined by alternating years between divisions beginning at East. The first round of tier play will be determined by records after the dual play, with the matchups given below. The Conference Commissioner or designee will contact coaches and Athletics Directors by 9 a.m. the following school day regarding place and time for the first cross-over match. The second round will match winner vs. winner, loser vs. loser at West.

1E vs 2W and 2E vs 1W → Finishes will result in places 1 - 4

3E vs 4W and 4E vs 3W → Finishes will result in places 5 - 8

5E vs 6W and 6E vs 5W → Finishes will result in places 9 - 12

\* if the second round of Tier Play has two teams from the same division playing each other, the team with the higher seed becomes the home team. (NOTE: Once the four teams playing for 1-4 are determined, their final place will be determined solely on their results of the cross-over and tier play. For example: ND may have lost to SW during the “regular season”, finishing 2nd in the West Division, but during crossover and tier play, they win both their matches, their dual meet finish would be FIRST. This would be similar for the other two brackets, 5-8 and 9-12.

3. All dual matches played during the week shall start at 4:00 p.m. and be held on Tuesdays and Thursdays, with the exception of the 2<sup>nd</sup> round of tier play to be played prior to the Conference Tournament.
4. The conference tournament will be held over a two-day period with three rounds to be completed the first day. The conference tournament will be held on the Wednesday and Thursday prior to the WIAA Subsectionals. The coaches meeting will be held the Tuesday night before the meet at 6:00 p.m. and the location will be determined by the host school. Matches will be called at 8:45 a.m. the first day and play will begin at 9:00 a.m. The FINAL round will be held the second day with play commencing at 3:30 p.m.
5. Site managers will be paid \$50 on the first day and \$25 on the second day of the Conference Tournament. This payment to the host schools will come from the Conference Commissioner.

**B. Junior Varsity Divisional Meet**

1. The Junior Varsity divisional meet will be held on the Friday prior to the conference meet. (Sat. rain date) A coaches meeting will be held at 8:30 a.m., and play will begin at 9:00 a.m.

2. The JV Divisional meet format will be individually flighted.
3. Schools will provide 7 cans of balls to host schools of Divisional meets
4. The JV conference host will be determined by the alpha reverse host in each division.

**C. Game Procedures/Details**

1. All matches will abide by USTA and WIAA regulations.
2. Each dual match will consist of four (4) singles matches and three (3) doubles matches.
3. The team that wins a minimum of four matches in the dual will be considered the victor.
4. All dual matches will use ad scoring.

**D. Conference Statistics/Scores/Media Reporting**

1. The host team shall report the results of the meet to Conference Commissioner and opposing team's coach by noon of the following weekday.
2. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the game. Applicable fax numbers will be on the stat sheet.

**E. Make-ups/Rainouts/Cancellations**

1. Cancelled games/ rainouts must be made up unless mutually agreed upon by both schools and the Commissioner not to, even if it means that the game must be made up after the start team's postseason. If the game has an effect on a division or conference championship, it must be rescheduled.

**F. Conference Tournament**

1. The host of the conference tournament will alternate each year based on the following schedule: Alphabetize the East Division and West Division and number accordingly. East1 will host the first year, West1 the second year, East2 the third year, etc. The host team will be responsible for organizing the tournament. The FRCC tournament seeding meeting will be at 6:00 pm the night prior to the tournament as the site designated by the host.
2. The conference tournament will be held over a two-day period with three rounds of play to be completed the first day. See attached for the sample draw sheet.
3. Tournament seeding:
  - a. Each flight will seed 4 places and may place up to 2 additional placements. Decision to place additional spots will be made prior to any seed placements during record discussions. The fifth placement will be on line 5 of the draw and the sixth placement will be on line 12.
  - b. Players must have 4 matches within the conference at that flight or

above to qualify for a seed. Players not making this criteria may be seeded by majority coaches vote at the seed meeting.

4. Tournament points for each flight- Teams will be awarded the following points for each flight based on their finish in the tournament: first (13), second (11), third (10).....twelfth (1).
5. Overall Tournament Standings - Teams will be awarded the following points based on their finish in the tournament: First (12), Second (11), Third (10),..., Twelfth (1).
6. The host school will provide tennis balls and will be reimbursed by the Conference for the cost of the balls.

#### **G. Conference/Division Champion**

1. The conference champion will be determined by adding season points and tournament points. The division champion will be determined by the five matches played within each division.
2. There will be no tie-breakers in determining a conference or division champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
3. The conference champion and division champions will receive a plaque.

#### **H. All-Conference Selections**

Each school will determine its own policy regarding players earning all-conference status. (ie. Schools may choose not to award all-conference standing to players that are not in good standing with the team).

**First Team All-Conference** will be comprised of the following players as they place in the conference tournament:

Flight 1 Singles: First, Second, and Third place finishers.

Flight 2-4 Singles: First place finishers.

Flight 1 Doubles: First, Second, and Third place finishers.

Flight 2-3 Doubles: First place finishers.

**Second Team All-Conference** will be comprised of the following players as they place in the conference tournament:

Flight 1 Singles: Fourth place finisher.

