

SouthWest
Conference
Guidelines



Grants Pass Cavemen

North Medford Black Tornado

Roseburg Indians

Sheldon Irish

South Eugene Axe

South Medford Panthers

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STATEMENT OF PHILOSOPHY

The following 6A high schools have been aligned by the OSAA to form the membership of the southwest conference.

**Grants Pass Cavemen
North Medford Black Tornado
Roseburg Indians
Sheldon Irish
South Eugene Axemen
South Medford Panthers**

Members will recognize the value of the League when participating in Conference athletic activities or conducting Conference business. No single school can achieve recognition beyond that deserved by the League as a whole.

The Conference recognizes that the problems and concerns of a single member affects all its members and will conduct its business accordingly.

As each member sets standards for its players, coaches, students and fans, the Conference has established standards for its members.

1. The Conference expects each member to identify acceptable sportsmanship expectations for its players, coaches, students and fans per OSAA standards. These expectations shall be communicated to each group regularly and consistently.
2. The Conference expects each member to give full public and press support to all Conference members, their staffs, students and fans. Members will give “no comments” before making negative statements to the press. Disagreements, disputes and problems related to athletics shall be addressed internally. Members are expected to communicate directly with the AD or principal of the school(s) with which they have a problem. If the problem cannot be resolved to the satisfaction of both parties, the aggrieved school shall place the problem on the next Conference meeting agenda so the matter can be resolved. All problems will be resolved in a professional manner.

3. The Conference expects each member to treat other members with respect regardless of the emotions that often accompany athletic contests. There should never be a situation where a member humiliates another member, either by score or by actions.
4. The Conference expects each member to utilize the principals of equality when hosting opposing members. The home member will do without before it will give itself an advantage it cannot provide the opposing member.
5. The Conference expects its members to fully support the decisions, schedules, agreements and policies of the Conference to its staff, students and community. Disagreements, disputes or problems with Conference decisions, schedules, agreements and/or policies shall take place within the confines of the Conference meetings only.
6. The Conference expects each member to adhere closely to the principals of non-recruitment of athletics from other Conference members. Each member will communicate this commitment to his or her staffs and booster organizations. When a member, its staff or booster organization is approached by an athlete or representative of an athlete from another member, that member will immediately inform the other member of the contact and the resultant discussion.

CONSTITUTION

ARTICLE I: NAME OF ORGANIZATION

Section 1. The organization shall be known as the southwest conference.

ARTICLE II: THE PURPOSE OF THE CONFERENCE

Section 1. The object of this organization shall be to protect the interests of the member schools and to regulate the activities coming under its jurisdiction.

Section 2. To improve the organization and administration of our interscholastic programs involving all Conference schools. (Grades 9-12)

ARTICLE III: MEMBERSHIP IN THE CONFERENCE

Section 1. 6A schools as designated by the OSAA are **Grants Pass, North Medford, Roseburg, Sheldon, South Eugene, and South Medford.**

ARTICLE IV; MEETINGS

Section 1. Regular monthly meetings shall be held during the year, August-June.

Section 2. Emergency meetings to be called by the Conference Secretary.

Section 3. The exact date, time, and location shall be determined by the Conference Secretary and it is his/her responsibility to see that the member schools are notified.

ARTICLE V: OFFICERS

Section 1. Conference Secretary will preside over all league meetings and shall serve for one calendar school year.

Section 2. The succession of Conference Secretary shall be determined by league alphabetical rotation.

Section 3. Conference Secretary will appoint Conference Treasurer.

ARTICLE VI: AMENDING THE CONSTITUTION OR BY-LAWS

Section 1. A **majority** vote of the total membership will be required to amend the constitution at any regular meeting of the Conference, provided notice is given at the previous meeting.

Section 2. By-Laws may be amended by a majority vote of the principals or their designee.

ARTICLE VII: VOTING

Section 1. Each school shall have one vote, which shall be cast by the principal. In the absence of the principal, the vote shall be cast by his/her authorized representative, i.e. the AD.

ARTICLE VIII: ENFORCEMENT POLICY

Section 1. Any conference member school found by the Conference to be in violation of the constitution, by-laws, or guidelines of the Conference may have sanctions imposed upon them by the Conference. The sanction may be, but not limited to; letter of reprimand, game forfeiture or other actions as determined by the Conference membership.

