

Northwest Suburban Catholic Conference Constitution

Article I - Name

This association shall be known as the Northwest Suburban Catholic Conference (NSCC).

Article II - Purpose and Philosophy

The NSCC shall encourage mutual support among the membership, promote good sportsmanship, Christian character, and conduct on and off the field of competition. The NSCC will:

- Promote and protect athletic and other interests of member schools
- Promote the physical development of each student and increase their potential for improvement in sports
- Develop within each student a philosophy of teamwork and fair play
- Promote growth in social skills and moral development
- Create a spirit of camaraderie

Article III - Membership

Section 1

The association shall be composed of these schools:

- St. Margaret Mary School, Algonquin
- SS. Peter & Paul, Cary
- St. Thomas School, Crystal Lake
- Montini School, McHenry*
- St. Mary School, Woodstock

*Note: Athletes from St. John the Baptist School in Johnsburg will participate with Montini as one member of this association.

Section 2

Additional members may be admitted by a majority vote of the current members of the association.

Section 3

Limited membership may be held by a smaller school in the event that it does not have an enrollment to support all levels or all sports. Limited membership will have voting rights according to the sports in which they participate.

Section 4

Each member of the association shall be entitled to representation at all conference meetings and shall be entitled to one vote on all conference matters.

Section 5

Any violation of the rules of this association shall render the offending school liable to suspension with possible expulsion by a majority vote of the conference.

Section 6

Any conference member desiring to voluntarily withdraw from the conference shall make its desire known in writing by April 1st and sending it to the President of the conference to be presented at the next regular meeting.

Article IV - Administration

Section 1

In accordance with Rockford Diocesan Policy 6200 “All elementary and high school athletic programs associated with Catholic schools in the Diocese of Rockford shall be under the jurisdiction of the local school Principal. The athletic director will be accountable to the Principal.” Should a non-Rockford Diocesan school become a member of the conference, it must abide by this policy.

Section 2

The Principals of the NSCC will make final decisions on items that affect the entire conference and will have final say in determining ethics reviews, policy/rules and regulation changes, and by-law approval and amendments.

Section 3

The officers of the conference shall be a Chairperson, Vice Chairperson, and Fiscal Manager. The Chairperson shall be the Principal who serves as the chairperson of the McHenry Deanery Principals. The Vice-Chairperson shall be the Principal who is scheduled to serve as the next chairperson of the McHenry Deanery Principals. The Fiscal Manager shall be the McHenry Deanery Superintendent.

Section 4 - Duties of the Officers

Chairperson

1. Calling all meeting of the Principals
2. Setting the agenda for each meeting
3. Chairing all meetings of the Principals
4. Communicating all decisions to the athletic directors' committee through his/her athletic director

Vice Chairperson

1. Substituting for the chairperson in his/her absence
2. Keeping the minutes of all Principal meetings
3. Submitting copies of such minutes to the Principals
4. Submitting copies of minutes pertaining to conference matters to the athletic directors

Fiscal Manager

1. Maintaining signature authority on the conference account(s)
2. Working with the conference treasurer in matters pertaining to finances
3. Overseeing the periodic financial reports of the conference treasurer

Section 5

There shall be a standing committee made up of the athletic directors (ADs) of the conference schools. This committee, known as the Athletic Directors Committee (ADC), shall have the following officers: Chairperson, Vice Chairperson, Secretary, and Treasurer. The chairperson of the ADC shall be the AD of the school whose Principal serves as chairperson of the conference. The Vice Chairperson, Secretary, and Treasurer of the ADC shall be elected annually from among the membership at the first meeting of the ADC each school year.

