

**Mid Piedmont 3-A Athletic Conference**  
**Standing Rules**  
**(Revised 1/25/17)**

**A. GENERAL**

1. **ADMISSION PRICES:** The following admission prices will be charged for conference events: At the Gate.
  - a. For all conference athletic events, except for football and basketball, whether it be a single varsity game, a varsity doubleheader, a single JV game, a JV doubleheader, or a combination JV/Var. Doubleheader in any sport there will be an admission charge of \$5.00. For conference triple headers there will be an admission charge of \$6.00. For Varsity Football Conference games there will be an admission charge of \$7.00. For Varsity Basketball Conference games there will be an admission charge of \$6.00.
  - b. Pre-game sales may be conducted at the option of the host principal
  - c. Pre-school children and spouses and children of officials working the game will be admitted free.
  - d. Teacher/School system passes from one county to another are not accepted:  
Example: Guilford County passes are only good in Guilford County.  
Randolph County passes are not good in Guilford County.
  - e. Tournament admission is \$5.00 first round and \$6.00 semifinals and \$7.00 finals.
2. **AWARDS:** The conference will present the following awards:
  - a. Certificates    All Conference Team  
                         Academic All Conference
  - b. Plaques        Coach of the year  
                         Player of the Year  
                         Conference Tournament Team Champion  
                         Conference Sportsmanship Winner  
                         Conference Male and Female Athlete of the year (must be a Senior)
  - c. Trophies       Team Champion-Regular Season
  - d. **\*\*Note\*\***      There are no All-Tournament teams for Conference Tournaments.
  - e. Honorable Mention All Conference will not be recognized by the Conference.
  - f. JV Championships will not be recognized by the conference. (a school may recognize their own teams as champions if they desire.
  - g. All Conference teams will be released to the press after the completion of the final sports season playoff games is over.

3. **COACHES MEETINGS:** Coaches will meet immediately following the completion of regular season play(within 5 days if possible) to: select the All Conference Team, Player of the Year, Coach of the Year, discuss the Standing Rules for their sport, and make recommendations to the Principals/Athletic Directors for changes. The meetings will take place at Eastern Guilford High School. Without representation there will be no All Conference members for the school not present. If a school is not present at the all-conference meeting, the commissioner is to report the absence to principal of the school not present.
4. **CONFERENCE DUES:** Each member school may be assessed up to \$500 per year as needed. This assessment may be waived by a majority vote of the membership.
5. **COMPLIMENTARY PASSES:** Each school will receive 30 complimentary conference passes. Each pass will admit one person. Conference passes will be honored at all conference games and non-conference games where a member school is the host. In addition 10 complimentary band chaperone passes will be given to each school to be used for football only.
6. **DELAYED STARTING TIMES:** All Conference events must begin within thirty minutes of the scheduled starting time. Both the home Athletic Director and the game officials must approve further delays beyond the thirty minutes.
7. **DOUBLE PARTICIPATION:** Any athlete participating in two sports during the same season must meet the guidelines set forth in the standing rules to be eligible for the All Conference teams in each sport. See the Standing Rules for each sport. In order to participate in a Conference Tournament or to be selected to an All Conference Team in Golf, Tennis, Wrestling, Swimming, Track, and Cross Country an athlete must participate in half of the Conference regular season contests for which he or she is eligible. Hardships may be granted for medical exceptions by approval of the Conference Commissioner.
8. **Disruptive devices:** Personal audio/visual devices that have the potential to be disruptive during a Conference event will be banned from use by spectators and players.
9. Each school will provide water for the visiting team in all sports.
10. **GAME TIMES AND DAYS:** Games and matches will start at the following times unless changes are made by mutual agreement between the schools involved:

