

CONSTITUTION OF THE NORTH CENTRAL CONFERENCE

Article I: Purpose

The function of the conference shall be to promote and supervise activities among the member schools in grades 7-12.

Article II: Name

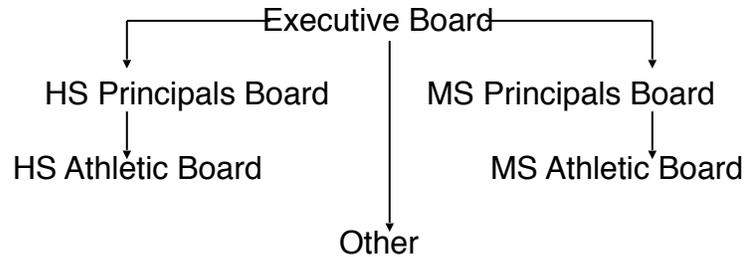
This organization shall be known as the North Central Conference.

Article III: Membership

- Section 1: Membership - The membership of the conference shall consist of the following schools: Algona, Clarion-Goldfield-Dows, Clear Lake, Fort Dodge St. Edmond, Hampton-Dumont, Humboldt, Iowa Falls-Alden and Webster City, together with other schools as the conference may see fit to admit. All schools must compete in all recognized conference sports in which they field a team. (4-14)
- Section 2: Eligibility - All state mandated rules will be adhered to.
- Section 3: Application for membership - A school desiring admission shall submit a written application no later than six (6) calendar months before the desired admission date.
- Section 4: Election to membership - New schools may be admitted to membership by the affirmative vote of all member schools, less one.
- Section 5: Withdrawal - Any school wishing to withdraw from the conference shall submit a written resignation no later than nine (9) months before the desired withdrawal date.
- Section 6: Expulsion - Any member of the conference may be dropped for failure to comply with any of the requirements of membership upon the unanimous vote of the other schools.
- Section 7: Dues - Dues shall be collected to provide resources for conference expenses. Dues shall be set annually by the Executive Board, based on anticipated conference expenses.

Article IV
Governance

Section 1: Organization - This conference shall be organized as indicated by the following organizational chart:



Section 2: Procedures -

Item 1. The Executive Board shall be composed of the Superintendents / Presidents of the member schools, shall be the governing body of this conference, and shall have final authority on all matters pertaining to the conference. Unless activities are expressly or explicitly permitted by the constitution, by-laws, and middle school handbook, or delegated by the Executive Board to respective athletic boards or principal boards, it shall not be permitted by the North Central Conference.

Item 2. For those items for which it is required, respective boards shall develop recommendations specific to their level for the constitution, by-laws, or middle school handbook, subject to approval by the Executive Board.

Item 3. The Executive Board may delegate authority and/or responsibility to the Principals' Boards or the Athletic Boards at its discretion.

Item 4. Role of the various boards:

- a. The Executive Board shall serve in a policymaking and supervisory capacity. It shall also serve as the board of final appeal.
- b. The Principals' Boards shall oversee their respective curricular and co-curricular programs of the conference. Although official votes are not required, Principals' Boards are encouraged to provide input, as they see fit, to the Executive Board regarding any proposed changes to the Constitution, especially those potentially impacting instructional time. (4-14)
- c. The Athletic Boards shall oversee the operations of their respective athletic programs of the conference. When required, proposals are to be recommended to the Executive Board. (4-14)

Section 3: Officers

Item 1. Executive Board

a. The officers of the Executive Board shall be President, Secretary, and Treasurer.

(1) The President shall be the Executive Officer of the school designated by the alphabetical rotation of member schools. The duties of the President shall be to represent the conference at its functions and to preside at its meetings. The President shall be able to make and second motions.

(2) The Secretary shall be the Executive Officer of the school next in rotation to the President. The Secretary's duties shall be to keep the minutes of all meetings of the conference and shall send to the schools a copy of the minutes of each regular and special meeting within one week after that meeting. In case the Secretary is absent, the President shall appoint a Secretary Protem.

(3) The Treasurer shall be responsible for the financial accounting of the conference. The Executive Board shall appoint a Treasurer annually at the May meeting.

Item 2. Principals' Boards and Athletic Boards

a. The officers of the Principals' Board shall be the President and Secretary. The Athletic Board's officer shall be the President.

b. The officers of the Principals' Board and Athletic Board shall be determined in the same manner as the Executive Board.

c. Duties of the officers of the Principals' Board and the Athletic Board shall be similar to those of the Executive Board.

Section 4: Meetings - Regular meetings shall be adopted annually at the September meeting. Typically, the HS Athletic Board shall meet the first Wednesday and the Executive Board on the third Friday of the months scheduled. Special meetings shall be held upon a call of the president or by request of the majority of schools. Presidents of the respective boards shall communicate before meetings to efficiently execute the functions of the conference. Constitution and by-law changes shall be considered no later than the April and May meetings, with a bi-annual review conducted by the Commissioner and a Board rep from each group. Meetings shall be conducted by Robert's Rules of Order (informal).

Section 5: Quorum - A quorum to transcribe business shall consist of one more than one-half of the membership of the conference schools.

Section 6: Majority - Shall be defined as one-half plus one.

Section 7: Three fourths- Shall be defined as three-fourths. In the event that three-fourths of the group is not a whole number, the next greater whole number shall be used.