Section 6

The ADC shall be responsible for all matters except those so designated for the Principals' determination in Section 2 of this article. Such matters shall include but not necessarily be limited to:

- Scheduling of contests
- Procurement of officials
- Keeping conference records
- Maintaining standings
- Setting tournament seedings
- Planning for conference and conference tournament championships
- Generating proposed rules and regulations for the conference as a whole for each conference sport and submitting the same to the Principals for approval

Section 7 - Duties of the ADC Officers

Chairperson

1. Calling all meetings of the committee
2. Setting the agenda for each meeting
3. Chairing all meetings of the committee
4. Forwarding all recommendations of the ADC requiring Principal action as identified in Section 2 of this article to the Principals

Vice Chairperson

1. Substituting for the chairman in his/her absence
2. Maintaining standings, setting tournament seedings, and planning for all championship and all-star games

Secretary

1. Keeping the minutes of all ADC meetings
2. Submitting copies of minutes to the ADs and Principals

Treasurer

1. Maintaining signature authority on the conference account(s) along with the conference fiscal manager
2. Collecting dues, paying bills, ordering awards, and maintaining records of all transactions
3. Communicating with the conference fiscal manager regarding financial matters
4. Preparing financial reports for each ADC meeting and submitting the same to each Principal and athletic director
5. Preparing a proposed budget for the next fiscal year and presenting the same at the final ADC meeting of an academic year

Section 8

The ADC shall meet as a committee of the whole a minimum of four times each school year. All new business is to be directed to the Chairperson at least two weeks before the next meeting to be put on the agenda.

Article V - Finances

Section 1

The conference shall be financially responsible for all expenses enumerated by the Bylaws.

Section 2

All members of the association will pay annual conference dues as determined each year by the ADs and approved by the Principals. This money shall be used for administrative purposes, including, but not limited to, purchase of paper, envelopes, stamps, printing costs, purchase of awards and equipment, and for the payment of any referee fees caused by neutral site games.

Section 3

Any special assessment for unanticipated expenses shall be recommended by the ADC for approval by the Principals.

Article VI - Awards

Section 1

1st, 2nd, and 3rd place awards will be presented to conference regular season champions at 7th and 8th-grade levels. In the event of a tie, conference standings will be determined by head-to-head record only. If a tie remains, teams will share by each team receiving an award for that place in the standings. For example, if two teams tie for 1st place, they will each receive a 1st place award and the next team in the standings will receive a 3rd place award.

Conference tournament seedings will be determined by conference standings, head-to-head record, least points allowed in **head-to-head** conference games/matches won (**among the tied teams**), and finally a coin flip. In the rare case that a three-way tie should occur, head-to-head records will NOT be used. All three teams will remain tied. For example, if three teams tie for 1st place, they will each receive a 1st place award and the next team in the standing will place 4th Conference tournament seedings for a three-way tie will be determined first by conference standings, then least points allowed in head-to-head conference games/matches won (among the tied teams), and finally a coin flip.

Section 2

6th grade will have a winner/consolation tournament awards (8 or more teams) of 1st, 2nd, and consolation champion and double elimination tournament awards (less than 8 teams) of 1st, 2nd and 3rd place.

Section 3

7th and 8th-grade tournament winners will receive a perpetual award transferred between schools each year.

Section 4

Conference awards and champions shall be formally recognized in writing by the Principals at the next meeting following the conclusion of each sports season.

Northwest Suburban Catholic Conference Bylaws

Article I - Conference Sports

Section 1

The NSCC shall sponsor the following sports

- Girls - Volleyball, Basketball, Track & Field, Cheerleading
- Boys - Volleyball, Basketball, Track & Field

Section 2

Conference contests are scheduled in grade levels 5, 6, 7, and 8.

Article II - Conference Rules

Section 1

All sports will be subject to the rules and regulations of the conference constitution and bylaws and subject to Illinois High School Association (IHSA) rules and standards.

Section 2

The NSCC shall require mandatory playing for all team members who are listed in the official scorebook or roster for each contest. Every member listed in the book must enter and play in the game or match before it ends. The penalty to a team for failing to play a listed member is a forfeit of that game.

Section 3

The mandatory-playing rule in Section 2 shall be in effect for all NSCC regular season conference games, NSCC tournament games, and NSCC 8th grade level all-star games.

Section 4

When a school protests a contest, they shall notify the Chairperson or Vice Chairperson of the ADC immediately in writing and accompany the protest with a \$25.00 fee. The Chairperson or Vice-Chairperson shall then notify the Principals and ADs of all the conference schools of the fact. A special meeting of the ADC will be called as soon as possible to hear and resolve the protest. All schools involved in the protest must be present. After discussion of the protest, a vote will be taken by the member schools not involved in the incident. Voting to allow or disallow the protest will be by simple majority. If the protest is upheld, the \$25.00 fee will be refunded; if the protest is rejected, the money will go to the treasury of the conference.