<b>Sport</b>	<b>Day</b>	<b>Time</b>
Baseball	Tues, Fri.	5:00 or 7:00
	Doubleheader JV/V 4:30/7:00 or time agreed by both schools	
Basketball(JV)	Tues, Fri.	(G)5:00 (B)6:30 (4:30 if a triple header)
Basketball(V)	Tues., Fri.	(G)6:00 (B)7:30
Cross Country	Tues.	4:30 Walk Through 5:00 Run
Football(JV)	Thur.	7:00
Football(V)	Fri.	7:30
Golf	Mon.	4:00
Lacrosse	Tues/Friday	6:00
Soccer Men (JV)	Mon., Wed.	5:00
Soccer Men (V)	Mon., Wed.	6:30 (6:00 if no JV team)
Soccer Women JV	Mon., Wed.	5:00

Soccer Women(V)	Mon., Wed.	6:30 (6:00 if no JV team)
Softball	Tues., Fri.	5:00 or 6:00
	Doubleheader	JV/V 5:00/7:00 or time agreed by both schools
Swimming	Mon., Wed.	When pools are available (home team determines times).
Tennis Women	Mon., Wed.	4:00 (before DST) 4:30 (after DST)
Tennis Men	Mon., Wed.	4:00 (before DST) 4:30 (after DST)
Track	Wed/Thurs.	4:30
Volleyball	Tues./Thurs.	5:00(JV) 6:15 (V)
Wrestling	Wed.	7:00

\*\*If game times are changed, the two schools involved must agree to the time change.

11. **Meetings:** Whenever appropriate, meetings will be lunch/dinner meetings with meals for the Principal and Athletic Director from each school and the guest of the Conference being paid from the Conference treasury.
12. **Officials:** Must be certified and assigned by an approved booking agent. Employees of member schools may not officiate in games where the school they work is involved.
13. **GAME FILM:** Loaning film and giving information to non-conference schools is prohibited.
14. **Eligibility Sheets:** Athletic Directors are responsible for sending a copy of the eligibility sheets to the Conference Commissioner and to each member school at a time scheduled by the Commissioner.
15. **SCHEDULES:** Schedules will be built at times and on days approved by the membership. Changes in date, time or site of Conference events must be by mutual agreement. When scheduling or rescheduling games, the first obligation is to the Conference. Games will be rescheduled on the first available date. All changes or rescheduling must be approved by the Athletic Director.
16. **SPORTSMANSHIP AWARD:** Each sport will vote on a sportsmanship winner at their All Conference meeting. A school may not vote for themselves.
17. **Seniors on Junior Varsity Teams:** Seniors are prohibited from participating on JV teams. Coaches are strongly encouraged to avoid the use of juniors on JV teams.
18. **TOURNAMAENTS:**
  - A. Tournament directors will be paid \$50 per day plus \$50 for planning time. When teams play at a higher seed there will be no tournament director. Athletic Directors of home teams will be responsible for the site, including getting officials and reporting scores to the Commissioner.
  - B. All proceeds, after expenses, will be placed in the conference treasury.
  - C. Any deficiency will be reimbursed by the conference unless the school waives the amount. (The home school absorbs the loss)
  - D. The tournament will be at a site to be determined by the athletic directors.
19. **UNIFORM COLORS:** When applicable, the home team will wear light colored jerseys and the visiting team will wear dark jerseys.  
(EXCEPTION)- Football-home team will wear dark jerseys