Flight 2-4 Singles: Second place finishers.

Flight 1 Doubles: Fourth place finishers.

Flight 2-3 Doubles: Second place finishers.

**Conference Player of the Year:** Flight 1 Singles, first place in tournament

**Conference Doubles Team of the Year:** Flight 1 Doubles, first place in tournament

**Conference Coach of the Year:** Voting will occur at the conference seeding meeting.

**I. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Distribute all-conference medals to respective coaches.
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletic Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## **BOYS TENNIS**

**A. Game Times/Dates/Scheduling**

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by March 1<sup>st</sup> of the previous year.
2. The conference schedule:

**Conference Play – Season**

**Divisional Play - 5 dual meets within division**

Positions will be determined from these five matches by Overall record (win/loss)

Tie-Break\* using head-to-head between teams

\*if three-way tie (matches won/lost within the three teams, i.e. Team 1 has two duals and won 6 matches v. Team 2 and 3 matches v. Team 3, for this criteria, their record would be 9-5.), positions will be determined by sets lost, games lost or coin toss.

**Tier Play/Crossover – two dual meets based on positions following divisional play**

In the first round of play, the home team\* will be determined by alternating years between divisions beginning at West. The first round of tier play will be determined by records after the dual play, with the match-ups given below.

The Conference Commissioner or designee will contact coaches and Athletics Directors by 9 a.m. the following school day regarding place and time for the first cross-over match. The second round will match winner vs. winner, loser vs. loser at East.

1E vs 2W and 2E vs 1W → Finishes will result in places 1 - 4

3E vs 4W and 4E vs 3W → Finishes will result in places 5 - 8

5E vs 6W and 6E vs 5W → Finishes will result in places 9 - 12

\* if the second round of Tier Play has two teams from the same division playing each other, the team with the higher seed becomes the home team.

3. All dual matches played during the week shall start at 4:00 p.m. and be held on Tuesdays and Thursdays.
4. The conference tournament will be held over a two-day period with three rounds to be completed the first day. The conference tournament will be held on the Thursday and Friday prior to WIAA Subsectionals. The coaches meeting will be held at 6:00 p.m. the night prior to play at the site designated by the host and play will begin at 9:30 a.m. The FINAL round will be held the second day with play commencing at 4 p.m.
5. Site managers will be paid \$50 on the first day and \$25 on the second day of the Conference Tournament. This payment to the host schools will come from the Conference Commissioner.

**B. Junior Varsity Divisional Meet**

1. The meet will be held on the Saturday prior to the conference meet. A coaches meeting will be held at 8:30 a.m., and play will begin at 9:00 a.m.
2. There will be no seeding and no rain date.
3. The host school will provide new balls for the Varsity and JV conference meets.
4. The JV conference host will be determined by the alpha reverse host in each division.

**C. Game Procedures/Details**

1. All matches will abide by USTA and WIAA regulations.

2. Each dual match will consist of four (4) singles matches and three (3) double matches.
3. The team that wins a minimum of four matches in the dual will be considered the victor.
4. All dual matches will use ad scoring.

**D. Conference Statistics/Scores/Media Reporting**

1. The host team shall report the results of the meet to the Conference Commissioner and opposing team's coach by noon of the following weekday.
2. The host team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the day of the game. Applicable fax numbers will be on the stat sheet.

**E. Make-ups/Rainouts/Cancellations**

1. Cancelled games/ rainouts must be made up unless mutually agreed upon by both schools not to, even if it means that the game must be made up after the start of either team's postseason.

**F. Conference Tournament**

1. The host of the conference tournament will alternate each year based on the following schedule: Alphabetize the East Division and West Division and number accordingly. East1 will host the first year, West1 the second year, East2 the third year, etc. The host team will be responsible for organizing the tournament, but the actual sites are given below. The FRCC tournament seeding meeting will be at 6:00 pm the night prior to the tournament at the site designated by the host.
2. The conference tournament will be held over a two-day period with three rounds of play to be completed the first day. See attached for the sample draw sheet.
3. Tournament Seeding:
  - a. Each flight will seed 4 places and may place up to 2 additional placements. Decision to place additional spots will be made prior to any seed placements during record discussions. The fifth placement will be on line 5 of the draw and the sixth placement will be on line 12.
  - b. Players must have 4 matches within the conference at that flight or above to qualify for a seed. Players not making this criteria may be seeded by majority coaches vote at the seed meeting.
4. Tournament points for each flight - Teams will be awarded the following points for each flight based on their finish in the tournament: First (13), Second (11), Third (10), ..... Twelfth (1).
5. Overall Tournament Standings- Teams will be awarded the following points based on their finish in the tournament: First (12), Second (11), Third (10), .....Twelfth (1).

**G. Conference/Division Champion**

1. The conference champion will be determined by adding season points and tournament points. The division champion will be determined by the five matches played within each division.
2. There will be no tie-breakers in determining a conference or division champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
3. The conference champion will receive a plaque.
4. Each division champion will receive a plaque.