Section 5

ADs shall determine tournament sites at scheduling meetings according to gym availability and court dimensions.

Section 6

It shall be the responsibility of the host school to lead those assembled in public prayer and the recitation of the Pledge of Allegiance prior to each conference contest. The host school will lead a post-game prayer with both teams after each conference contest.

Section 7

All children must be accompanied by an adult while attending activities and contests at all of our schools.

Section 8

All athletes and parents must review and sign a Concussion Information and Release Form annually (sample form can be found at <https://www.cdc.gov/headsup/youthsports/athletes.html>). Completed forms will be filed as a school record. The conference will follow IESA concussion policy:
<https://www.iesa.org/activities/concussion.asp>

Section 9

In accordance with Diocesan requirements, complete an Incident Report if there is an injury to an athlete due to practice or a game. Collect athlete and parent information and conduct a follow up within two days after the incident as necessary. Document all information and submit to the school Principal for retention.

Article III - School Responsibilities

Section 1

Host schools are responsible for having a designated person in charge of the game facility at all times. This person will notify visiting coaches of his/her role.

Section 2

Host schools are responsible for having competent timers and scorekeepers at each event. The home scorebook is the official record of the contest and is to be kept at the scorer's table at all times during the contest.

Section 3

Host schools should charge for admission and provide concessions at any conference-sponsored event. The host school keeps money collected at these events. Admission prices for regular season conference events shall be set by the ADs and approved by the Principals on an annual basis or as needed.

- Current Admission Prices
 - \$3 Adults
 - \$2 Students
 - \$2 Seniors
 - \$8 Family Max

Section 4

A participating player must be a full-time student at the school they compete for.

Section 5

Scholastic eligibility will be determined by each school every two weeks. A student shall be declared ineligible from participating in contests for a one-week period of time (Sunday through Saturday) if s/he has one cumulative "F" for the grading period in any class. There will be no participation in practices or games/matches during the period of ineligibility. The school Principal shall have final authority regarding eligibility.

Section 6

Conduct & Effort eligibility will be the responsibility of the Principal of the individual member schools.

Section 7

The declaration of forfeiture shall be the responsibility of the host school's person in charge. Forfeit time is 15 minutes after the scheduled start of play, unless exceptional circumstances arise, or if officials and participants agree to a later start.

Section8

Uniforms provided by each school will be worn properly, modest in appearance, meet IHSA requirements, and represent the school's colors. Uniforms may not be used that are exceptionally tight fitting (e.g. spandex) or represent our student-athletes in a manner that is embarrassing to players, coaches, or parents.

Article IV - Officials

Section 1

IHSA registered officials shall be used for all conference contests.

Section 2

In volleyball, one official will be used for regular season games. Two officials are to be used for the 8th grade championship and third-place matches.

Section 3

In basketball, two officials are to be used for all games.

Section 4

The cheerleading judges for the conference competition shall not be affiliated with host school (i.e. parents).

Section 5

In track, the host school will provide for all judges and other volunteers.

Article V - Coaches Guidelines

Section 1

Head coaches must be at least 21 years of age. An assistant coach may be under 21 provided an adult would be at every game and practice when the head coach was unavailable.

Section 2

At least one adult female is to be in attendance at girls' team practices and contests. At least one adult male is to be in attendance at boys' team practices and contests.

Section 3

All coaches or other adults involved in student supervision must complete all Diocesan requirements regarding criminal background checks, bloodborne pathogens training, Protecting God's Children training, concussion training, etc. prior to the beginning of the season. If the adult does not complete the information prior to the season, they will be excused from coaching for the season.

Section 4

Coaches shall display good sportsmanship to instill in each student a sense of responsibility for being good examples to one another. Coaches should always be positive in coaching and encourage a good attitude towards officials. Sportsmanship covers not running up the score on another team. Obscene language and behavior will not be tolerated. Coaches should not incite the fans toward opposing coaches, player, or officials. ADs are instructed to caution coaches and remind them of their responsibilities in this regard.