BY-LAWS

ARTICLE I: MEMBERSHIP

Section 1. Schools desiring membership in the Conference shall demonstrate high standards of conduct and school spirit. Member schools shall participate at the varsity level with all other Conference schools having the same varsity programs. Schools should be willing to participate in other activities sponsored by the Conference.

Section 2. The Conference shall be governed by the rules and regulations of the OSAA and the Board of Education, where applicable. In case of conflict, resolution shall be made by Conference principals.

Section 3. Dues sufficient to carry on the programs of the Conference shall be determined at the first Conference meeting each year, and shall be payable to the Treasurer on or before November 15th. Failure to pay all dues shall render a school ineligible for any Conference recognition. Assessments for special Conference projects decided upon by the Conference may be made when voted by a majority of the Conference membership.

ARTICLE II: SPECIAL MEETINGS

Section 1. The Conference Secretary shall preside over all meetings.

Section 2. The Conference Secretary shall prepare an agenda for each Conference meeting, and provide sufficient copies, thereof, for each person attending the meeting.

Section 3. In case the Conference Secretary must be absent from a meeting, he/she shall authorize the Treasurer/or designee to act for him/her.

Section 4. In case both the Conference Secretary and the Treasurer/or designee cannot attend a meeting, the league secretary shall appoint another school to act in his/her place.

Section 5. The Conference Secretary shall be responsible for the coordination of Conference activities; he/she shall initiate and disseminate Conference publicity, and in general, work toward the betterment of the Conference's activities.

- a. Shall be responsible for recording and distributing ample copies of the proceedings of each meeting to the member schools.
- b. Shall disperse all Conference correspondence in cooperation with the Treasurer and at the direction of the Conference.
- c. Shall represent the Conference as the league representative at Oregon Athletic Director Association meetings.

Section 6. The Treasurer

- a. Shall, when authorized, act for the Conference Secretary.
- b. Shall collect and keep accurate accounts of all Conference funds. Shall be responsible for maintaining the Conference checking account.
- c. Shall submit a financial statement at regular meetings and at the end of the term of office.

ARTICLE III: COMMITTEES

Section 1. Committees, standing or special, may be appointed by the Conference Secretary when deemed necessary or by the direction of the Conference.

ARTICLE IV: SCHEDULING PROCEDURES

Section 1. All Conference scheduling should be completed one year in advance whenever possible.

Section 2. All Conference schools are to be notified of any modifications of varsity schedules.

Section 3. Should a school drop or add a sport, all Conference schools must be notified thirty (30) days prior to the first practice day for the sport as established by OSAA.

Section 4. Conference varsity schedules for all leagues and all schools are each schools' obligations once they have been committed.

Section 5. Varsity sports schedules excluding District Championships, may be adjusted for the purpose of avoiding conflicts between State Music or Speech competition, testing, Homecoming and Prom.

ARTICLE V: SCHEDULING OF ACTIVITIES AND SPECIAL EVENTS

Section 1. Special athletic events for the school year should be finalized at the fall Conference meeting.

Section 2. Any special activities that have not been previously anticipated must be presented to the league secretary for Conference approval and scheduling at a regular or special meeting.

Section 3. The conference does not recognize, support or sponsor district championships below the varsity level.

ARTICLE VI: POLICIES FOR ADMISSION TO ATHLETIC EVENTS

Section 1. Admission prices to Conference athletic events will be recommended at the spring meeting. Standard admission prices for students and general admission is recommended.

Section 2. Bands will be admitted free upon **invitation** by the host school.

Section 3. Cheerleaders, in uniforms, of teams involved will be admitted free.

Section 4. Each high school shall be issued 35 conference passes prior to the first football game of the fall (Willamette in charge of producing and distributing)

ARTICLE VII: VISITING STUDENTS

Section 1. An administrator or designee shall identify himself/herself from the visiting school for crowd control purposes.

ARTICLE VIII: TROPHIES

Section 1. The Conference Secretary shall be responsible for the purchase and distribution of Conference plates.