(4-14)

Article V
Amendments and By-laws

Section 1: Amendments - The Constitution may be amended by an affirmative vote of three-fourths (3/4) of the member schools. Proxy votes may not be used to satisfy the two-thirds requirement. Participating in the discussion and voting using a speaker phone or other conferencing technology is permissible. Proposed amendments are to be presented in writing at one meeting and approved at the next regular or special meeting. (5-07, 4-14)

Section 2: By-laws - The By-laws may be amended by an affirmative vote of three-fourths (3/4) of the member schools. Proxy votes may not be used to satisfy the two-thirds requirement. Participating in the discussion and voting using a speaker phone or other conferencing technology is permissible. Proposed By-laws or amendments to By-laws are to be presented in writing at one meeting and approved at the next regular or special meeting. (5-07, 4-14)

Amendments to any By-law in Section I or VI shall require Executive Board approval. For all remaining By-laws or appendices, only items designated by an asterisk (*) shall require Executive Board approval. With the exception of items so identified, Sections II through V and Appendix A shall be under the purview of the High School Athletic Board. Excepting identified items, Section VII shall be under the purview of the High School Principals Board. Appendix B, excepting identified items, shall be under the purview of the Middle School Athletic Board.

For those items for which Executive Board approval is not required, they shall be informed a minimum of 30 days prior to implementation, publication, or notification of any change. The Executive Board preserves oversight responsibilities and as such, maintains the right to reject any proposal for change set forth.

These by-laws have been revised and adopted by the North Central Conference Athletic Directors, Principals, and Superintendents and are currently in effect. The future revision of one or more sections will be noted and recorded by date at the location of the pertinent section within this document.

Approved: 11/10/65 Reviewed: 1996-97; 2002-03; 2004-05; 2013-14

Organization of the conference constitution and by-laws, sections, and appendices:

Constitution

By-laws

Section I General Conference Rules
Section II Fall Sports
Section III Winter Sports
Section IV Spring Sports
Section V Summer Sports
Section VI Trophies, Medals, Awards
Section VII Non-athletic Activities

Appendix A Conference Rotations

Appendix B Manuals and Guidelines

Appendix C Middle School Handbook

BY-LAWS
Section 1
General Conference Rules

(Any change to Section 1 requires Executive Board approval)

- A. Volleyball, Girls' and Boys' Cross Country, Girls' and Boys' Basketball, Wrestling, Girls' and Boys' Golf, Girls' and Boys' Track, Softball, and Baseball are North Central Conference varsity sports. In order to be eligible for consideration for status as an additional varsity conference sport, at least six members must offer the sport. An eligible sport can be added as a conference sport with approval of a motion at an Athletic Board meeting, with subsequent approval by the Executive Board. When added, any new conference sport will have all the same rights and privileges of previously-existing sports. The status of any sport may be re-evaluated annually. (4-14)
- B. Picture trophies for those sports where the season's participation is counted, shall be awarded by the conference. These sports include: baseball, softball, volleyball, boys and girls cross country, boys and girls basketball, dual wrestling season, conference wrestling tournament, boys and girls dual golf season, boys and girls conference golf tournament, and boys and girls track. Recognition of divisional championships will be accomplished through awarding of add-a-bar plaques. For a complete list of trophies and awards, see Section VI. (4-14)
- C. All-conference certificates will be awarded to any individual named to any all-conference team.
- D. A North Central Conference Champion certificate will be given to each athlete on teams winning conference championships.
- E. Schools that host NCC tournaments or meets shall receive a 30% commission of the gross gate receipts. The remaining 70% of gate receipts shall be sent to the conference treasurer for deposit in the NCC treasury. Officials and starters shall be paid by the conference treasurer. Host schools are responsible for employing procedures to assure fund fidelity. Schools are also asked to provide information on admission numbers including number of paid admissions for adults and students. Free admission is allowed for tournament and meet officials and workers. IHSAA and IGHSAA complimentary administrator passes shall be honored. Local employee passes, senior citizen's passes and other passes used for local events are not to be honored at NCC tournaments or meets.
- F. NCC activity passes shall be honored for all NCC-sponsored events by all members.
- G. Conference tournaments rotate among all participating schools. See Appendix B.
- H. Any two schools may revise the master conference schedules. All other conference schools must be notified of the change.
- I. Signs and banners are regulated as per IHSAA/IGHSAA rules.
- J. Visiting teams may not bring pep bands to winter events or volleyball games. Noise makers are not allowed at any contest held within a gymnasium.
- K. Seniors may participate on JV teams by mutual agreement of the schools involved. Every effort will be made to communicate in advance of the game. Foreign exchange students may participate in varsity or junior varsity athletics in accordance with rules established by the IHSAA and the IGHSAA. (5-15)
- L. All-conference teams will not be selected for individual sports. (Team sports only)
- M. Individual schools have no responsibility to visiting teams for a place from which to film/video games. If you wish to do this, contact the officials from the opposing school in advance. Videotaping follows state guidelines.
- N. Make-up dates will be established for all NCC championships decided in one-day tournaments. If a school cannot attend on the make-up date, the tournament will take place without them.
- O. Admission price for regular season varsity conference events is: \$5 for volleyball, basketball, dual wrestling, conference wrestling meet, conference track meets, baseball and softball. (9-14)
- P. Two divisions, with the four largest classification enrollments in one division and the remaining four in the other, will be utilized in girls' and boys' basketball, softball, and baseball. Division champions will be recognized in these sports, in addition to an overall conference champion. The tie-breaker for Divisional championships will be: 1. Head-to-head competition, 2. Overall conference record. Divisional make-up for the following school year will be established each spring when classification enrollments become available. (4-14)

Section II
Fall Sports

Boys and Girls Cross Country

- A. The conference meet for boys and girls will be held Tuesday of week 15, both competing at the same site.
- B. At the conference meet team scores shall be kept as follows:
 - Boys per IHSAA regulations
 - Girls per IGHSAA regulations
- C. * The high school conference cross country meet will begin immediately following completion of the middle school races. (5-10)
- D. The order of races for the conference meet will be as follows:
 - MS Girls
 - MS Boys
 - JV Girls
 - Varsity Girls
 - Varsity Boys
 - JV Boys (Nov 15)
- E. The finish line will be videotaped. (10-06)
- F. The meet will begin at 3:45 p.m.

* - any change to this item requires Executive Board approval.