Section 5

All coaches will answer directly to their AD who will in turn answer to his/her Principal.

Section 6

Serious infractions regarding sportsmanship should be brought to the attention of the ADC by the schools involved and Principals are to be informed.

Section 7

Any coach who is charged with an unsportsmanlike technical foul or yellow/red card for unsportsmanlike behavior may not be permitted to coach the next game/contest in which his/her team is involved. Determination if a suspension is necessary will be decided by a majority vote of the ADC.

Section 8

Any coach ejected during any NSCC game/contest while coaching may not be permitted to coach up to two games/contests (immediately following the ejection) in which his/her team is involved. Determination if any suspension is necessary will be decided by a majority vote of the ADC.

Section 9

Any coach ejected twice in a season while coaching in the NSCC will not be allowed to continue coaching and may be barred from any future coaching positions at that particular school in the NSCC.

Section 10

In the event a coach is charged with a technical or a yellow/red card, the coach must notify the AD and the Principal by the end of the next day. Failure to do so will result in the suspension of the coach.

Section 11

IHSA rules governing sportsmanship and coaches shall apply in all cases.

Section 12

Coaches will be required to review and sign a guidelines contract with their AD. The guidelines contract will be created and maintained by the ADs and will mimic the NSCC Constitution. The contracts will be sports specific and guidelines will be enforced.

Article VI - Student/Athlete Guidelines

Section 1

Student/Athletes will support the value of academics and the educational process.

1. Student/Athletes will advocate, model, and promote the development of good character to include: Christian attitude, trustworthiness, respect, responsibility, fairness, caring, and citizenship.
2. Student/Athletes will respect peers, coaches, officials, opponents, and others associated with the event.
3. Student/Athletes will promote fair play and uphold the spirit of the rules of the activity.
4. Student/Athletes will model appropriate behavior at all times.
5. Student/Athletes will adhere to codes of conduct as established by each NSCC member school.

Section 2

Any athlete who is charged with an unsportsmanlike technical foul or yellow/red card for unsportsmanlike behavior may not be permitted to play in the next game/contest in which his/her team is involved. Determination if any suspension is necessary will be decided by a majority vote of the ADC.

Section 3

Any athlete ejected during any NSCC game/contest may not be permitted to play in up to two games/contests (immediately following the ejection) in which his/her team is involved. Determination if any suspension is necessary will be decided by a majority vote of the ADC.

Section 4

Any athlete ejected twice in a season will not be allowed to continue playing the sport and may be barred from playing on any other teams at the school for the remainder of the school year.

Section 5

In the event a player is charged with a technical foul or yellow/red card, the coach must notify the AD and the Principal by the end of the next day. Failure to do so will result in the suspension of the coach.

Section 6

IHSA rules governing sportsmanship will apply in all cases.

Article VII - Spectator Guidelines

Section 1

All spectators are expected to exhibit acceptable conduct at all times and may be removed by the game officials or authorized personnel of the host school.

1. Fans are expected to be courteous and respectful of the host school facility and those in authority
2. Obscene language and behavior will not be tolerated
3. Kicking and stomping on bleachers is unacceptable
4. Local host rules regarding food and drink in gyms must be observed
5. Arrival time should be no more than 30 minutes prior to game time
6. Local host school rules regarding facilities must be observed

Section 2

All student spectators are to be supervised by an adult.

Section 3

Any violation of these policies and rules is subject to review by the ADC.

Section 4

IHSA rules governing sportsmanship and spectators shall apply in all cases.

Article VIII - Sports Limitations and Specifics

Section 1

Teams will be organized along grade levels from 5th through 8th grades.