Section 2. Plates shall be awarded in all varsity athletic activities upon approval by *the Conference*

Section 3. Teams tied for the Conference championship shall be declared *Conference* co-champions.

ARTICLE IX: MEDICAL SERVICE

Section 1. Each school shall have a protocol for trainers when they are available and for how to take care of emergencies at each athletic event. Visiting teams are to provide their training supplies including wrap and tape.

ARTICLE X: OFFICIALS

Section 1. OSAA certified officials will be used in athletic events as per OSAA guidelines.

ARTICLE XI: DISPUTES

Section 1. Disputes must be filed with the Conference Secretary as soon as possible following the incident.

Section 2. The arbitration board for handling disputes will be composed of the Conference athletic directors and principals with the Conference Secretary or designee presiding.

ARTICLE XII: APPROVED GUIDELINES

Section 1. All host schools must follow approved guidelines for district meets and playoffs to determine teams or individuals for state representation.

Section 2. Guideline changes must be proposed in writing in advance to each member school before the next Conference meeting, at which time it will be discussed, and voted upon at the following meeting.

Section 3. Guidelines may be amended by a majority vote of principals and/or their designee.

ARTICLE XIII: FORFEITURE/CLOSURE

Section 1. Any team not completing a Conference-scheduled contest shall forfeit that contest.

Section 2. Closure

- a. In the event a school has forced closure for a period of time and does not reopen prior to the OSAA cut-off date, OSAA policies will be followed regarding making up the contests.

PLACEMENT OF TEAMS IN STATE TOURNAMENT BRACKET AND PLAY-IN ROUND

1. The **number one representative** to the state tournament will be determined as follows:
 - A. The team with the best overall League record.
 - B. If two teams tie for overall League record, the higher representative will be determined by head to head record.
 - C. The teams tied for first will be declared Co-District Champions.

2. When **two teams** tie for a play-off position, then the League's Representative (s) will be chosen by:
 - A. Comparing head-to-head competition
 - B. If the tie is not broken by comparing head-to-head results:
 - 1) In the case both teams will advance to the Automatic Qualifier Playoff bracket, the tie will remain unbroken as positions in the bracket will be determined by the OSAA ranking
 - 2) In the case that both teams will be in the Play-in round, the tie will remain unbroken as positions will be determined by the OSAA Ranking.
 - 3) In the case that one team would advance to the Play-in round and one team would advance to the Playoff Bracket, the following procedure will apply:
 - a.) In all team sports, descending order will determine Play-in and Playoff positions.
 - b.) If descending order does not apply then the OSAA power rankings will be used to determine Play-in and Playoff positions.

3. When **three teams** tie for a play-off position, then the League's representative(s) for the position(s) will be chosen by:
 - IF teams involved in the tie have all played each other the same number of times, proceed to step 1. IF tied teams have NOT played each other an equal number of times, as can happen in soccer, proceed directly to step 5ii:
 1. Comparing head-to-head results with teams that are tied.
 2. If one team has a better record than the other two against the teams tied, or if one team has a worse record than the other two against the teams tied, the three-way tie is broken. The other two teams involved then would refer to the Two-Way tie protocol above.
 3. If teams involved in the three-way tie all have the same record against each other, and all three teams will automatically advance to the Playoff Bracket, the tie will remain unbroken as positions in the bracket will be determined solely by the OSAA Ranking.
 4. In the case that all three teams will be in the Play-in Round, the seeding positions will be determined by the OSAA Ranking.
 5. In the case that one or two teams would advance to the Play-in round, and one or two teams would advance to the Playoff Bracket:
 - i. In football, the OSAA Ranking will determine which teams advance to the playoff bracket after the AQ's. (highest ranked teams)
 - ii. In all other team sports, descending order will be used to eliminate one team (top, bottom, or both), then go back and compare remaining teams head to head (as long as they have played each other the same number of times).
 - iii. If descending order does not prevail, the highest position will be given to the highest OSAA ranked team; the next position will be determined by descending order; and then finally the OSAA Ranking to determine Playoff and/or Play-in positions.