Volleyball

- A. The home team will furnish warm-up volleyballs for all conference dual meets.
- B. All conference dual meets will:
 - 1. * Include Freshmen and JV games to be played on two nets before each Varsity match, with a start time of 6:00 p.m.
 - 2. All underclass matches will be best two out of three, played to 21 points. Matches will stop at 7:00, unless the deciding match is being played. If the deciding match is being played, it cannot run past 7:15 p.m.
 - 3. There will be no more than 17 minutes warm-up time for the varsity match.
 - 4. Varsity matches will consist of 3 out of 5 games.
 - 5. It is mandatory that adult line judges will be used in all varsity matches.
- C. The all-conference meeting will be held in Clarion as soon as feasible after the conclusion of the conference schedule. The date and time of the meeting will be established by the Commissioner.
- D. The volleyball all-conference teams shall consist of first, second, and third teams of 8 players each. Coaches will nominate players for first team in order of final conference standings, from 1st through 8th. Each coach will vote for 8 players, with the top 8 vote-getters named to the first team. If a tie exists that extends the team past 8, a tie-breaking vote shall be taken among the tied players. If a tie still exists, the extra player(s) shall be placed on the first team. However, a maximum of 10 is placed on team membership. If the tie takes the total past 10 players, tie-breaking votes will be continued until 10 or fewer players remain. This same process will be repeated for second and third team membership. The Commissioner will identify and communicate the date, time, and place of the all-conference meeting. (3-06, 3-14)

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Section III
Winter Sports

Girls and Boys Basketball

- A. * Varsity starting time is 6:15 p.m. 9th (boys), 9/10 (girls), and JV games as per contract.
- B. The home team will furnish good basketballs for all levels of contests.
- C. JV games will consist of 8 minute quarters. Shorter quarters can be used at the discretion of the host school. Freshman games will have 7 minute quarters. (12-08)
- D. All postponed games which will have an effect on the conference championship must be played prior to the first round of post-season play. Under extenuating circumstances when every effort has been made to make up a game to no avail, the Athletic Board may waive this requirement.
- E. Half-time activities will not exceed 15 minutes for events held in the gymnasium. This allows for 12 minutes of special activity and a 3 minute warm-up period for the teams competing. Pre-game warm-up is not to start before 5:55.
- F. The all-conference meetings will be the Sunday night following the last conference games for girls and boys. The meetings will be held in Clarion at a time set by the Commissioner.
- G. The Girls and Boys Basketball all-conference teams shall consist of three (3) teams of six (6) members per team. Nominations will be done in order of final conference standings, from 1st through 8th. Ties are voted off once, if the tie still exists, the extra player(s) are added. Coaches may vote for their own players. (3-06, 3-14)

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Wrestling

- A. * Starting time for week-day dual meets is 6:30 for JV, with the varsity meet starting 20 minutes after the end of the JV meet. Starting time for week-day double duals is 6:00. If three conference teams come together for a double dual, the home team will wrestle the first and third meet, and the visiting team that travels the greatest distance will wrestle in the first and second meets. The varsity meet will begin 20 minutes after the last JV match, but no earlier than 7:00 p.m. If a JV wrestler is in a second match and he needs recovery time, that JV match can be wrestled at the conclusion of the varsity meet. (3-12)
- B. All postponed meets which have an effect on the conference championship must be wrestled prior to the first round of the post-season tournament.
- C. All conference dual meets will have JV prior to varsity. By mutual consent, seniors may be allowed to wrestle on JV to avoid a forfeit. Underclassmen do have first priority, and at no time will a senior wrestle ahead of a JV underclassman.
- D. No team score will be kept at the JV level.
- E. Weigh-ins will begin one hour prior to the meet, with the 106 class. IHSAA guidelines will be followed. (4-12)
- F. The weigh-in judge will be an administrator, athletic director, or assigned official, as identified by the host school.
- G. Projected line-ups will be faxed or emailed to the host school by 3:00 p.m. the day prior to the meet. (2-09)
- H. The draw for the starting weight for the meet will be done following completion of all weigh-ins.
- I. Conference Wrestling Tournament
 - 1. * Admission will be \$5 per person.
 - 2. The host school will use three mats if at all possible.
 - 3. The host school will prepare and may sell programs.
 - 4. Seeding meeting and criteria (5-07)
 - A. Seeding meeting begins immediately following weigh-ins. One assistant coach may attend the meeting in a non-speaking role, for clerical purposes, unless replacing the head coach at the meeting. A meet official shall supervise the meeting and serve as time-keeper. A ten-minute time limit is placed on seeding of each weight class, after which a blind draw will occur to determine seeding. (2-08) (3-17)
 - B. Seeding criteria is as follows: (4-12) (3-17)
 - a. Varsity head-to-head competition (NCC dual meet competition is tie-breaker)
 - b. Common opponents (Wins/loss record, only. Match scores not considered.)
 - c. Previous year's placing (Regardless of weight. State place earned is first consideration, then top-three placing in the conference)
 - d. Common sense

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5. Time Frame
 - A. * The Conference wrestling tournament will begin at 10 a.m.
 - B. At discretion of host school
 - a. Championship, consolation, 5th place at same time on three mats (if used)
 - b. 5th place, then consolation & championship on two mats at same time.
6. Format
 - A. A cross bracket format will be allowing for a true third place to be determined.
7. Officials
 - A. There will be one more official than the number of mats being used.
 - B. The Commissioner will hire the officials.
8. Weigh-Ins
 - A. Will follow IHSAA regulations.
9. Places
 - A. Places 1-6 will be wrestled. Points toward the championship will be awarded. The top three places will be announced during the awards presentation.
10. If there are four or less wrestlers in any weight class, the points shall be scored as follows:
 - 1 wrestler: 0 points (no match)
 - 2 wrestlers: 4 points = 1st, 1 point = 2nd
 - 3 wrestlers: 6 points = 1st, 3 points = 2nd, 0 points = 3rd
 - 4 wrestlers: 8 points = 1st, 5 pts = 2nd, 2 pts = 3rd, 1 pt. = 4th
 Fall and advancement points are as per rule book coverage
11. Wall brackets for the tournament will be provided by the conference.
12. * The conference will not buy meals for wrestlers at the conference tournament.
13. The host school shall provide a room for officials and administrators.
14. * Should the conference wrestling tournament be postponed due to inclement weather, it will be made up on the Monday following the original Saturday date, beginning at 2:00 p.m.