- 20: **WELLS FARGO TROPHY:** The conference will participate in the Wells Fargo Trophy program with points being given on the following scale: 7=1<sup>st</sup> Place, 6= 2<sup>nd</sup> Place etc.
- 21: **MARCHING BANDS:** The host school should contact the visiting school. (Athletic Director and Band Director) to coordinate the halftime performance. Bands may not play during live ball action.
- 22: **GAMES:**
- A. Any school that does not show up for a scheduled athletic contest without contacting the opponent will have to pay a fine of \$100.00 + reimburse the host school for officials and other costs.
  - B. All rescheduled athletic events must be played by the last Saturday of the regular season, especially if the game has an impact on the standings and/or NCHSAA playoffs.
- 23: If a ballot system is used for all-conference voting, the entire ballot must be completed or the votes do not count.
- 24 **VOTING METHOD FOR PLAYER/COACH OF THE YEAR IN ALL SPORTS:**
- A. Voting will be done on a 5/3/1/ scale
  - B. If a tie exists there will be two players of the year named. (not coplayers)
  - C. Coaches may vote for their own players
  - D. A coach may not vote for his/her self in the coach of the year voting.
25. All conference teams will not be released until all conference teams are out of the playoffs.
26. Tournament sites:
- A. **Volleyball:** Will play at the higher seed throughout the tournament.
  - B. **Baseball:** First round at higher seed. Semifinal/finals at locations determined by The Athletic Directors
  - C. **Basketball:** First round at the higher seed. Semifinals/Finals will be at a neutral site.
- Rotation:**
- |                    |                    |                    |                    |
|--------------------|--------------------|--------------------|--------------------|
| <b><u>2018</u></b> | <b><u>2019</u></b> | <b><u>2020</u></b> | <b><u>2012</u></b> |
| SE Guilford        | Asheboro           | Williams           | E. Guilford        |
- E. **Cross Country:** Hagan Stone
- F. **Softball:** First round at the higher seed. Semifinals/Finals will be at a neutral site.
- Rotation:**
- |                    |                    |                    |                    |
|--------------------|--------------------|--------------------|--------------------|
| <b><u>2018</u></b> | <b><u>2019</u></b> | <b><u>2020</u></b> | <b><u>2021</u></b> |
| S. Alamance        | SW Randolph        | SE Guilford        | S. Alamance        |
- \*\*If available the tournament will be at Elon or UNCG**
- G. **Swimming:** Winton Salem State University
- H. **Tennis:** Williams

## **Standing Rules: Band**

1. **Chaperons** - Each school will identify up to a maximum of 10 adults to serve as assistants or band chaperons, including the bus driver. These persons must come with the band and have a band pass to be admitted.
2. **Band Directors** must call member school to let the school know if they will travel to away games and if they will perform by Monday prior to the game on Friday night.
3. **Any pre-game, halftime or post game performance** should be communicated and agreed upon one week in advance. (Examples: Homecoming, Parent's Night, Senior Night or special recognition ceremonies)
4. **Bands** are allowed to enter the football field at 7:15 for pre-game activities.
5. **Bands:** Visiting Bands may attend football games provided they ask permission of the home school principal by Monday of game week. Bands are requested to have a request to attend away games by the August Conference Meeting. Football teams will have the field until 7:15 for the purpose of warming-up. The visiting band director must notify the host band director and athletic director by Monday that his/her band will attend the game. Visiting bands are to perform on the field before the game or at half time only when invited to do so by the host school. Chaperones, helpers, etc., must have conference passes or tickets to be admitted. Exception: the band is entitled to 8 adults who enter the gate with the band. Any additional exceptions will be handled by the principals of the schools involved.
6. The host athletic director in consultation with the principal must decide if performance limitation/restrictions are necessary for wet field conditions or any other factors.

## **Standing Rules: Baseball**

**Revised 6/2/17**

1. **All-Conference:** All-Conference team will consist of 20 players, two of which will be Player of the Year and Pitcher of the Year. Votes for the Player of the year and Pitcher of the year will be held first then followed by the other 18 All Conference selections. Conference stats only shall be used to determine All Conference. Should there be a tie for the last spot that cannot be broken, the player from the higher seeded team will be named All Conference. A coach may only nominate players from his own team. Coach of the Year is to be selected by a vote of the head coaches.
2. **Coaches' Dress:** Coaches will follow the National Federation rule requiring coaches in the field to be in uniform. Coaches may wear a jacket in lieu of a baseball jersey.
3. **Infield Practice:** The home team will complete infield practice 25 minutes before game time. The visiting team will take infield the last fifteen minutes before the game.
4. **Schedule:** Schools will play a home and away schedule with JV/Varsity double headers.
5. **Time limit:** No JV game shall start a new inning after 6:20. If there is a tie at that point the game will remain a tie.
6. **Conference Tournament:** There will be a conference tournament with the first round at the higher seeds. Semifinals and Finals will be at a site to be determined by the athletic directors:
  - a. Year one – McCrary Park (Asheboro)
  - b. Year two – Guilford County higher seed
  - c. Year three – Alamance County higher seed
  - d. Year four – 4 schools that have not hosted – higher seed will host
7. **Run Rule:** A run rule will be observed – 10 after 5; 15 after 3
8. **Batting Practice:** Any batting practice by either team must be mutually agreed to by the head coaches prior to game time and should not be scheduled if both teams cannot take BP prior to the game.