4. When **four teams** tie for a playoff spot, the following procedure will be used.

A. Head to head, then descending order, then OSAA Ranking to determine the Playoff and Play-in Positions.

DESCENDING ORDER EXPLANATION

The following format will be used as a medium for resolving ties that cannot be resolved through League play in determining playoff position:

1. All ties below the contested position will first be resolved by:
 - a. Comparisons of head-to-head competition
 - b. Unresolved ties will be treated as a position package for use with descending order. For example, if teams one and two are tied for first, and teams three and four are tied for third, we would begin by trying to resolve the tie with teams 3 and 4. If teams 3 and 4 split in head-to-head competition, we would consider them both “3rd” in a “position package”, and move on in trying to resolve the tie between 1 and 2.
 - c. Comparison of head-to-head competition will continue from top to bottom of the League standings.

2. Playoff Position Ties shall be broken by:
 - a. Comparison of head-to-head competition beginning with the highest ranked team and preceding through the standings.

BASEBALL

Section 1. Scheduling

- A. The schedule will consist of a single game played on Tuesday, double-headers on Saturday.
- B. Schedules will be drawn up every two years. Home teams alternate within the two-year sequence.
- C. Game times for a single game during the week will be 4:30 PM, double-headers will begin at noon on Saturday.
- D. League-Play-offs
In baseball, every effort will be made to have a day between play-off dates unless weather or time dictates otherwise.

Section 2. Make Up Games

- A. Tuesday's scheduled games will be made up on the following Wednesday, Thursday or Monday. Saturday scheduled games will be made up on the following Monday, Wednesday or Thursday.
- B. The games will be made up in order according to league schedule unless otherwise approved by League Secretary due to field availability.
- C. Regular league games will not be affected by a make-up game.
- D. No team will play more than 5 games in one week (Monday-Saturday).

Section 3. Varsity Pre-Game Hitting

A. Weekday league games:

1. Teams should arrive no more than two hours prior to game time.
2. On-field hitting will not be allowed. Hitting in cages only. Home team will hit at 2:40-3:10. Visiting team hits from 3:10-3:40.
3. Stretch and throw: Visitors 2:25-3:10, Home 3:10-3:55
4. Home infield: 3:55-4:10. Visiting infield 4:10-4:25
5. Plate meeting/Introductions 4:25-4:30

B. For Saturday games:

1. Home team hits 10:10-10:40, visiting team hits 10:40-11:10.
2. Home infield 11:25-11:40, visiting infield hits 11:40-11:55.
3. Stretch and throw: Visitors 10:05-10:40, Home 10:40-11:15
4. Plate meeting and introductions 11:45-12:00
5. Hitting for each is limited to 30 minutes

Section 4. Suspended Games

A. If fewer than 4½ or 5 innings have been played, the game shall be continued from the point of interruption, on the next available date.

B. If play has gone beyond 5 full innings, teams have had an equal number of completed turns at bat and the score is tied, the game is declared no contest and must be completely replayed on the next available date.

C. If play has gone beyond 5 full innings and is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning, unless the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponents' score, in which case the final score shall be recorded when the game is called. If the score was tied at the end of the last competed inning, the game is declared no contest and must be completely replayed.

Section 5. Miscellaneous For League Games

- A. Ten run rule applies after five innings of play
- B. The following speed up rules apply to league play:
 - 1. Team at bat may have courtesy runners for the pitcher and/or catcher at any time once they reach base. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
 - 2. Players who have participated in the game under any capacity are ineligible to serve as courtesy runners.
- C. The home team will wear light colored uniforms and the visiting team will wear dark colored uniforms.
- D. For JV and Frosh weekday games, hitting facilities or times will be made available for both teams if possible.
- E. Frosh games to be played Monday, Wednesday and Friday at 5 PM. The first league games start times may be adjusted to 4:30 due to daylight.

Section 6. Conference/ League Championship

- A. The conference champion will be the team with the best league record.
- B. If two or more teams are tied, they shall be co-champions

Section 7. Selections of Teams for State Play-Offs

Refer to page 11 for process used and descending order definition.

Section 8. Filming

- A. Filming is permissible

- B. It is not the responsibility of the host school to provide a designated location.
- C. There shall be no exchange of Conference films and/or videos with non-Conference teams.