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Section IV
Spring Sports

Boys and Girls Golf

- A. In dual or triangular conference golf meets, as well as the conference meet, itself, each team will be composed of no more than six (6) players and four (4) players will score.
- B. In all conference meets, varsity players must be designated before the meet begins.
- C. * Meets are to start at 4:30 p.m., unless there is a mutual agreement between both school administrators to start earlier.
- D. A modified shot gun start is to be used to start meets where club procedures allow.
- E. If a match begins and then is postponed midway through, it shall not count as a match. If the match is made up, it is done so from the beginning. If schools are unable to get dual meets impacting the dual championship in before the start of the post season, as a last resort, reverting to the results of the first 9 holes of the NCC tournament may be used to complete the dual meet results, determining final dual standings and the dual meet championship.
- F. Postponed dates must be made up prior to the first round of the post-season play if they have a bearing on the conference championship.
- G. * The rain date for the conference meet is the Tuesday following the original Monday date, beginning as close to 2:00 as possible, with official start time determined by the host school, in consultation with course management. (if it was started, but not completed).
- H. JV contests will be arranged by competing schools.
- I. In case of a team tie in a conference dual or triangular meet (girls or boys), the 5th score, then 6th score, then handicap hole for all 6 golfers will be used to break the tie. In case of a tie at the NCC meet, the methods used by the IGHSAU and the IHSAA for their tournaments will be applied. (4-10)
- J. To determine individual medalist and runner-up medalists in case of ties, the methods used by the IGHSAU and IHSAA for their tournaments will be applied. (4-10)
- K. In conference triangular meets, the number of participants shall be decided by the host school.
- L. The Conference meet will be an 18-hole meet. (2-08)

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Girls and Boys Track

- A. * Monday through Friday track meets will start at 5:00 p.m.
- B. District order of events will be used in the conference track meet.
- C. Events will be seeded at the NCC meet. Times will be sent in as by host request. All coaches must be able to verify all times turned in if challenged. Relays will be set up so that the fast heat occupies all lanes; however, there must be at least 2 teams running in the slow heat. There will be no preliminaries. Lane assignments for finals will be done as prescribed by the IHSAA/IGHSAU:
8-lane track: 4, 5, 3, 6, 2, 7, 1, 8
7-lane track: 4, 3, 5, 2, 6, 1, 7
6-lane track: 3, 4, 2, 5, 1, 6
- D. The JV Invitational Meet will be run with no points or score kept and no trophy awarded.
- E. Participation limits will be the same as those set down by the state.
- F. In the conference meet, qualifiers for the finals are:

Field events: Qualify 8 for finals.

Running events: Shall be the number of lanes running around the track. If a runner scratches after seeding has taken place, the lane shall remain open unless filled by a replacement competitor from that school.
- G. Scoring for Girls and Boys meets: (11-09, 8-14, 5-15)
Individual events: 10-8-6-5-4-3-2-1
Relay events: 10-8-6-5-4-3-2-1
- H. * The rain date for the conference meets is Monday of Week 45, following the original Thursday of Week 44 date, also starting at 5 p.m. (1-15)
- I. For the NCC meet, videotaping will be available at the finish line for tight finishes, with the tape made available for review by the starter.

* - any change to this item requires Executive Board approval.

Section V
Summer Sports
Softball and Baseball

- A. First round suspended games will be completed in accordance with IHSAA/IGHSAU rules. The suspended game is to be made up on the scheduled second round date. The suspended game will be played prior to the regularly scheduled game.
- B. Postponed first round games that have not started will be rescheduled.
- C. Games rained out during the second half of the schedule must be played only if they affect the conference championship. If made up, the game must be played before the first round of the post-season tournament. An NCC game effecting the championship will take priority over a non-conference game, if another open date cannot be found. Under extenuating circumstances when every effort has been made to make up a game to no avail, the Athletic Board may waive this requirement.
- D. * Game times for Baseball and Softball: (* -any change to this item requires Executive Board approval)
5:30 JV/Varsity or Varsity doubleheader 7:30 Single Varsity game (5-09)
- E. JV Baseball: 7-inning games with no inning to start after 7:00. A run limit per inning may be established by mutual consent of the coaches. This must be done prior to the beginning of the game. If there is not mutual consent there will be no run limit and the innings will be played as full innings. The 10-run after 5 rule will apply. If a tie exists after 7 innings, the game will end as a tie. There are no extra innings, or tie-breakers, in JV.
JV Softball: 7-inning games with no inning to start after 7:00. There will be a 5-run per inning limit. The 12-run after 3 and 10-run after 5 rules will apply. If a tie exists after 7 innings, the game will end as a tie. There are no extra innings, or tie-breakers, in JV.
- F. Run rules of the ISHAA and IGHSAU will be followed at the varsity level.
- G. JV games will precede the varsity contest, unless switched due to inclement weather, by mutual consent before the traveling team has departed.
- H. In Softball, no infield will be taken on the game infield prior to a contest, unless one or both team(s) wish to. Both teams must be given the opportunity to take infield on the field if they wish.
- I. The Softball and Baseball all-conference meetings will be scheduled in Clarion as soon as feasible following the last conference game. The Commissioner will notify coaches of the date, time, and location of all-conference meetings. (5-10)
- J. The Baseball all-conference teams will include a first and second team, composed of 3 pitchers, 1 catcher, 4 infielders, 3 outfielders, and 2 DH/utility players. Nominations will be done in order of final standings, from 1st through 8th. Ties going beyond the prescribed number of positions will result in a second vote among those tied. If the tie still exists, the extra player(s) will be added. Eight "at large" players will be named to a third team, based on a vote of the coaches, following nominations. (3-06, 9-06, 3-14)
- K. The Softball all-conference teams will include a first and second team, composed of 2 pitchers, 1 catcher, 5 infielders, 3 outfielders, and 2 utility players. If deemed appropriate, coaches may list one of the U/DH choices as catcher, resulting in 2 catchers and 1 U/DH on that team. Nominations will be done in order of final standings, from 1st through 8th. Ties going beyond the prescribed number of positions will result in a second vote among those tied. If the tie still exists, the extra player(s) will be added. Eight "at large" players will be named to a third team, based on a vote of the coaches, following nominations. (3-06, 9-06, 3-14, 10-15)