1. Schools with combined teams must play at the higher grade level. If there is only one athlete participating at any grade level that athlete may play down a grade level. If there are 2-3 athletes at a grade level the deanery athletic directors will vote on if those athletes are able to play down.
2. If there are more than eight teams at the 6th-grade level, the conference will be split into two or more divisions for the purpose of scheduling games/matches. Each team would play every team in their own division twice (home and away) and every team in the other division(s) once to the extent practicable, considering the schedule for both schools.
3. Schools that have two or more 6th grade teams will not play each other in the conference season.
4. Standings will be kept for 7th and 8th-grade teams only.
5. Conference tournaments will be held for 6th, 7th, and 8th-grade teams.
 - a. 6th grade - There will be a winner/consolidation style tournament at the end of the season if there are 8 or more teams. If there are less than 8 teams, there will be a double elimination style tournament. All seeds for the 6th-grade tournament will be determined by a random draw at the ADC meeting.
 - b. 7th and 8th grade - There will be a single elimination tournament at the end of the season. All seeds will be determined by conference standings at the end of the season. For volleyball, if only 3 "B" teams then the winner of "B" conference tournament will be seeded last in corresponding "A" tournament.

Section 2

There shall be no cutting of players at conference schools. Schools shall divide the team if there are too many players at one level. Dividing up a team will be handled at the school level and follow this format:

- 5th and 6th Grade
 - Teams will be divided equally by skill approved by the AD. At the 6th grade level, rosters for each team are to be maintained separately. The AD will notify the Principal of the said school.
- 7th and 8th Grade
 - Teams may be divided by skill creating an "A" team and one or more "B" teams. A school may have more than one "A" team if there are no other "B" teams in the conference for the sport. If a school fields multiple "A" teams, due to the lack of a "B" conference, the "A" teams do NOT need to be of equal talent. The separation of multiple "A" teams will be decided by the coach, AD, and Principal of the school. Each "A" team will need to have its own roster and play a home/away game or match against the other "A" team. The minimum number of players on an "A" team for basketball is 5 and volleyball is 6.

Section 3

The process for potentially moving a student from his/her grade level team to a higher playing level team shall be as follows:

- Permanent/Long-Term Play Up
 - Students shall be allowed to play up one playing level if there are insufficient players to field a team at the higher level (less than 9 in volleyball and less than 8 in basketball). Teams that must pull up athletes on a Permanent/Long-Term basis may max out at 9 athletes in volleyball and 8 athletes in basketball.
 - Based upon the approval for such a permanent play up by the Principal and the AD, the student's parent(s) will be contacted to seek their approval. Once given, the player may be listed on the roster at the higher playing level. Such a student may not subsequently be moved back to his/her grade level team. Normally, students are not permitted to play up more than one playing level. Coaches are not allowed to make exceptions to the rule. Any exceptions can be made only by the AD after consulting with the Principal.
- Temporary/Short-Term Play Up
 - Students shall be allowed to play up only if there are insufficient players to field a team for a particular contest at the higher level (less than 8 in volleyball and less than 7 in basketball). Teams that must pull up athletes on a Temporary/Short-Term basis may max out at 8 athletes in volleyball and 7 athletes in basketball.
 - Normally, students are not permitted to play up more than one grade level. Coaches with the concurrence of the student's parent(s) are allowed to make this decision but must notify the AD within 48 hours after the contest.
 - The **4-game rule** shall apply in boys' and girls' volleyball for 6th, 7th, and 8th grades. The **4-game rule** includes every game needed to decide a match. A third (shortened) game played shall count towards the **4-game rule** if it is played to determine the winner of the match. The 4-game rule shall apply for the volleyball conference tournament unless multiple games are played at one grade level AND an athlete is needed to play up in the same night. In this case, the athlete may play unlimited games at their grade level AND 1-game at the higher grade level.
The **4-game rule** may be suspended prior to the second match played if the AD (of the host school) and both teams' coaches are in agreement that suspending the rule would not violate the spirit of the rule.
 - The **6-quarter rule** shall apply in boys' and girls' basketball for 6th, 7th, and 8th grades. The **6-quarter rule** shall apply for the basketball conference tournament unless multiple games are played at one grade level AND an athlete is needed to play up in the same night. In this case, the athlete may play unlimited quarters at their grade level AND 2-quarters at the higher grade level.
The **6-quarter rule** may be suspended prior to the second game played if the AD (of the host school) and both teams' coaches are in agreement that suspending the rule would not violate the spirit of the rule.
 - The process for determining the player(s) to be moved up shall be as follows: students in grades 5, 6, and 7 and the parents of such students shall indicate in writing their willingness to play up in the event of a shortage of players occurs at a higher level. A random drawing of those players at each grade level who express such willingness shall be made and a numerical ranking shall then be assigned. If a situation arises where a team will be short a player(s), the head coach at

the grade level the players normally play shall ask the first player on the ranked list his/her willingness to “play up” for the given contest. The coach will go down the list until the needs are met. The next time a shortage occurs, the next player on the ranked list will be asked to “play up”, etc. Once the bottom of the list is reached, the coach will start again at the top.