BASKETBALL

Section 1. Scheduling

- A. League schedules are to be drawn every two years.
 - 1. For each two-year draw each 6A team will play each opponent 2 times.
 - 2. Each girls' schedule will be exactly opposite of their boys' team.
 - 3. The second year of the draw, the schedule will be reversed.
- B. JV/Frosh games to start at 5:15 p.m. and varsity twenty minutes after completion of junior varsity game or 7:00 p.m., whichever is later.
- C. Since there is often a conflict between the district wrestling tournament and a home basketball game of the host school, the basketball schedule is to be changed to Thursday when needed as to allow the host school to have the wrestling tournament when it is their turn.
- D. In case regular games (Tuesday/Friday) cannot be played for an unforeseeable reason, they will be made up in the following order:

Movement of Tuesday games

- a. following Wednesday
- b. following Thursday

Movement of Friday games

- a. following Saturday
- b. following Monday

- E. During finals week:
 - 1. The Tuesday Conference game will be played on Saturday night of the same week at the scheduled site as agreed upon by schools involved.
 - 2. The above change could take place in two consecutive weeks as different school districts have different exams

weeks. This will result in two consecutive weeks where we are playing games Friday and Saturday nights.

Section 2. General Rules and Regulations

- A. A current copy of the team rosters shall be sent to each school the day of the game with the school.
- B. The home team will wear white colored uniforms and the visiting team will wear dark colored uniforms.
- C. Visiting teams are to provide their own towels.
- D. It is recommended that all schools allow the visiting teams radio or webcast access to broadcast whenever possible.
- E. It is agreed that no seniors are to play junior varsity basketball. If there are unusual circumstances (ex. foreign exchange student), both AD's may agree to allow the athlete to play. This needs to be done at least a day before the regular scheduled contest.
- F. Under OSAA regulations, no athlete is to play more than five quarters in any given night.
- G. Home team officials should take precautions to protect visiting team cars while parked or leaving the school area during and after the games to control any possible outburst of feelings.
- H. Use of noisemakers such as air horns, wood blocks, megaphones, cow bells, etc., shall not be allowed by any team in the League.
- I. Throwing of objects, including confetti, both in the stands and onto the playing floor shall not be allowed.
- J. Bands shall not perform during play. Bands may play during timeouts, half time, and before and after games. Bands will not be located behind visitors' bench.
- K. Any sign, banners or posters should be positive in nature and not be derogatory to prevent retaliation by visiting fans.

- L. Cheerleaders shall not lead yells during free throws.
- M. Fans shall not be allowed on the playing floor before or during games.
- N. Basketball pre-game introductions will not exceed four minutes without prior notification and may be extended up to four minutes with prior notification to visiting school. Prior notification to be at least one day in advance to visiting team.
- O. Half time will be 10 minutes in duration, but may be extended to 15 with prior notification given to the other school.
- P. Shooting during half time of games is limited to players in uniform.
NO STREET SHOES ON COURTS AT ANY TIME.

Section 3. Officiating

- A. The OSAA established specific chartered associations for officials beginning with the 1969-70 school year. Those established in our district are Eugene, Grants Pass, Rogue Valley and Roseburg. All officials are to be certified by one of these associations in order to be eligible to work a League game.
- B. The Athletic Officials Handbook and Rule Books distributed by OSAA will be used as a guide for all matters pertaining to officials.
- C. Fee schedules should be agreed upon a year in advance so as to allow schools to accurately provide funds in their budget.
- D. Commissioners for each association shall be selected according to OSAA guidelines.
- E. Selection of Basketball Officials.
 - 1. Each of the commissioners serving the conference will compile a list of all certified officials to be sent to all member schools.

2. The above lists are to be given to the athletic directors of the district before the commissioners assign any officials, and before any league contests are played.
3. Varsity coaches may delete one official for each ten (10) listed or a maximum of two (2), whichever, is greater.
4. Once an official has been approved by a coach, he shall remain on the list through the complete season. The only time a school may have a person removed from his list would be when a school administrator contacts the commissioner and states reasons that are acceptable to the commissioner.

Section 4. Selecting Teams for State Tournament and Play-In

- A. Refer to page 11 for determining state playoff representatives.