## **Standing Rules: Basketball**

**Revised 6/2/17**

1. **Schedule:** Games will be played on Tuesday and Friday. Teams will play a home and away schedule. There will be a tournament. JV will play at the opposite site of the varsity game. There will not be a JV tournament.
2. **All-Conference Team:** 14 players will be selected, one of which will be of the Player of the Year. The votes for Player of the Year should be held first then followed by the other 13 All Conference selections. Should there be a tie for the last spot that can't be broken, the player from the higher seeded team will be named All Conference. Statistics should be from conference games only. A coach may only nominate players from his own team. Coach of the Year is to be selected by a vote of the head coaches.
3. **Benches:** It is recommended that teams sit on the side and not under the baskets.
4. **Officials:** Each school will use the booking agent assigned by the NCHSAA.
5. **Posters, Bands, Etc.:** Posters, banners, radios, noisemakers, etc. are not allowed at basketball games. Pep bands may play in accordance with the NCHSAA handbook. Cheerleaders must be seated while the ball is in play. Bleacher kicking and stomping is prohibited by cheerleaders. There are to be no visiting Pep bands.
6. **Home Team (JV & Varsity)** will provide warm-up balls, water and cups for both teams (6 balls for each team).
7. **Tournament:** First round will be at the higher seed. Semifinals and Finals will be at the site determined by the athletic directors. Both tournaments will be played at the same site.
  - Format:** Use three-man official crews for each game. Separate crews for each game. Tournament Director will book officials.
  - Admission:** \$6.00 First Round, \$6.00 Semi-Finals, and \$7.00 Finals
  - Seeding:** Will be determined by the NCHSAA.
  - Tuesday: Girls/Boys 2 vs 7, Boys 3 vs. 6; Boys 4 vs. 5 (Game time 7:00 unless mutually agreed by both schools to play at a different time)
  - Wednesday: 6:00 – Girls 1 vs. 4/5 winner; 7:30 – Boys 1 vs. 4/5 winner
  - Thursday: 6:00 – Girls 2/7 winner vs. 3/6 winner; 7:30 – Boys 2/7 vs. 3/6 winner
  - Friday: 6:00 Girl's Championship Game, 7:30 Boy's Championship Game
  - Weather change:** If needed because of weather the top 4 teams will play in the tournament.
  - Uniforms:** Higher seed team will wear white and be the home team.
  - Finances:** All expenses and proceeds will be placed in the conference treasury.
  - Note:** All players from teams not playing or from eliminated teams will be admitted free if identified by their coach.
8. **Clock Operator:** The clock operator for Varsity games must be an adult.
9. **Signs and Banners:** No signs or banners will be allowed at Conference games.
10. **Incomplete season:** When teams do not finish the regular season, the conference tournament will not be played and the teams will use these dates to complete the season. If teams are unable to complete the season, the winning percentage will be used for seeding.

## **Standing Rules: Cheerleading**

**Revised 6/2/17**

1. **Coaches** – Should be knowledgeable of the National Federation Spirit Rules and the NCHSAA Handbook Guidelines for cheerleading.
2. **Rules and Regulations** – Cheerleading squads will adhere to the NFHS safety rules and NCHSAA eligibility rules and regulations.
3. **Sportsmanship** – There is to be no cheering toward the opposing team in any antagonizing or derogatory manner. Cheers should only be directed to the cheerleaders' own fans. Cheerleaders will not be allowed to taunt or mock the opposing squad or squad members.
4. **Live ball play & free throws** – during basketball games cheerleaders are not allowed to stand, perform jumps or stunts during live ball situations or during free throws.
5. **Hosts** - Home squads are to greet visitor cheerleading squads before the contest. At this meeting, the home team should clarify the cheer rotation during basketball contests.
6. **Bleachers** - Cheerleaders are not allowed to kick or stomp bleachers.
7. **Shaking Hands** - Cheerleading squads are not to be included in the lines as teams, players and coaches, shake hands with each other at the beginning or end of a contest.
8. **At the conclusion** of football season and basketball season the cheerleader coaches nominate two cheerleaders from each school who will be selected as All Conference Cheerleaders.