Here are examples of how athletes may play up:

1. The 8th grade “A” team will pull from the 8th grade “B” team or 7th grade “A” team if the “B” team is not available.
2. The 8th-grade “B” team will pull from the 7th grade “B” team.
3. The 7th-grade “A” team will pull from the 7th grade “B” team or 6th grade if the “B” team is not available.
4. The 6th-grade team will pull from the 5th grade, as there is no “lateral” movement from one team to another.
5. At the 5th-grade level, “borrowing” of players from one team to another shall be rotational, random, and based on willingness and availability.
6. Any team that is comprised of athletes outside of the above examples will forfeit the game or match.

Section 4

Schools shall declare at the preseason scheduling meeting for that respective sport the number of teams and their grade levels for that sport. No team may be added after the scheduling meeting for that sport is concluded.

Section 5

There shall be no contests or practices scheduled on Holy Days of Obligation or on Sundays except as prescribed in these bylaws.

Section 6 - Playing/Practice Time for Conference Schools

The 4-Event Rule: Each school team shall have a combined maximum of four practices and/or conference games during each one-week period. Teams may have up to a maximum of 5 events per week when playing a non-conference game. Practice may not exceed two hours for 7th and 8th-graders and one and one-half hours for 5th and 6th graders.

Section 7

Teams will play round-robin or a home-and-away game/match with each member school at the respective grade level for those sports where that scheduling is applicable (i.e. volleyball, basketball) in accordance with Section 1 of Article VIII.

- Scheduling for conference games and tournaments shall take precedence over non-conference games or tournaments.
- Games/matches shall not be scheduled to start after 8:30 pm.

Section 8

Limitations of the number of contests per team (excluding the conference tournament and the Diocesan tournament) shall apply:

- 7th and 8th Grade Girls and Boys Volleyball and Basketball
 - Round robin or home-and-away conference contests
 - Non-conference contests may be added such that the total number of regular season contests does not exceed 15
 - Three tournaments excluding the conference tournament
- 5th and 6th Grade Girls and Boys Volleyball and Basketball
 - Round robin or home-and-away conference contests
 - Non-conference contests may be added such that the total number of regular season contests does not exceed 13
 - Two tournaments excluding the conference tournament
- Cheerleading
 - All boys basketball games
 - One conference competition and one non-conference competition
- Coed Track & Field
 - Up to seven track meets, conference or non-conference

Section 9 - Specific Rules for Girls Volleyball

1. Practices/scrimmages that take place prior to the first day of school are optional attendance for athletes.
2. Practices shall not begin before August 8th.
3. Conference matches shall not begin before Labor Day.
4. Tentative schedules shall be completed at the annual meeting in August.
5. All volleyball games will use a rally scoring format. Games 1 and 2 will be played to 25 and the 3rd game will be played to 15. There is no point cap on any games of any match.
6. Every scheduled conference match (excluding conference tournament) must consist of three games.
7. Conference volleyball season shall end no later than October 30th.
8. The libero position is not allowed.
9. Volleyball net height shall be 7 feet 4 1/8 inches as per IHSA rules.
10. 5th Grade Only - A 5 serve limit will be used. After 5 consecutive service points are scored, the serving team will rotate to the next person to serve.
11. 6th Grade Only - A 10 serve limit will be used for all matches including the conference tournament.
After 10 consecutive service points are scored, the serving team will rotate to the next person to serve.
12. IHSA rules shall apply with the following exception: 5th and 6th grades will be allowed a 4-foot step in line for athletes who serve underhand.