**H. All-Conference Selections**

Each school will determine its own policy regarding players earning all-conference status.

**First Team All-Conference** will be comprised of the following players as they place in the conference tournament:

Flight 1 Singles: First, Second, and Third place finishers.

Flight 2-4 Singles: First place finishers.

Flight 1 Doubles: First, Second, and Third place finishers.

Flight 2-3 Doubles: First place finishers.

**Second Team All-Conference** will be comprised of the following players as they place in the conference tournament:

Flight 1 Singles: Fourth place finisher.

Flight 2-4 Singles: Second place finishers.

Flight 1 Doubles: Fourth place finishers.

Flight 2-3 Doubles: Second place finishers.

**Conference Player of the Year:** Flight 1 Singles, first place in tournament

**Conference Doubles Team of the Year:** Flight 1 Doubles, first place in tournament

**Conference Coach of the Year:** To determine, voting ballots will be distributed by the meet manager the first day of the conference tournament to coaches. Ballots must be submitted to the conference meet manager by the end of the conference tournament for consideration.

**I. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.

2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION XI

## TRACK AND FIELD

- A. **Meet Times/Dates/Scheduling**
  1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors by March 1<sup>st</sup> of the previous year.
  2. All dual, triangular, and quad meets will start at 4:00 p.m. The divisional and conference meets will begin at 3:30 p.m.
    1. For each scheduled event the rain date will be the following day at the same site.
    2. Sites for the championship meets will be selected on a rotational basis. **Note:** Notre Dame Academy is exempt due to inadequate facilities and will be imposed a \$150.00 yearly fee for non rotational hosting.
  5. All schools **MUST** have a commitment to ALL conference meets as scheduled by the commissioner. The only exception is if a weather postponement occurs and a school has a schedule conflict on the make-up (following day) date. This exception does not include the varsity division or varsity conference meets.
- B. **Hosting Fees** See FRCC Entry Fee/Reimbursement Chart Addendum
  1. Divisional Indoor \$150.00 per school
  2. Relays \$150.00 per school
  3. JV Divisional – PTiming (or equivalent) bill shall be divided by the six Divisional schools.
  4. Divisional – PTiming (or equivalent) bill shall be divided by the six Divisional schools.
  5. Conference - PTiming (or equivalent) bill divide by the 12 conference Schools.

**C. Meet Participation**

1. Lead-up meets to the Varsity conference and Varsity division meets will run all participants as Varsity (the exception is the Green Bay City Meet which will run a JV City Meet the day following the Varsity City Meet.)
2. No Varsity conference meet competitors can participate in the JV conference meet in any event; and no varsity division meet competitors may compete in the JV division meet in any event. The exceptions shall be the six team crossover JV meet following the Varsity Division meet and the 6 team Division JV meet following the Varsity Conference meet.
3. All JV meets will allow unlimited competitors.
4. The top ones in each group will count toward the Varsity score. The number of participants who count will depend on the type of meet (dual, triangular, etc.).

**D. Meet Procedures**

See Addendum XIII for FRCC Track and Field Meet Procedures. The NFHS handbook will be followed regarding all meet procedures.

**E. Officials**

1. There will be two (2) officials for dual, triangular and quadrangular meets, and three (3) officials for indoor and outdoor division and conference meets.
2. The Conference Commissioner will hire officials for division and conference meets.

**F. Conference and Division Champion**

1. The conference champion will be determined by the conference championship meet.
2. The division champion will be determined by the division championship meets.
3. The Conference meet:  
Conference plaque  
Medals places 1 – 2 – 3
4. Outdoor Division meet:  
Divisional plaque  
No medals
5. Indoor Divisional meet;  
Plaques for the indoor divisional meets should be obtained from Global Recognition in Green Bay in order to maintain consistency from year to year at the expense of the hosting school.  
Medals places 1, 2, 3. Note: medals for the indoor divisional meets shall be the expense of the hosting school.

6. Relay Meet:  
Plaques for the indoor divisional meets should be obtained from Global Recognition in Green Bay in order to maintain consistency from year to year at the expense of the hosting school.  
Medals places 1, 2, 3. Note: Note: medals for the indoor divisional meets shall be at the expense of the hosting school.

**G. Conference Statistics/Scores/Media Reporting**

1. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the meet. Applicable fax numbers will be on the stat sheet.
2. The host school is responsible for recording and making available, to all participating schools by noon of the following day, the official time/distance/height for the number of places required by rule (see chart 2.1 below). Although the host school may provide the time/distance/height for places beyond those required, it is the responsibility of each participating school to obtain, by their own means, the time/distance/height of any place beyond those required by rule.
3. The home team shall record stats on the conference stat sheet and report to Conference Commissioner.