Section VI Trophies, Medals, Awards

(any change to Section VI requires Executive Board approval)

Team Championship Trophies: All conference championship trophies will have an appropriate athletic figure identifying the sport. These figures can be changed from year to year as desired. Duplicate trophies will be issued for conference co-champions. All figures will be number 2 size. Conference championship trophies will be awarded for Boys and Girls Cross Country, Volleyball, Softball, Baseball, Boys and Girls Basketball, Dual Season Wrestling, Conference Wrestling Tournament, Boys and Girls Track, Boys and Girls Conference Golf, and Boys and Girls Dual Season Golf. A conference header plaque will be purchased for each member school and bars added for any divisional championship won. (4-14)

All Sport Champion: One school annually will be recognized as the school amassing the most points in a school year, based on final standings in each activity for which a championship trophy is awarded (except wrestling and golf tournaments-dual standings, only, will be used for these two sports).

Individual Awards:

Varsity Track: 1-2-3 places receive medallions (gold - 1st, silver - 2nd, bronze - 3rd) marked with the place finish, event, and 20__ on the back. Each of the four relay team members will receive a medal, as designated, for placing of 1st through 3rd. The Conference meet events will be the same as those adopted by the IHSAA and IGHSAU. (4-14)

JV Track: Events are the same as varsity. Ribbons will be awarded for both individual and relay events. Ribbon colors will be: blue - 1st, red - 2nd, white - 3rd. Engraving will be as follows: North Central Conference; Junior Varsity; 20__; Male/Female figure; Place; Name of event. (4-14)

Conference Wrestling Tournament: 14 gold medallions for 1st place finishers, 14 silver medallions for 2nd place, and 14 bronze medallions for 3rd place, that indicate the weight class and place finish on the back. Weight classes will be those adopted for use by the IHSAA. (4-14)

Cross Country: For both boys and girls, 1st place gold medallion, 2nd place silver medallion, and 3rd through 8th place bronze medallions with the place, Cross Country, and the year on the back. (4-14)

JV Cross Country: For both boys and girls, ribbons awarded as follows: 1st place-blue, 2nd place-red, 3rd place-white, 4th place-green, and 5th through 8th places-yellow. Ribbons will state: North Central Conference; Cross Country; Junior Varsity; 20__; with a female or male figure and place as appropriate. (4-14)

Girls and Boys Golf Tournament: For both boys and girls: Medalist - gold medallion; Runner-up - silver medallion; and, 3rd through 8th places bronze medallions (includes additional medals for anyone tied for 8th place), with place, golf, and the year engraved on the back. Six gold medallions awarded to members of the championship teams. (10-10, 4-14)

All-Conference Certificates: All conference certificates will be awarded to athletes named to all-conference teams, including honorable mention. Certificates should not be awarded in sports where medals are issued.

Section VII Non-Athletic Activities

North Central Conference Art Show:

1. A conference art show will be held each spring.
2. Hosts of the show will be determined by an alphabetical rotation, as follows:

14-15: Humboldt	18-19: Algona
15-16: Iowa Falls-Alden	19-20: Clarion-Goldfield-Dows
16-17: St. Edmond	20-21: Clear Lake
17-18: Webster City	21-22: Hampton-Dumont
3. The conference art instructors are responsible for planning the show.
4. The host school art instructor and principal are responsible for making all arrangements for the show.
5. Expenses incurred in hosting the Art Show must be documented and are reimbursable up to a maximum of \$1500. (5-15)

Academic All-Conference Team:

1. Each spring, the North Central Conference will recognize an "All-Conference Academic Team".
2. To qualify for this honor, students must meet the following criteria:
 - a. Be a senior class member in an NCC school.
 - b. Possess a grade point average of 3.6 or above.
 - c. Achieve an ACT score of 26 or above.
3. All media releases will be developed by the secretary of the Principal's Board and sent to each member school.
4. * Certificates will be awarded to each member of the Academic Team.

Other Activities:

The Conference Principals shall recommend to the Executive Board, additional activities as it deems appropriate.

Expenses for the MS and HS Leadership Conferences are reimbursable by the NCC up to \$2000, each.

* - any change to this item requires Executive Board approval.

**APPENDIX A
CONFERENCE ROTATIONS**

Conference Hosting Rotation by Sport

Cross Country

14-15 Humboldt
15-16 St. Edmond
16-17 Hampton-Dumont
17-18 Algona
18-19 Iowa Falls-Alden
19-20 Webster City
20-21 Clear Lake
21-22 Clarion-Goldfield-Dows

Wrestling

14-15 Clear Lake
15-16 Hampton-Dumont
16-17 Algona
17-18 Humboldt
18-19 Clarion-Goldfield-Dows
19-20 Iowa Falls-Alden
20-21 Webster City
21-22 St. Edmond

Boys' Golf

14-15 Algona
15-16 Humboldt
16-17 Clarion-Goldfield-Dows
17-18 Iowa Falls-Alden
18-19 Clear Lake
19-20 Hampton-Dumont
20-21 St. Edmond
21-22 Webster City