Section 10 - Specific Rules for Boys Volleyball

1. Practices may begin the first week of February.
2. Conference matches may begin the last week of February.
3. Tentative schedules shall be completed at the annual meeting in January.
4. All volleyball games will use a rally scoring format. Games 1 and 2 will be played to 25 and the 3rd game will be played to 15. There is no point cap on any games of any match.
5. Every scheduled conference match (excluding conference tournament) must consist of three games.
6. Conference volleyball season shall end no later than the 2nd to last week of April.
7. The libero position is not allowed.
8. Volleyball net height shall be 7 feet 4 $\frac{1}{8}$ inches as per IHSA rules.
9. 5th Grade Only - A 5 serve limit will be used. After 5 consecutive service points are scored, the serving team will rotate to the next person to serve.
10. 6th Grade Only - A 10 serve limit will be used for all matches including the conference tournament.
After 10 consecutive service points are scored, the serving team will rotate to the next person to serve.
11. IHSA rules shall apply with the following exception:
 - a. 5th and 6th grades will be allowed a 4-foot step in line for athletes who serve underhand.

Section 11 - Playing Time Rules for Girls and Boys Volleyball

1. Coaches will present an official roster for their team to the scorer's table prior to the match.
2. All athletes listed on the official roster must play in one of the first two games of the match. Failure to play listed athletes in one of the first two games of the match will result in forfeit of the entire match by the offending team.
3. Rosters may be revised at the scorer's table after the first or second game if an athlete has arrived late and the coach can still accommodate the athlete into the rotation for the next game. The coach must play the athlete in the next game of the match after revising the roster.
4. At the 5th and 6th grade levels, all team players on the roster are to be given 'near equal' playing time, unless restricted due to attendance, academic, or discipline issues. This includes all players playing and sitting equally. It is highly recommended that a coach uses a rotation chart or matrix to facilitate 'near equal' playing time.
5. A 4-game rule applies to all 6th, 7th, and 8th-grade matchups between conference schools when 2 or 3 matches of the various levels are being played consecutively. An entry of any time during a game is considered a game's worth of play.
6. All playing time rules are still in effect during the NSCC tournaments.

Section 12 - Specific Rules for Girls Basketball

1. Practices or scrimmages shall not begin before the 1st week of November.
2. Conference games shall not be scheduled before the week after Thanksgiving.
3. Tentative schedules shall be completed at the meeting in November.
4. Conference basketball season shall end no later than the last week of February.
5. The 28.5-inch ball will be used.
6. IHSA rules shall apply with the following exceptions:
 - a. 5th Grade
 - i. Five-minute quarters.
 - ii. Two-minute overtimes. One overtime will be allowed per game and then the game will end in a tie.
 - iii. Free throws may be shot from a 2-foot step in line. Athletes MUST stay behind the line until the ball hits the rim.
 - iv. Shots made behind the 3-point line will only count as 2-points.
 - v. No full court press allowed the entire game.
 - vi. Man-to-man is the only defense allowed for conference games. Coaches will be given a warning on the first offense. Coaches will be given an unsportsmanlike technical on the second offense.
 - vii. Leads of 10 points or more mean the defense will back off to the 10-foot volleyball line and allow the athlete to get the ball over half court.
 - b. 6th Grade
 - i. Six-minute quarters.
 - ii. Two-minute overtimes. One overtime will be allowed per game and then the game will end in a tie. Unlimited overtimes will be played in the conference tournament.
 - iii. Full court press is allowed in the last 2 minutes of the 2nd and 4th quarters only.
 - iv. Man-to-man is the only defense allowed for conference games. Coaches will be given a warning on the first offense. Coaches will be given an unsportsmanlike technical on the second offense.
 - v. 3-point shots will be allowed on courts that are marked.
 - vi. A team may not press when leading by 10 points or more.
 - vii. Leads of 10 points or more mean the defense will back off to the 10-foot volleyball line and allow the athlete to the ball over half court.
 - c. 7th and 8th Grade
 - i. Seven-minute quarters.
 - ii. Three-minute overtimes. One overtime will be allowed per game and then sudden death will be played. Unlimited overtimes will be played in the conference tournament.
 - iii. 3-point shots will be allowed on courts so marked.
 - iv. A team may not press when leading by 15 points or more.