**H. All-Conference Selections**

1. Each school will determine its own policy regarding athletes earning all-conference status.
2. Selections will be based upon performances at the conference outdoor meet. The first-place finisher in each event will be first-team all conference, the second-place finisher in each event will be second team, and the third-place finisher in each event will be honorable mention.
3. Coaches have until noon on Thursday to submit track and field athlete of the year nominations to track liaison Athletic Director. Nominations will be tallied and forwarded to coaches to vote on by 3:00 pm Friday.
  - a. Both a track and field athlete of the meet will be selected.
  - b. If voting results in a tie, co-winners will be selected.
4. The boys and girls conference Coaches of the Year will be the head coach of each first place team at the conference meet.

## SECTION XII

## VOLLEYBALL

**A. Game Times/Dates/Scheduling**

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by August 1st of the previous year.
2. The conference schedule will be eleven dual meets.
3. Freshmen and JV matches will start at 5:30.
4. Varsity matches will start no earlier than 7:00. Varsity warmups

will start immediately following the completion of the junior varsity game, but no earlier than 6:35 pm.

5. All conference matches shall occur on Tuesdays and Thursdays.

**B. Game Procedures/Details**

1. The visiting school will have access to locker rooms at 4:45 p.m.
2. The host school will provide warm-up balls for the visiting team.
3. All Freshmen, JV and Varsity matches will be best three-out-of-five. No exhibition games will be played.
4. If JV and Freshman games are played in the same gym, varsity warmups will start with no interruption to the freshman game prior to the conclusion of the freshman match.
5. Music may be played, upon game management approval, during the Varsity warmups while the freshman match is being completed. (Freshman match must be stopped for the National Anthem.)

**C. Conference Statistics/Scores/Media Reporting**

1. The home team and visiting team shall record their own stats on the conference stat sheet and report to Conference Commissioner by noon of the following weekday.
2. The home team will be responsible for reporting stats to its media outlets and to the visiting team's media outlets as soon as possible the night of the game. Applicable fax numbers will be on the stat sheet.

**D. Individual Participation Rules**

1. Only freshmen can compete on Freshmen teams.
2. Seniors are not permitted to participate on JV teams unless special circumstances exist, i.e. foreign exchange student, special disability, etc., and permission from the majority of Athletics Directors is obtained.

**E. Officials**

1. Varsity level officials will be assigned by the Conference Commissioner with the approval of the Athletics Directors. The Varsity level officials will also do the JV match. WIAA officials shall be used for Varsity matches. The WIAA recommends that line judges are adults.
2. Freshmen level officials shall be secured by the host school.
3. The Conference Commissioner will distribute a ranking spreadsheet for officials at the same time for all-conference nominations to the coaches.

**F. Conference/Division Champion**

1. The conference champion will be determined on the conference standings at the end of the season based on the eleven-match schedule.
2. There will be no tie-breakers in determining a conference champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
3. The conference champion will receive a plaque.
4. The division champion will be determined by the standings at the end of the season based on the five-match division schedule.

#### **G. All-Conference Selections**

##### **Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy on nominating any student.
2. Nominations shall be submitted by the head coach on a conference-approved form.
3. The nomination must be signed and approved by the Athletics Director and sent to the Conference Commissioner by the agreed upon deadline.
4. Coaches should consider their finish in conference standings when determining numbers of players nominated.
5. Prior to the end-of-season coaches meeting, the Conference Commissioner shall fax/email a list of all players nominated for all-conference to all head coaches. Players may be scratched but may not be added after the Commissioner has faxed the list of players nominated for all-conference to the schools.
6. The coaches will discuss players at the end-of-season meeting and will vote by secret ballot at this time.
7. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media at the discretion of the Commissioner.

#### **H. All-Conference Allocations/Numbers**

##### **All-Conference Teams**

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that represents 20 percent of the starters in the conference. For volleyball, there are twelve conference schools and seven starters per team. This equates to 16.8 players or rounded up to 17 players for the first and second teams combined.
3. The coaches will vote by non-position and libero players separately on two different ballots. Coaches will vote for 8 first team and 7 second team All-Conference players. Coaches will vote for 1 first team and 1 second team All-Conference libero players. Voting shall include three points for first team and one point for second team. The athlete(s) with the most points shall be on the first team and the runners-up shall be on the second team. Coaches may not vote for his/her own player.

4. In order for a player to receive honorable mention, she must receive votes from a minimum of 20 percent of the schools sponsoring the sport. For volleyball, that would equate to 2.4 schools or rounded up to 3 schools.

#### **Player(s) of the Year**

(Voting procedures may preclude having this process.)

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For volleyball, 20 percent of six starters is 1.2 or two Players of the Year.
3. There will be two Player of the Year award winners.
4. Each school may nominate one player, and the player must be first team all-conference to be considered for a Player of the Year award.
5. Following completion of the Player of the Year nominations, voting shall occur.
  - a. The voting will be by secret ballot.
  - b. A coach cannot vote for a player on his/her squad.
  - c. There will be two separate votes. The first vote will determine the first Player of the Year, then another vote will take place to determine the second Player of the Year.
6. The entire process shall take place at the end-of-season meeting.