Girls' Golf

14-15 Clear Lake
15-16 Clarion-Goldfield-Dows
16-17 St. Edmond
17-18 Hampton-Dumont
18-19 Webster City
19-20 Humboldt
20-21 Iowa Falls-Alden
21-22 Algona

JV-Var Boys' Track

14-15 Iowa Falls-Alden
15-16 Webster City
16-17 Clear Lake
17-18 St. Edmond
18-19 Humboldt
19-20 Algona
20-21 Clarion-Goldfield-Dows
21-22 Hampton-Dumont

JV-Vars Girls' Track

14-15 St. Edmond
15-16 Hampton-Dumont
16-17 Iowa Falls-Alden
17-18 Webster City
18-19 Algona
19-20 Clarion-Goldfield-Dows
20-21 Humboldt
21-22 Clear Lake

MS Boys' Track

14-15 Clarion-Goldfield-Dows
15-16 Iowa Falls-Alden
16-17 Webster City
17-18 Clear Lake
18-19 Hampton-Dumont
19-20 St. Edmond
20-21 Algona
21-22 Humboldt

MS Girls' Track

14-15 Webster City
15-16 Algona
16-17 Humboldt
17-18 Clarion-Goldfield-Dows
18-19 St. Edmond
19-20 Clear Lake
20-21 Hampton-Dumont
21-22 Iowa Falls-Alden

**North Central Conference Tournaments
Rotation by School**

Algona

14-15 Boys Golf
15-16 MS Girls Track
16-17 Wrestling
17-18 Cross Country
18-19 Girls Track
19-20 Boys Track
20-21 MS Boys Track
21-22 Girls Golf

Clarion-Goldfield-Dows

14-15 MS Boys Track
15-16 Girls Golf
16-17 Boys Golf
17-18 MS Girls Track
18-19 Wrestling
19-20 Girls Track
20-21 Boys Track
21-22 Cross Country

Clear Lake

14-15 Wrestling, Girls Golf
15-16
16-17 Boys Track
17-18 MS Boys Track
18-19 Boys Golf
19-20 MS Girls Track
20-21 Cross Country
21-22 Girls Track

Hampton-Dumont

14-15
15-16 Wrestling, Girls Track
16-17 Cross Country
17-18 Girls Golf
18-19 MS Boys Track
19-20 Boys Golf
20-21 MS Girls Track
21-22 Boys Track

Humboldt

14-15 Cross Country
15-16 Boys Golf
16-17 MS Girls Track
17-18 Wrestling
18-19 Boys Track
19-20 Girls Golf
20-21 Girls Track
21-22 MS Boys Track

Iowa Falls-Alden

14-15 Boys Track
15-16 MS Boys Track
16-17 Girls Track
17-18 Boys Golf
18-19 Cross Country
19-20 Wrestling
20-21 Girls Golf
21-22 MS Girls Track

St. Edmond

14-15 Girls Track
15-16 Cross Country
16-17 Girls Golf
17-18 Boys Track
18-19 MS Girls Track
19-20 MS Boys Track
20-21 Boys Golf
21-22 Wrestling

Webster City

14-15 MS Girls Track
15-16 Boys Track
16-17 MS Boys Track
17-18 Girls Track
18-19 Girls Golf
19-20 Cross Country
20-21 Wrestling
21-22 Boys Golf

APPENDIX B

MANUALS and GUIDELINES

NCC TRIANGULAR WRESTLING PROCEDURES

1. All teams will weigh in @ 5:00
2. The home team will wrestle the first and third matches. The team traveling the longest distance will wrestle the first and second matches.
3. Two mats will be used for the triangular. Two officials will work the meet.
4. Introductions of all three varsity teams at 5:55. With the introduction of each weight, all three wrestlers will meet at the center of the two mats. National Anthem to follow.
5. For each dual, the JV will wrestle on one mat and the varsity on the other. If the JV matches conclude prior to the finish of the varsity dual, the varsity will finish using both mats. If both mats are being used to finish the meet, both matches on each mat will be concluded before the next matches on the mats will be introduced and start. (Ex. 112 and 119 varsity matches are wrestling. 112 match ends in the first period with a pin. The 119 match will finish on the other mat before the 125 and 130 wrestlers will be introduced.)
6. Prior to the meet by mutual agreement of meet management and coaches we can waive procedure #5 and wrestle the conclusion of the varsity contest by using the first available mat when the JV matches conclude.

NCC OFFICIALS PAY TARGETS (5-17)

Pay targets for varsity sports during the 17-18 year are as follows:

Volleyball - \$95
Girls and Boys Basketball - \$100
Dual Wrestling - \$95
Softball - \$95
Baseball - \$105

The amounts listed are targets for consistency across the NCC; however, it is recognized that individual schools may need to adjust pay as circumstance may dictate.