Section 13 - Specific Rules for Boys Basketball

1. Practice or scrimmages may begin October 1st.
2. Conference games shall not begin before the fourth Saturday of October.
3. Tentative schedules shall be completed at the annual meeting in September.
4. Conference basketball season shall end no later than January 31st.
5. IHSA rules shall apply with the following exceptions:
 - a. 5th Grade
 - i. Five-minute quarters.
 - ii. Two-minute overtimes. One overtime will be allowed per game and then the game will end in a tie.
 - iii. Free throws may be shot from a 2-foot step in line. Athletes MUST stay behind the line until the ball hits the rim.
 - iv. Shots made behind the 3-point line will only count as 2-points.
 - v. No full court press allowed the entire game.
 - vi. Man-to-man is the only defense allowed for conference games. Coaches will be given a warning on the first offense. Coaches will be given an unsportsmanlike technical on the second offense.
 - vii. Leads of 10 points or more mean the defense will back off to the 10-foot volleyball line and allow the athlete to get the ball over half court.
 - viii. The 28.5-inch ball will be used.
 - b. 6th Grade
 - i. Six- minute quarters.
 - ii. Two-minute overtimes. One overtime will be allowed per game and then the game will end in a tie. Unlimited overtimes will be played in the conference tournament.
 - iii. Full court press is allowed in the last 2 minutes of the 2nd and 4th quarters only.
 - iv. Man-to-man is the only defense allowed for conference games. Coaches will be given a warning on the first offense. Coaches will be given an unsportsmanlike technical on the second offense.
 - v. 3-point shots will be allowed on courts that are marked.
 - vi. A team may not press when leading by 10 points or more.
 - vii. Leads of 10 points or more mean the defense will back off to the 10-foot volleyball line and allow the athlete to the ball over half court.
 - viii. The 28.5-inch ball will be used.
 - c. 7th and 8th Grade
 - i. Seven-minute quarters.
 - ii. Three-minute overtimes. One overtime will be allowed per game and then sudden death will be played. Unlimited overtimes will be played in the conference tournament.
 - iii. 3-point shots will be allowed on courts so marked.
 - iv. A team may not press when leading by 15 points or more.
 - v. The 29.5-inch ball will be used.

Section 14 - Playing Time Rules for Boys and Girls Basketball

1. Coaches will present an official roster for their team to the scorer's table prior to the game.
2. All athletes listed on the official roster must play during the course of the game. Failure to play a listed athlete will result in forfeit of the game by the offending team.
3. If a listed player should not show up to the gym by the start of the fourth quarter, it would be allowable to remove that player from the official scorebook after notifying the referee and scorekeeper, so as not to incur the penalty of a forfeit by the non-entry of that player into a game.
4. At the 5th and 6th grade levels, all team players on the roster are to be given 'near-equal' playing time, unless restricted due to attendance, academic, or discipline issues. This includes all players playing and sitting equally. It is highly recommended that a coach uses a rotation chart or matrix to facilitate 'near equal' playing time.
5. At the 7th grade level, all team players on the roster are to play a minimum of three (3) minutes per game.
6. At the 8th grade level, all team players on the roster are to play a minimum of two (2) minutes per game.
7. A 6-quarter rule applies to all 6th, 7th, and 8th-grade matchups between conference schools when back-to-back games are being played. An entry of any time during a quarter is considered a quarter's worth of play.
8. All playing time rules are still in effect during the NSCC tournaments.

Section 15 - Specific Rules for Girls Cheerleading

1. Practices shall not begin before November 1st.
2. The conference competition date shall be set at the meeting in September and shall take place in early December. This competition shall take place on a Saturday unless the high school gymnasium is not available in which case it shall take place on Sunday after 1:00 pm.
3. The conference season shall end with the conclusion of the boys' basketball season.
4. IHSA rules apply.

Section 16 - Specific Rules for Coed Track & Field

1. Practices shall not begin before April 1st.
2. The conference track schedule shall be set at the annual meeting in March.
3. Conference track meets shall not begin before April 15th.
4. The conference season shall end by May 15th.
5. IHSA rules apply.