#### **I. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletics Directors
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

## SECTION XIII

## WRESTLING

### A. Match Times/Dates/Scheduling

1. The schedule will be set by the Conference Commissioner and approved by the Athletics Directors and distributed to the Athletics Directors by November 1<sup>st</sup> of the previous year.
2. The Commissioner will build an eight (8) dual match schedule; 6 dual and 1 multi-dual (3 teams) for the 2009/2010 season. The multi-dual will be held the last Tuesday before Christmas vacation or the first Friday in February. The new multi-dual schedule will follow a three year cycle to allow for each team in the groupings a chance to host. At the end of the 3-year cycle the multi-dual concept and groupings will be re-evaluated. (SN-GBP/E-BP, SS- GBW/SW-ASH, MANTY-DP-PHS)
3. All dual start times shall be no earlier than: 5:30 for weigh-in, 6:00 JV and 6:30 Varsity. Multi-dual start time is 4:30, with weigh-ins scheduled to start at 3:30.
4. All conference dual matches shall occur on Thursdays, with the conference season ending one week prior to WIAA Regionals.

### B. Match Procedures/Details

1. The visiting school will have access to locker rooms at 5:15.
2. Schools shall exchange rosters by noon on the day of the match.
3. The draw for the starting match weight class should be done prior to the weigh in. The weigh in should then begin at the drawn weight class.
4. For multi-dual matches, the team traveling the furthest will compete against home school in first match, the two visiting teams will be the second match, and the team with the shortest trip and home team will be the third match.

### C. Conference Statistics/Scores/Media Reporting

1. The home team shall record stats on the conference stat sheet and report to Conference Commissioner and opposing team's coach by noon of the following weekday.
2. The home team will be responsible for reporting stats to trak wrestling on the night of the match.

### D. Cancellations

1. Any cancelled duals will be re-scheduled on the next open date for both schools.

### E. Officials

1. Varsity level officials will be assigned by the conference commissioner with the approval of the Athletics Directors.
2. JV officials shall be secured by the host school.

3. The Conference Commissioner will distribute a ranking spreadsheet for umpires at the same time for all-conference nominations to the coaches.

**F. Conference Champion**

1. The conference champion will be determined on the conference standings at the end of the season based on the eight-match schedule.
2. There will be no tie-breakers in determining a conference champion. All teams with the best records will be named co-champions and each team will receive the same conference honor.
3. The conference champion will receive a plaque.

**G. All-Conference Selections**

**Nomination/Voting Procedure for All-Conference Teams**

1. Each school will determine its own policy regarding athletes earning all-conference status.
2. Prior to the end-of-season coaches meeting, the Conference Commissioner shall fax/email a list of all wrestlers with 8, 7 and 6 dual conference wins to all head coaches.
3. The coaches will discuss wrestlers at the end-of-season meeting and will vote for the remaining all-conference positions.
4. The Conference Commissioner shall tabulate the results and report them to the coaches and to the media.

**H. All-Conference Allocations/Numbers**

**All-Conference Teams**

1. There will be a first and second all-conference team.
2. The first and second team shall consist of a number that is equivalent to 28 wrestlers.
3. Eight (8) wins will be automatic first team. To be eligible for all-conference consideration a wrestler must have 7 or 6 dual wins. (wrestlers with less than 6 wins in conference may be eligible for all-conference teams with special consideration given for injury/illness..) Coaches may discuss and remove a nominated wrestler at the conference meeting. Coaches then will vote on the remaining all-conference positions.
4. In order for a wrestler to receive honorable mention, he/she must receive votes from a minimum of 20 percent of the schools sponsoring the sport. For wrestling, that would equate to 1.8 schools or rounded up to 2 schools.

**Wrestler(s) of the Year**

1. Each sport shall have officially recognized Player(s) of the Year.
2. Each sport may have Player(s) of the Year consistent with 20 percent of a starting team for its sport. For wrestling, 20 percent of 14 starters is 2.8 or three Wrestlers of the Year.

3. First team all-conference selections are eligible and special nominations from the floor which are limited to one per school.
4. All wrestlers shall be voted upon. Coaches will rank nominated wrestlers. After voting, coaches will determine the number of Wrestler of the Year awards.
5. Coaches may vote for his/her own player.
6. The entire process shall take place at the end-of-season meeting.

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

1. Each sport shall have one officially recognized Coach of the Year.
2. Each school may nominate one coach for the award.
3. A coach may not nominate himself/herself.
4. All coaches nominated shall be voted upon. Coaches should rank their votes in order of preference. For example, if three coaches are nominated, each coach should vote for his/her first choice, second choice and third choice. The lowest vote-getter will be Coach of the Year. If there is a tie, coaches will share the honor.
5. The entire process shall take place at the end-of-season meeting.

#### **I. End-of-Season Coaches Meeting**

1. Each sport will have an end-of-season coaches meeting.
2. The date, time and location will be determined by the Conference Commissioner.
3. Each sport will have an Athletics Director act as a liaison at the meeting to ensure the meeting is conducted by Roberts' Rules of Order, to answer questions and to run the meeting.
4. Each sport will have a head coach act as president/secretary. The president/secretary position shall serve on a yearly rotating basis as determined by the Conference Commissioner.
5. Roberts' Rules of Order will be used for the meeting.
6. The purpose of the meeting will be to:
  - a. Discuss and vote on all-conference selections;
  - b. Vote on Player(s) of the Year and Coach of the Year;
  - c. Discuss, review the Conference Sport Regulations. Note that any changes recommended to the sports regulations must be motioned, seconded and voted upon; changes approved will be approved or denied by a majority vote of the Athletic Directors.
  - d. Discuss other agenda items brought forward prior to the start of the meeting.