NCC GOLF MEET PROCEDURES

- All USGA rules will apply unless otherwise stated in this document.
- IHSAA (boys) and IGHSAU (girls) rules will apply.
- During the NCC meet, we are to play summer rules.
- IHSAA rules state that all players must wear the same (color and style) school-issued or school approved golf uniform shirt (collared or non-collared), during competition.
- IGHSAU rules state that all participants shall wear a collared or mock shirt.
- Participants will comply with any additional clothing requirements of the host course.
- Use of cell phones by participants is prohibited until all scores have been posted and the tournament is completed. Please announce this to all players. Also ask that parents and spectators either shut their cell phones off or put them on silent. Spectators shall refrain from use of cell phones on the course.
- Family, friends, spectators, etc., cannot communicate with participants on the course. (Walking immediately alongside a player is deemed to be communication). Spectators should remain in the rough when observing play other than to cross fairways without interfering with players. It is permissible to talk to players in the clubhouse (ask for money, etc.) Encouraging words such as “good shot” are acceptable. Spectators may assist players in looking for a lost ball, but may not offer rulings. When golfers are on the green, spectators must be behind the green so the next group can hit as soon as the green is cleared.
- IHSAA permits the designated golf coach to coach a player up until the player and the player’s ball are on the green. If any part of the player’s ball is on the actual green, the ball is considered on the green. Once the player arrives at the green (no delay by the player) the team or individual designated coach can have no more communication with the competing player(s) until all players in the group have holed out. When providing advice, the designated coach must not enter a bunker. Per the IGHSAU, the head coach and assistant coach can communicate with the player anywhere except the green or in the bunker.
- Range finders are allowed only for distance.
- Push carts are permitted by both associations. For the use of a motorized cart, special permission may be granted by both associations.
- The IGHSAU/IHSAA rules read that no practice putting is allowed on the course, including the putting green, after competition has begun.
- The rules committee should consist of all coaches, except when their player is involved in the ruling. If it is impossible to get all together, a ruling can be made by those available. There must be a minimum of three.
- If the NCC meet is played on a nine-hole course and the meet is called due to weather and all 6 golfers on all eight teams have completed 9 holes, it will be called a complete meet. If everyone has not completed nine holes, the meet will be rescheduled the next day by playing nine holes, with a start time as close to 2:00 as possible, but official start time determined by the host school, in consultation with course management.
- If the NCC meet is held on an 18-hole course and the meet is weathered out and there is no common nine holes completed due to a shotgun start, the meet will be rescheduled the next day as a nine-hole meet with a start time as close to 2:00 as possible, but official start time determined by the host school, in consultation with course management.
- If the meet is called before any loss of school time, the meet will be rescheduled the next day as an 18-hole meet, if the host course can be made available.
- In case of a tie, to determine the TEAM champion or INDIVIDUAL medalist, the methods of the IGHSAU and IHSAA for their state tournaments will be applied. To determine the team champion, we will use the 5th score, if still tied, the 6th score, if still tied, then a playoff will be utilized. IGHSAU rules say the coach will pick 4 players to participate in a sudden death playoff. IHSAA rules say a three-hole playoff with the 4 counting scores will be utilized, if still tied then sudden death playoff. At the state meet to determine the individual medalist, per the IHSAA and the IGHSAU, a sudden death playoff will be utilized. All other ties will be a cardback. Medals will be awarded to the next six individual positions with 3rd through 8th engraved on the back. All ties will be broken by carding back using the handicap holes. A tie for 8th place need not be broken as additional medals will be presented to any golfers tied for 8th place.
- For tie-breakers on a 9-hole course, the first tie-breaker will be the handicap hole on the first round, with the second being the same hole on the second round. (5-12, 8-14, 5-15, 3-17)

NCC TRACK MEET PROCEDURES

1. Scoring for the North Central Conference Track & Field meets shall be the following:
10-8-6-5-4-3-2-1 for both Relays and Individual Events
2. The order of events shall be the same as required by the IGHS AU and IHSAA for regular meets that do not hold preliminaries. (See association web sites for suggested order of events.)
3. Starting time of the conference boys and girls meets will be 5:00. Field events will begin @ 5:00. Running events will begin @ 5:30. All events will run consecutively and no time schedule will be established. (5-17)
4. All running events will be Junior Varsity followed by Varsity. The fast heat in JV & Varsity will always be the last heat.
5. Times will be sent in as by host request. All times and efforts will be performances in established meets and should be recorded in metric times or converted metric times for the running events and standard measurements for the field events. All entries shall be submitted as FAT times. All NCC meet seed times need to be verified through QuikStats. Any time discrepancies (faster or slower than what is posted on QuikStats) will result in "no time" seed time. No split times are allowed for individual event seed times. Varsity relays will be set up so that the fast heat occupies all lanes; however, there must be at least 2 teams running in the slow heat. There will be no preliminaries. Lane assignments will be done as per NCC constitution according to the number of lanes on the track. If a runner scratches after seeding has taken place, the lane shall remain open unless filled by a replacement competitor from that school. JV relays may be seeded by meet management and do not have to follow the NCC constitution guideline.
6. There will be one JV and one Varsity heat of the 4 x 800 relay.
7. The 3200/3000/1600/1500 meter runs will be run in one heat. A waterfall start will be used with the top runners in each race in the front row and seeded in the lanes according to times. The front row will consist of two runners per lane on the waterfall line and the remaining runners in lanes in the second row. If a double waterfall is marked on the track the meet management may use this in establishing starting positions.
8. The *varsity* 800-meter run will be run in two heats. *The JV 800 will be run in one heat.* Time will determine how meet management will establish *varsity* heats and numbers in each race. A minimum of the fastest eight *varsity* times will be placed in the fast heat.
9. No JV runners are allowed to compete in varsity events. (The intent is that JV and Varsity races should be run separately. Individuals may run in JV and Varsity races as long as they stay within the IHSAA participation limits.) *The exception would be the 3200/3000-meter runs. If there are five or less runners in the JV races, the JV and Varsity races may be combined as long as the JV runners are visibly identified in the race.*
10. All field event implements must be weighed prior to competition begins by the meet management. *Meet management will carry all weighed implements to event site for warm-up and competition. Only those implements that were weighed-in may be used.*
11. In the varsity shot, discus, and long jump the contestants will be flighted in groups of no more than 10 from qualifying entry marks. The first flight will be made up of the lowest entry marks and the second flight the highest marks. Contestants will receive 3 preliminary throws/jumps. The top eight distances will advance to the finals and receive 3 additional throws/jumps. Final participants will jump/throw in reverse order with the top competitor out of the preliminaries jumping or throwing last. JV contestants may or may not be flighted with that decision being left up to the meet management. JV contestants will receive 4 throws/jumps and all will be final. *Each thrower will be allowed only one throw at a time as consistent with district and state meets regulations. (JV and Varsity)*
12. The following order will be used in the field events: **Shot Put** – *JV followed by varsity* **Discus** – *Varsity followed by JV* **Long Jump** – *Varsity followed by JV*
13. The starting height for the Girls JV high jump will be **4'2"**. Girls Varsity high jump will be **4'4"**. The starting height for the Boys JV high jump will be **5'0"**. Boys Varsity high jump will be **5'2"**.
14. The junior varsity and varsity high jump will be run simultaneously in continuing flights of three – four – five competitors. The meet management can determine the number used in the continuing flights as he or she feels their field event judge is most comfortable in running the event. The varsity jumpers will enter the competition at their designated starting height. The bar will be raised 2" at a time until 5' for girls and 6' for boys at which the bar will be raised 1" at a time until one competitor remains, at which point that competitor will have the choice.
15. It is mandatory for the meet management to have a video camera at the finish line for all races. Meet management will also have a printed copy of all field event rules and regulations for all judges at their event. This will include the uniform and jewelry rule. All event judges must be high school graduates.
16. The referee, assistant referee, and meet manager will act as the sole authorities for rulings and infractions during the course of the meet. There will be no jury of appeals appointed for the conference meet.