Section 5. League Play-off Procedures

- A. Money
 - a. Game Expenses
 - i. Host school will pay game management expenses out of ticket sales.
 - ii. After expenses, profits and losses will be divided equally between the two schools.
 - iii. Game expenses shall be the same as regular season games.
- B. Officials to be assigned by commissioner of the home team upon approval of both athletic directors.
- C. All play-off games will start at 7:00 p.m.
- D. Conference passes will be recognized for Conference play-off games.

Section 6. Filming/Video taping

- A. Filming is permissible
- B. It is not the responsibility of the host school to provide a designated location.
- C. There shall be no exchange of Conference films and/or videos with non-Conference teams.

CROSS COUNTRY

Section 1. Responsibilities

- A. The school hosting the District Meet shall also hold a pre-district meet on the same course in mid-September.

Section 2. Regular *Conference* Season Meets

- A. Season meets will be scheduled by each school independently.
- B. Race results will be provided by the home team and be available to the head coaches following the final race. Home teams are responsible for providing results to the media.
- C. A varsity cross-country team shall consist of no more than seven members.

Section 3. Pre-District Meet

- A. A map marking location and course will be provided to the schools participating one week prior to the meet.
- B. The meet will utilize a format to be determined by the conference coaches. The host will gather this information from coaches, and announce the format at least one week prior to the meet.
- C. Meet schedule Times-unless otherwise noted

	Pre-District	District
Girls Varsity	3:45pm	2:00pm
Boys Varsity	4:30pm	2:45pm
Girls JV	5:15pm	3:30pm
Boys JV	6:00pm	4:15pm

- D. No awards will be presented for the **pre-district meet**.

Section 4. District Meet

- A. The District meet will be rotated regionally with other district events. The meet will be held on or before the OSAA cut-off date.
- B. Jury of Appeals: rotated by alphabetical order, not to include a coach of an athlete involved in a dispute.
- C. Starting box assignments will be made using a random draw conducted by the SWC athletic directors for the pre-district and district meets at their August meeting.
- D. Starting boxes should be uniform in size and shape with a minimum box width of 48" and a maximum box width of 54". The box must be able to accommodate three runners per school on the front line. In addition, there should be a minimum distance of 150 meters prior to any constrictions on the course.
- E. The race distances will be 5000 meters for all races.
- F. The host school will provide adequate adult supervision to prevent confusion at the starting line, on the course, and at the finish line.
- G. Medals and ribbons will be awarded and provided by the SWC. **A plaque will be provided for the coed district champion based on combined points.** Plaques will be awarded to the conference champions in the boys and girls races. See medals appendix for details on medals.
- H. The host school will include but not be limited to the following support systems:
 - 1. Management: starter, re-call starter, timer, course judges and an appeal committee.
 - 2. Facility: a clearly marked course measured to the race distance.

3. Equipment: starter's gun, film of finish line.
4. Communication: A map of the course and pre-meet communication including entry requirements. The meet director will present results of the meet to each school and the OSAA immediately following the final race.

I. Eligibility

1. Contestants must participate in at least two OSAA sanctioned high school meets during the regular season in order to be eligible for the District Meet.
2. Medical exemption may be presented to SWC AD's for consideration. A majority vote by AD's would allow the exception.

Section 5. District Champion/State Qualifiers

- A. District Champion, team and individuals will be determined by the district meet.
- B. State qualifiers will be determined by the OSAA state guidelines.

Section 6. Technical Issues

- A. False starts at all *Conference* sponsored meets.

From the time the starter gives the command "runners set" until the entire group of runners successfully cross the 100 meter mark, any false start, unnecessary contact, racers falling, etc. by the runners will require a re-start. (NFHS rule)

- B. All athletes must compete in a standard school uniform.

FOOTBALL

Section 1. Scheduling

- A. Schedule shall be made for a two-year block.
- B. The home team shall automatically alternate from year to year.
- C. Varsity games will be on Friday nights at 7:00 pm. JV games will be played at the opposite site on Thursday preceding the varsity game. Frosh schedule on Thursdays at the same site as varsity games. Frosh and JV start times are 5:00.