## **Standing Rules: Cross Country**

**Revised 6/2/17**

1. **Schedule:** Meets will be scheduled on Tuesdays. All schools will come to each meet.  
A conference championship meet will be held at the completion of the regular season.
2. **All-Conference Eligibility:** To be eligible for the All Conference team and the championship meet each participant must participate in at least fifty (50%) of the regular season meets. Coach of the year will be selected by a vote of the head coaches.
3. **Courses:** All courses should be as close to 3.1 miles as possible.
4. **All-Conference:** Will consist of the top 10 runners in the conference championship meet plus 2 runners at large to be voted on by the coaches. The Runner of the year will be selected by a vote of the coaches and must be a member of the All Conference team. Coaches will vote on a coach of the year.
5. **Meets:** Walk through @ 4:30, Race starts @ 5:00.
6. **Conference meet participants:** All eligible runners may enter the Conference Tournament up to 7 per team.
7. **Sanctioned teams:** A school must field a team of at least five (5) members in order to be classified as a team.

## **Standing Rules: Football**

**Revised 6/2/17**

1. **All Conference:** A total of forty-eight (48) players will be named All Conference. A **Defensive Player of the Year, Offensive Player of the Year, and Special Teams Player of the Year** will be selected, all of which must be on the All Conference team. Should there be a tie for the players of the year, the players from the higher seeded school will be named player of the year. Coaches will also elect a Coach of the Year. Honorable mention players will not be recognized by the Conference.
  - a. **Break down of players from each team selected:**
    - . 1<sup>st</sup> place team – 11 players
    - . 2<sup>nd</sup> place team – 9 players
    - . 3<sup>rd</sup> place team – 8 players
    - . 4<sup>th</sup> place team – 6 players
    - . 5<sup>th</sup> place team – 5 players
    - . 6<sup>th</sup> place team – 4 players
    - . 7<sup>th</sup> place team – 2 players
  - b. A player of the year from each team selected will add to the numbers above
2. **JV Games:** All JV games will play 12 minute quarters.
3. **Communication:** Each school should provide its own equipment.
4. **Dressing Facilities:** Arrangements for dressing will be made by the athletic directors.
5. **Game Balls:** Teams will furnish their own balls for home and away games.
6. **Video Exchange:** Head coaches will exchange the latest two games on video tapes and current rosters for JV and Varsity teams. The exchange will take place on Saturday morning or at a time decided upon by the head coach or designee. Both coaches must agree if an earlier exchange is to take place. Conference videos shall not be given to non-conference schools during the playoffs.
7. **JV:** Games that are tied: JV game ties will be played according to the guidelines in the NCHSAA handbook for the tiebreaker system.

There will be no JV Conference Champion
8. **All-Conference Meeting:** Will be the Monday following the completion of the regular season at Eastern Guilford High School.

Note: Names and number of All-Conference nominations should be e-mailed to each conference coach the Wednesday before the conference meeting.
9. **Bands:** Visiting Bands will have a standing invitation to attend away games, in uniform and to perform in the stands. The host band director should contact the visiting athletic director and band director by Wednesday of the game week to make arrangements for the game. Visiting bands must receive permission from the host band director to perform on the field. There will be a total of ten chaperones (helpers) who will be allowed free into the game. These people must have a band pass provided by the conference.
10. **Postponed Games:** For Varsity games, by mutual agreement Saturday is the first choice then Monday. For JV games, the games will be canceled if it cannot be played on Monday or on an open date on the schedule.

11. **Rosters:** Two (2) copies of updated rosters will be provided to each team. Athletic Directors should send deletions and additions to the eligibility sheets to the member schools.
12. **Loaning Videos:** Conference schools videos shall not be given to non-conference schools during the state playoffs. Violation of this rule will result in a \$100 fine.
13. **Half time, Warm up:** Will take place in the team's end zone at the opposite end of the fields.
14. **Chain Crews:** Adults must be used for all varsity games.