### **XIII ADDENDUM**

#### **FRCC TRACK AND FIELD PROCEDURES**

## **DIVISIONAL INDOOR MEETS**

1. All participants shall compete as Varsity.
2. The indoor varsity divisional meets shall have 28 individuals' entries plus 4 relays. (Two entries per event, plus one team per relay – which includes 8 bonus entries) No more than 3 entries per event when including bonus entries. 4 event maximum per athlete as per NFHS rules.  
Note: Hosting school may vary events to accommodate their own facility, but must still maintain the maximum of 28 individuals' events.
3. The top performers will comprise the scoring for each event.
4. The number of participants who count toward the team score will be based on the number of teams in the meet. In most cases event scoring shall be to six places for the divisional meet 10-8-6-4-2-1. Traditional NFHS scoring will be used, see attached chart for complete scoring methods. The maximum number from one school that may score in an event shall be the same as allowed per NFHS rules and/or by meet management.
5. Shot put, long jump, and triple jump will be 4 attempts with no finals.  
Girl's shot first...boys shot second.
6. Open pit for long jump and triple jump shall be utilized whenever possible.  
Otherwise – boys long jump first – girl's triple jump first.
7. Pole vault and high jump, if there is only one pole vault pit and one high jump pit- boys high jump first; girls pole vault first. The starting height shall be no lower than 4 increments below the 8<sup>th</sup> best vault entered on the conference entry sheets. One attempt only will be allowed at the opening height and the increment following that height. All competitors are guaranteed 3 attempts.
8. Running events will have the slower runners participating in the earlier heats.
9. The 200 meter dash will be a finals events only – no trials.
10. Host school should provide event sheets in advance to participating schools whenever possible.
11. Final results summary will be provided by the host school.

## **REGULAR SEASON DUAL, TRIANGULAR AND QUAD OUTDOOR MEETS**

1. All participants shall compete as varsity.
2. There are unlimited entries however only one relay team may score points towards the team total.
3. The order of events will follow NFHS guidelines whenever possible.
4. The top performers will comprise the scoring in each event.
5. The number of participants who count toward the team score will be based on the number of teams in the meet. Traditional NHFS scoring will be used, see attached chart for complete scoring methods. The maximum number

from one school that may score in an event shall be the same as allowed per NFHS rules and/or by meet management.

6. Shot put, discus, long jump, and triple jump will have 4 attempts with no finals.
7. Open pit for long jump and triple jump shall be utilized whenever possible. Otherwise- boys long jump first - girl's triple jump first.
8. Shot put and discus- boys discus first; girls shot put first.
9. Pole vault and high jump, if there is only one pole vault pit and one high jump pit- boys high jump first; girls pole vault first. If only one pole vault pit is available for the conference meet, the starting height shall be no lower than 4 increments below the 8<sup>th</sup> best vault entered on the conference entry sheets. One attempt only will be allowed at the opening height and the increment following that height. All competitors are guaranteed 3 attempts.
10. Running event will have the slower runners participating in the earlier heats.
11. 200 meter dash will be a finals event only- no trials.
12. Host schools should provide copies of meet results and educate workers in proper meet procedures and rules as much as possible. All timing systems should sort heats into assorted schools and not by times (only for unlimited entry meets.)

## **DIVISIONAL/CONFERENCE CHAMPIONSHIP OUTDOOR MEETS**

1. All participants shall compete as varsity.
2. There are 28 individual entries plus relays.
3. The same format as the WIAA Regional for total number of meet entries will be used.
4. The order of event will follow NFHS guidelines whenever possible.
5. The top performers will comprise the scoring in each event.
6. Event scoring shall be to six places for the divisional meet 10-8-6-4-2-1 and to eight places for the conference meet: 10-8-6-5-4-3-2-1, see attached chart for complete scoring methods. Traditional NFHS scoring will be used. The maximum number from one school that may score in an event shall be the same as allowed per WIAA rules and/or by meet management.
7. Shot put, discus, long jump, and triple jump will have preliminary rounds of three trials. The top competitors will then move on to finals and receive three more attempts.
8. Open pit for long jump and triple jump shall be utilized whenever possible. Otherwise- boys long jump first - girl's triple jump first.
9. Shot put and discus- boys discus first; girls shot put first.
10. Pole vault and high jump, if there is only one pole vault pit and one high jump pit- boys high jump first; girls pole vault first. If only one pole vault pit is available for the conference meet, the starting height shall be no lower than 4 increments below the 8<sup>th</sup> best vault entered on

the conference entry sheets. One attempt only will be allowed at the opening height and the increment following that height. All competitors are guaranteed 3 attempts.