NCC CIVILITY POLICY

The North Central Conference adopted the Conduct Counts guidelines as developed jointly by the State activity associations. In addition to those guidelines, as listed below, it is also agreed that student spectators will not be allowed to stand on the seat portion of the bleachers.

Conduct Counts Guidelines:

In this Educational Institution these behaviors are NOT acceptable:

- Disrespectful conduct, including profanity, obscene gestures or comments, offensive remarks of a sexual nature, or other actions that demean individuals or the event.
Penalty – EJECTION
- Throwing articles onto the contest area.
Penalty - EJECTION
- Entering the contest area in protest or celebration.
Penalty – EJECTION
- Physical confrontation involving contest officials, coaches/directors, contestants or spectators.
Penalty – EJECTION
- Spectator interference with the event.
Penalty – EJECTION
- Jumping up and down on the bleachers.
Penalty – Warning/EJECTION
- Use of artificial noisemakers, signs or banners.
Penalty – Warning/EJECTION
- Chants or cheers directed at opponents.
Penalty – Warning/EJECTION

**APPENDIX C
MIDDLE SCHOOL HANDBOOK**

FOOTBALL

- A. 7th and 8th football teams are optional.
- B. * Starting time for any football game will be 4:30 p.m.
- C. Games will consist of four 8 minute quarters. If a 5th quarter or a “B” game is to be played, it should be arranged prior to the contracted date. Coaches are permitted on the field during 5th quarters or “B” games.
- D. Half time will not exceed the scheduled length of a quarter.

VOLLEYBALL

- A. * Starting time will be 4:15. (5-10)
- B. If one net is used, the “A” game(s) will be played first, followed by “B” games, then “C”, as numbers allow. Schools using two nets should inform schools in advance of the planned order.
- C. Games will be to 21 points, with the winning team having a 2-point margin.
- D. No game shall be started more than 90 minutes after the start of the match.
- E. In 7th B or C games, service shall be allowed 1 meter ahead of the normal service line.

CROSS COUNTRY

- A. No team score will be kept for the NCC meet.
- B. * The girls’ NCC meet will begin at 3:45, with the boys and then HS races to follow.
- C. * Ribbons will be awarded to the top 16 boy and top 16 girl finishers in the NCC meet. (3-06, 4-14)

BASKETBALL

- A. * Starting time will be 4:15 p.m. (5-10)
- B. The “A” game will be played first, with 6 minute quarters. The “B” game will also have 6 minute quarters.
- C. The home team will furnish warm-up basketballs.
- D. Half time of games will not exceed the length of one quarter.
- E. There will be no back court defense (including presses) allowed in 7th grade games, or in 8th grade “B” games. Any defensive approach is allowed past mid-court. (note: turnovers can still occur in the backcourt as long as it is not the result of a defensive effort – for example, traveling, double dribble, stepping out of bounds, throwing an errant pass that is picked up by a member of the other team who was simply headed down court. Officials shall have jurisdiction over deciding if a turnover was caused by defensive play, or not.) (Oct, 06)
- F. Overtimes shall be of 3 minutes in length.
- G. The 35-point rule shall be applied.

WRESTLING

- A. * Starting time will be 4:15 p.m. (5-10)
- B. No team score will be kept at the junior high level.
- C. Junior High wrestling meets should be matched by phone, fax, or email. The host school should make the call the day before the meet to pair up the wrestlers, at which time they will rate the ability level of each wrestler.

* - any change to this item requires Executive Board approval.

TRACK

- A. * The Conference will hold junior high triangular or quad meets, and a conference meet. Triangulars and quads will begin at 4:30 p.m. The conference meets will be held on the Friday of Week 45, beginning at 4:00 p.m. The meet rain date is Tuesday in Week 46. (5-10) (5-17)
- B. Participation limits are as follows:
- Triangulars and Quads: 6 per school, per grade, in individual running and field events.
2 teams per school, per grade, in relays.
- NCC meet: 3 per school, per grade, in the 100, 200, and 1500/1600
2 per school, per grade, in remaining individual and field events.
2 teams per school, per grade, in relays.
- C. All meets will follow the state mandated order of events.
- D. At conference meets, the 8th grade will start field events at 4:00, with the 7th grade beginning running events. After the Distance Medley, 7th graders will go to field events and 8th grade will begin their running events. Commencing with the 400 m Dash, 7th grade will run before 8th grade in each event.
- E. Three tries will be allowed in the shot put, discus, and long jump.
- F. Starting height in the high jump will be:
- Girls: 7th - 3' 8" 8th - 3' 10" Boys: 7th - 4' 2" 8th - 4' 6"
- Three tries per height in all meets.
The bar will be moved at 2" intervals.
- G. In the NCC meet, individual and relay events will be seeded.
- H. * In the NCC meet, ribbons will be awarded for the first six places in each event at each grade level. No more than 2 individuals and 1 relay in each grade from a school can collect ribbons in an event.

* - any change in this item requires Executive Board approval.