## **Standing Rules: Golf**

**Revised 9/5/17**

1. **All Conference:** All Conference team will consist of 13 (12 and Player of the Year (boys)), 11 (10 and Player of the year (girls))
2. **The** players with the lowest cumulative scores in the conference matches (lowest 6 of 7) and the conference tournament. All ties for All Conference must be played out with a sudden death playoff. Player of the Year will be the medalist for the conference. Coach of the Year will be selected by the coaches.
3. **Conference Champion:** The conference champion will be the team with the lowest cumulative score in the conference matches (7) **and the conference tournament.** Teams qualifying for the regional tournament will be determined by the 7 regular season matches. Individual qualifiers to the regional tournament will continue through the conference tournament (lowest 6 of 7 and 18 hole conference tournament)
4. **Conference Tournament:** One 18 hole tournament.
5. **Schedule:** Schedule will consist of 7 nine hole matches. There will be a conference tournament match at the completion of the regular season.
6. **Scoring Limits:**
  - a. Women's:
    - . Double par scoring limit
    - . 3/5 Score conference match
    - . Conference tournament:
      - . Stoney Creek
      - . The Challenge
  - b. Men's:
    - . Double par scoring limit
    - . Score 4/6 conference match
    - . Conference tournament
      - . The Challenge
      - . Forest Oaks
      - . Stoney Creek
7. **Spectators and Coaches:** Are to remain on the cart path at all times unless they are assisting with a lost ball and are only allowed to offer words of encouragement. (Not Advice)
8. **Designated Head Coaches:** The designated head coach and assistant coaches are the only individuals allowed to offer advice from tee to green during a match. Violation of this rule will result in a two (2) stroke penalty.
9. **Conditions:** When conditions warrant Conference matches will play the ball as it lies with no improvement of the lie. A vote of the coaches prior to the match is needed to use preferred lies.

**STANDING RULES: SOCCER**  
**Revised 6/20/17**

- 1. ALL CONFERENCE TEAM:** The All Conference team will consist of twenty-four (24) players including an **Offensive Player of the Year** and a **Defensive Player of the Year**. The voting for players of the year will be held first followed by the other all conference selections. Coaches will also select a Coach of the Year.

**Break down of players selected from each team.**

- . 1<sup>st</sup> place – 6 players
- . 2<sup>nd</sup> place – 5 players
- . 3<sup>rd</sup> place – 4 players
- . 4<sup>th</sup> place – 3 players
- . 5<sup>th</sup> place – 2 players
- . 6<sup>th</sup> place – 1 player
- . 7<sup>th</sup> place – 1 player

**A player of the year selected from a team will add to the numbers above.**

- 2. Booking Agents:** Follow the NCHSAA guidelines for officials.
- 3. Schedule:** Each school will play the other schools twice in conference play. Games will be played on Monday and Wednesdays. There will not be a tournament at the end of regular season play. If there is a JV game, it will precede the Varsity game.
- 4. Time:** The Varsity Contest will start at 6:30 pm and JV contest at 5:00 pm. If no JV the contest will start at 6:00
- 5. Tie Games:** Follow NCHSAA rules for overtime.
- 6. JV Games:** Should consist of two 35 minute periods with a running clock. In case of tie no overtime will be played