11. Running event will have the slower runners participating in the earlier heats.
12. 200 meter dash will be a finals event only- no trials.
13. The FRCC Conference Outdoor Championship meet shall be timed with a fully-automatic timing system. Shared cost
14. Host schools should provide copies of meet results and educate workers in proper meet procedures and rules as much as possible. All timing systems should sort heats into assorted schools and not by times (only for unlimited entry meets.)

## **RELAYS**

1. All participate shall compete as varsity.
2. The order of events for varsity conference relays meet shall be:  
Note all events will be scored

### Field Events

Girls 4 x 1600 Relay

Boys 4 x 1600 Relays

Girls HH Shuttle

Boys HH Shuttle

Girls Distance Relays (800/400/1200/1600)

Boys Distance Relays (800/400/1200/1600)

Girls 4 x 200 Relay

Boys 4 x 200 Relay

Girls 4 x 800 Relay

Boys 4 x 800 Relay

Girls 4 x 100 Relay

Boys 4 x 100 Relay

Girls Low Hurdles

Boys Intermediate Hurdles

Girls 1600 Medley (200/200/400/800)

Boys 1600 Medley (200/200/400/800)

Girls Sprint Medley (100/100/200/400)

Boys Sprint Medley (100/100/200/400)

Throwers Relay (relay entrants must have thrown either the shot or the discus to participate)

Girls 4 x 400 Relay

Boys 4 x 400 Relay

3. There shall be 3 entries per field event and only one relay team per event per school.
4. The top performers will comprise the scoring in each event.
5. Event scoring shall be to 8 places for the relay meet: 10-8-6-5-4-3-2-1, see attached chart for complete scoring methods.

6. Shot put, discus, long jump, and triple jump will have 4 attempts with no finals.
7. Open pit for long jump and triple jump shall be utilized whenever possible. Otherwise- boys long jump first - girl's triple jump first.
8. Shot put and discus- boys discus first; girls shot put first.
9. Pole vault and high jump, if there is only one pole vault pit and one high jump pit- boys high jump first; girls pole vault first. If only one pole vault pit is available for the conference meet, the starting height shall be no lower than 4 increments below the 8<sup>th</sup> best vault entered on the conference entry sheets. One attempt only will be allowed at the opening height and the increment following that height. All competitors are guaranteed 3 attempts.
10. Host schools should provide copies of meet results and educate workers in proper meet procedures and rules as much as possible. All timing systems should sort heats into assorted schools and not by times (only for unlimited entry meets.)

(reference: NFHS Track & Field Rule 2)

| No. of Teams    | Individual Scoring             | Individual Places Recorded | Relay Scoring                  | Relay Places Recorded |
|-----------------|--------------------------------|----------------------------|--------------------------------|-----------------------|
| 2               | 5 - 3 - 1                      | 3                          | 5                              | 1                     |
| 3               | 5 - 3 - 2 - 1                  | 4                          | 5 - 3                          | 2                     |
| 4               | 6 - 4 - 3 - 2 - 1              | 5                          | 6 - 4 - 2                      | 3                     |
| 5               | 8 - 6 - 4 - 2 - 1              | 5                          | 8 - 6 - 4 - 2                  | 4                     |
| 6               | 10 - 8 - 6 - 4 - 2 - 1         | 6                          | 10 - 8 - 6 - 4 - 2             | 5                     |
| 7 + (6 scoring) | 10 - 8 - 6 - 4 - 2 - 1         | 6                          | 10 - 8 - 6 - 4 - 2 - 1         | 6                     |
| 7 + (7 scoring) | 10 - 8 - 6 - 4 - 3 - 2 - 1     | 6                          | 10 - 8 - 6 - 4 - 3 - 2 - 1     | 6                     |
| 7 + (8 scoring) | 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 | 6                          | 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1 | 6                     |

#### GIRLS SWIM RELAY EVENTS:

1. Diving (2 Divers each doing 3 dives)
2. 100 Free (4 X 25)
3. 200 Medley (50BK, 50 BR, 50FL, 50FR)
4. 600 Free (3 X 200)
5. 400 IM (4 X 100 IM)
6. 200 Free (4 X 50)
7. 300 Backstroke (100, 100, 100)
8. 500 Free Crescendo (200, 150, 100, 50)
9. 300 Breaststroke (100, 100, 100)

- 10. 200 Fly (4 X 50)
- 11. 400 Freestyle (4 X 100)

**SCHOLAR ATHLETE CRITERIA**

1. Must be a senior in “good standing” (schools will determine “good standing” code issues)
2. Must have been awarded, by your school, a minimum of 2 varsity letters, one of which needs to have been earned during the senior year.
3. Must be in the top 10% of your senior graduating class (overall gpa ranking based on the end of the student’s senior semester one grade report.)
4. All award-winners will receive an FRCC Scholar-Athlete honors certificate.