## **Standing Rules: Softball**

**Revised 6/2/17**

1. **All Conference:** All Conference team will consist of twenty (20) players, two of which will be **Player of the Year** and **Pitcher of the Year**. The voting for the players of the year will be held followed by the other All Conference selections. Conference stats only shall be used to determine All Conference. Should there be a tie for the last spot that cannot be broken, the player from the highest seeded team will be named All Conference. If the tie cannot be broken using this method the players will be dropped and those clearly selected will be named. Coach of the Year will be selected by vote of the head coaches.
2. **Batting Practice:** Any batting practice by either team must be mutually agreed to by the head coaches prior to game time and should not be scheduled if both teams cannot take BP prior to the game.
3. **Infield Practice:** The home team will complete infield practice 25 minutes before game time. The visiting team will take infield the last 15 minutes before the game.
4. **Schedule:** Schools will play a home and away schedule with JV/ Varsity double headers being played at each site.
5. **Conference Tournament:** The first round will be at the higher seed with the Semifinals and Finals at a site determined by the Athletic Directors.
6. **Run Rule:** 15 after three innings. 10 after five innings.
7. **Time of JV Games:** If a JV game is part of a JV/Varsity Doubleheader, no inning can start after 6:20. Coaches will have the option to work with the home team to switch JV/Varsity start times when it is extremely cold.

## Standing Rules: Swimming

Revised 6/2/17

1. **All Conference:** The All Conference team will consist of the top 2 finishers in individual and relay events in the conference meet. A participant must participate in 50 percent or more of the conference meets to be eligible for All Conference. The Swimmers of the Year and Coach of the Year will be selected by a vote of the head coaches. **Four** other swimmers may be selected All-Conference as at large members.
2. **Conference Championship:** The conference championship will be based on the conference meet. Each school will be allowed four individual entries and **three** relay teams in each event in the conference meet. Entries should be printed or typed on the state entry form. Each school must provide two timers for the conference meet. Diving is an individual sport and is not scored with the met score.
3. **Conference Meet Awards:** All Conference Certificates will be presented to the top 2 places in each event.
4. **Dual Meet:**
  - a. Entry Card: Must be on a 3x5 index card **or by the team manager/meet manager program where it is available to both and being used by the host team** with the following information: (School name, event, lane, place and time)
  - b. Order of Events: Women first, men following
  - c. Participants: **Allowed participants and scoring will follow the guidelines in the National Federation of State High Schools Associations Swimming and Diving and Water Polo Rules Book.**
  - d. **Officials:** Provided by the host school and visiting school will consist of:
    - Scorers
    - Place Judges (2)
    - Stroke Judge **(2)**
    - Starter
    - Timers (1 **or more** per lane)
    - Head Timer
    - Card Runner
    - Meet Referee**
5. **Schedule:** Conference meets will be scheduled on Mondays and Wednesdays, but may be adjusted to other days due to the availability of pools.
6. **Entries** – Entries will be done using a team manager program when available. Meet manager will be used by the host team to run the meet. If meet manager is not available, teams will use a 3 x 5 index card with the following information: (Swimmer's name, school name, event, lane, place, time)
7. For Conference meets paid admission includes a heat sheet.

## **Standing Rules: Tennis**

**Revised 10/30/17**

1. **All Conference:** The All Conference Team will consist of a maximum of 15 players including the Player of the Year. The player of the year must participate in 50 percent of the conference matches. Should there be a tie for the last spot that cannot be broken, all ties will be dropped and those clearly selected will be named All Conference. Voting will be based on the conference statistics only. Coaches will also select the Coach of the Year.
2. **Balls:** The home team will provide one can of balls for each match (singles and doubles). 6 per match
3. **Coaching:** There will be no coaching during a match, except during the 90-second changeover. Head Coach is the only person that can talk to the player.
4. **Conduct:** The conduct of the players is the responsibility of the coach. Racket abuse, inappropriate language, and any other unsportsmanlike conduct will not be allowed.
5. **Lineups:** The entire lineup shall be submitted before play begins. If the match is decided in singles play, the coaches, by mutual agreement, can change the doubles teams to allow more participation.
6. **Scoring:** Team Scoring: First team to win five (5) matches.  
Individual scoring: Will consist of the first team to win 8 games by two (2) in doubles and 2 out of 3 sets with the third set consisting of a superset (first to win ten (10) points by two (2) tiebreaker in singles. A twelve (12) point tie breaker will be used at six (6) all in the first two (2) sets in singles and at eight (8) all in doubles. Side rotation will be after each six (6) points for all tiebreakers. Ad scoring will be used. Players must announce aloud each point and each game.
7. **Rules:** USTA rules govern play.
8. **Warm up:** There will be a 10 minute warm up
9. **Schedule:** Schools will play a home and away schedule.
10. **Suspended Matches:** Follow the NCHSAA Handbook.
11. **Talent Spots:** Players shall play in their talent spots. If there are fewer than 6 players on the team, all players shall move up to fill the vacant positions, but shall remain in their respective order. Any defaults or substitutions shall come at the bottom of the order. There shall be No stacking of the lineup.
12. **Tournament:** To determine Regional seeds.  
Site: Determined by the Conference  
There will be a coaches meeting on the night before the conference tournament.  
Format: Single select elimination with participants seeded by coaches
  - . 8 game pro set for all matches until finals
  - . Full 3 sets in finals
  - . 3 singles and 3 double matches
  - . 11:00 start timeBrackets will be distributed at the All Conference meeting.



## **Standing Rules: Track**

**Revised 6/2/17**

1. **All Conference:** Men and Women: The top 2 finishers in the conference meet in each individual event plus each member of the first 2 relay teams. A participant must participate in 50 percent or more of conference meets to be eligible for All Conference. There will be a **Field Event Winner**, a **Running Event Winner** and a **Most Valuable Athlete** of the Conference meet. Coach of the Year will be selected by the coaches.
2. **Conference Meet:** There will be a conference meet.
  - a. **Site:** To be determined by the Athletic Directors.
  - b. **Scratch meeting:** Will be at 12:00, meet at 1:00. The scratch meeting will be for scratching athletes from an event and not adding athletes. Entry blanks or online entries will take place as directed by the meet director.
  - c. **Participants:** Three athletes will be allowed per event per school and one relay team is allowed per school.
  - d. **Games committee:** Will be appointed by the Meet Director consisting of 5 members.
  - e. **Timing:** The Conference will rent an automatic timing system for the Conference meet.
3. **Pole Vaulting:** If the host school does not have a pit, the competition can be held the day before and points awarded.
4. **Schedule:** Meets will be on Tuesdays. There will be a conference meet at the completion of the regular season.(Wells Fargo are determined by position in the conference meet).

## **Standing Rules: Volleyball**

**Revised 10/9/17**

1. **All Conference:** The All Conference Team will consist of **16** players, **two** being the **Most Valuable Player and Defensive Player of the Year**. The voting for Player of the Year will be held followed by the other All Conference selections. Conference stats only will be used to determine All-Conference. Should there be a tie for the last spot that can't be broken, the players from the higher seeded school will be named All-Conference. Coach of the Year will be selected by a vote of the head coaches.
2. **Tournament:** Will be at the higher seed first round and at the first place team for the semifinals and finals.
3. **Schedule:** Games will be played on Tuesday & Thursday. JV will play first, followed by the Varsity. There will be a tournament at the completion of the regular season. **Home Team:** Will provide at least 6 balls and water coolers and cups for each bench.
4. **Warm up time:** The JV teams will warm up 5 -5-2 with the home team on the net first. The varsity warm up will be 5-5-2-2 (5 minutes passing for the home team, followed by 5 minutes passing for the visiting team, then 2 minutes serving for the home team then 2 minutes serving for the visiting team).
5. **Line Judges:** Each team will provide one line judge
6. **Signs and Banners:** No signs or banners will be allowed at conference matches.

## **Standing Rules: Wrestling**

1. **Schedule:** One round of matches will be wrestled. Matches will be scheduled on Wednesday.
2. **All Conference:** The All Conference team will consist of 30 Wrestlers including the Wrestler of the Year. The voting for the Wrestler of the year will be held first followed by the other All Conference selections. Coach of the Year will be selected by the coaches. Should there be a tie which cannot be broken, the wrestlers from the higher seeded schools will be on the All-Conference team. Players need to wrestle in at least 50% of the conference matches to meet the requirement to make All-Conference.
3. **Team Trophy:** To be determined by the regular season record.
4. **Tournament:** There will be no conference tournament.
5. **Matches:** Start at 7:00 with Weigh-in at 6:00 unless mutually agreed upon at another time.
6. **Signs and Banners:** No signs or banners will be allowed at conference meets.