**FRCC ENTRY FEE/REIMBURSEMENT CHART**

| <b>SPORT</b>                        | <b>ENTRY FEE</b>                              | <b>Officials<br/>FRCC obtained</b> | <b>FRCC<br/>reimbursed</b> |
|-------------------------------------|---|------------------------------------|----------------------------|
| <b>B-CC Divisional</b>              | <b>NO</b>                                     | <b>YES</b>                         | <b>YES</b>                 |
| <b>G-CC Divisional</b>              | <b>NO</b>                                     | <b>YES</b>                         | <b>YES</b>                 |
| <b>G-GOLF CONF</b>                  | <b>no-paid by conf</b>                        | <b>NA</b>                          | <b>NA</b>                  |
| <b>B-GOLF JV Conf</b>               | <b>yes-course dependent</b>                   | <b>NA</b>                          | <b>NA</b>                  |
| <b>CONF</b>                         | <b>no-paid by conf</b>                        | <b>NA</b>                          | <b>NA</b>                  |
| <b>B/G SOCCER</b>                   | <b>NO CONF TOURNAMENT</b>                     |                                    |                            |
| <b>G-SWIM Relays</b>                | <b>yes-\$25 per school</b>                    | <b>YES</b>                         | <b>YES</b>                 |
| <b>JV Conf</b>                      | <b>yes-\$25 per school</b>                    | <b>YES</b>                         | <b>YES</b>                 |
| <b>CONF</b>                         | <b>yes-\$25 per school</b>                    | <b>YES</b>                         | <b>YES</b>                 |
| <b>B-SWIM CONF</b>                  | <b>yes-\$25 per school</b>                    | <b>YES</b>                         | <b>YES</b>                 |
| <b>B/G TENNIS<br/>(Conf/JV Div)</b> | <b>NO</b>                                     | <b>Site coordinators</b>           | <b>YES</b>                 |
| <b>B-TRACK INDOOR</b>               | <b>yes-\$150 per school</b>                   | <b>NO</b>                          | <b>NO</b>                  |
| <b>TRACK RELAYS</b>                 | <b>yes-\$150 per school</b>                   | <b>NO</b>                          | <b>NO</b>                  |
| <b>JV Div</b>                       | <b>NO</b>                                     | <b>NO</b>                          | <b>NO</b>                  |
| <b>Divisional</b>                   | <b>NO</b>                                     | <b>YES</b>                         | <b>YES</b>                 |
| <b>Conference</b>                   | <b>no-PT timing-divided<br/>by 12 schools</b> | <b>YES</b>                         | <b>YES</b>                 |
|                                     | <b>[NDA charged \$150/year]</b>               |                                    |                            |

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**OFFICIATING FEES**

**(2010/11 YEAR)**

| <b>SPORT</b>    | <b>VAR</b>          | <b># REFS</b>         | <b>JV</b>        | <b># REFS</b> | <b>FROSH</b>         | <b># REFS</b> |
|-----------------|---------------------|-----------------------|------------------|---------------|----------------------|---------------|
| FOOTBALL        | 70                  | 5                     | 45               | 4             | 45                   | 4             |
|                 |                     |                       |                  |               | fifth quarter @ \$55 |               |
| SOCCER          | 70/50/50            | 3                     | 50               | 2             | 50                   | 2             |
| BASKETBALL      | 70                  | 2                     | 45               | 2             | 45                   | 2             |
| BASEBALL        | 70                  | 2                     | 50               | 2             | 50                   | 2             |
| SOFTBALL        | 60                  | 2                     | 40               | 2             | 40                   | 2             |
|                 | <b>VAR/JV DUALS</b> |                       | <b>VAR LINES</b> |               | <b>FROSH</b>         |               |
| VOLLEYBALL      | 95                  | 2                     | 30               | 2             | 45                   | 2             |
|                 | <b>TRI/QUADS</b>    |                       | <b>DIVISION</b>  |               | <b>CONFERENCE</b>    |               |
| CROSS COUNTRY   | 60                  | 1                     | 80               | 2             | 80                   | 3             |
|                 | <b>VAR DUALS</b>    |                       | <b>JV DUALS</b>  |               |                      |               |
| WRESTLING       | 70                  | 1                     | 45               | 1             |                      |               |
| (triple duals)  | 165                 | 2 (includes weighins) |                  |               |                      |               |
|                 | <b>DUAL/TRI</b>     |                       | <b>DIVISION</b>  |               | <b>CONFERENCE</b>    |               |
| TRACK           | 75                  | 2                     | 85               | 3             | 95                   | 3             |
| TRACK RELAYS    |                     |                       |                  |               | 95                   | 3             |
|                 | <b>DUAL/TRI</b>     |                       |                  |               | <b>CONFERENCE</b>    |               |
| SWIMMING        | 70                  | 2                     |                  |               | 95                   | 3             |
| G-SWIM RELAYS   |                     |                       |                  |               | 95                   | 3             |
| JV Girls Invite | 90                  | 2                     |                  |               |                      |               |
| HOCKEY          | 69                  | 2 REF                 | JV w/Var-35      |               |                      |               |
|                 | 59                  | 1 LINE                | JV wo/Var-40     |               |                      |               |