Section 2. Program Policy

- A. Team rosters will be available online via OSAA ScoreCenter.
- B. Home athletic director will provide visiting teams access to locker rooms and a chalkboard/whiteboard.
- C. Visiting teams must provide own towels.
- D. Tie games on the varsity level will be broken by OSAA rules, Kansas Plan. No overtimes for sub-varsity contests.
- E. Kansas Plan will be used for varsity games only.
- F. **Running clock** will be in place for 45 pt. differential after half time **at all levels. Clock will stop only for limited reasons per OSAA rules.**

Section 3. The home team shall wear dark jerseys, the visiting team light jerseys.

Section 4. Determination of State Playoff Representatives

- 1. Refer to page 11 for determining state playoff representatives.

Section 5. Officials for Games

- A. There shall be five officials assigned to all League varsity games.
- B. There shall be four officials assigned to all junior varsity and frosh games.

Section 6. Varsity games that are postponed due to conditions beyond control shall be made up as follows:

- A. Friday games shall be played at the same site on the following Saturday. Time will be mutually agreed upon by athletic directors.

Section 7. Phones

- A. The host team will provide both teams with an equal number of size and spots for coaches. Number of spots available at each school:

Grants Pass-3	S. Eugene-3
N Medford-2	S. Medford-2
Roseburg-2	Sheldon-3

- B. Wireless phones may be used by either team provided the use is restricted to the press box and the field.
- C. If team phones do not work properly, or are not available, this will be of no consequence to either team.
- D. If, at any time, a coach picks up reception or interference that prohibits communication from the opposing team's phones, the other team must be notified immediately. The phone that is picking up the reception must be taken out of operation immediately and an equal number of opposing team's phones must also be taken out of use.

Section 8. Complimentary Tickets

- A. Fifteen (15) general admission tickets in the visitor's section will be issued by the home site A.D. to the visiting school's A.D. for each varsity football game at the August AD meeting.

Section 9. Varsity Football

- A. Coaches are to abide by **the new (2015)** OSAA quarter rule.
- B. Length of a quarter – 12 minutes; half time will be 15 minutes with only one exception, Homecoming can be 20 minutes with prior notification to the opponent or **by agreement by both schools' ADs.**
- C. Any other game time shall be communicated with other schools' AD one week in advance.

Section 10. Junior Varsity Football

- A. No seniors are to play junior varsity without prior approval of opposing school.
- B. Length of quarters and half time are the same as varsity.

Section 11. Freshman Football

- A. Restricted to freshman only without prior approval of the opposing school.
- B. Length of quarters and half time will be the same as varsity.

Section 12. Visiting Scouts

- A. The home team is not responsible for providing designated seating for the next week's opponent's scouts.

Section 13. Video of Games

- A. Host school is to provide one spot that is equal to opponent's filmer. The host school is not responsible for providing films to visiting schools.
- B. Videotaping of junior varsity and freshman contests is permitted. It is not necessary for the home team to provide access to an official location. It is not necessary to provide a copy to the opponent.

Section 14. Video Exchange

- A. All varsity conference game videos will be available by noon the day after the contest (i.e. Saturday). The video will be accessed using the HUDL software system. The upcoming opponent is to receive access to the opponent's previous two games.
- B. During playoffs, videos are not to be given to non-Conference schools, except as part of the exchange agreement between two upcoming opponents per OSAA guidelines.

Section 15. Sportsmanship

- A. Visiting players, fans, cheerleaders, band, etc. are not to bring "spirit sticks", flags, hammers, etc. onto the field at any time. The home and visiting team may wave their school flag in front of their own fans only along their own sideline during the game.

Section 16. Press

- A. The home site will provide a space for media to broadcast as follows:

- Grants Pass-2 booths
- North Medford-2 booths, 3 people per booth
- Roseburg-1/2 booth, 3 people
- Sheldon-bring your own table for the stands
- South Eugene-bring your own table and tent
- South Medford-2 booths, 3 people per booth

GOLF

Section 1. Participation

- A. Schedules will be drawn to give each school FIVE conference matches, one in Medford, one in Grants Pass, one in Roseburg, and two in the Eugene area.

Section 2. Qualifying for State Championship Tournament

- A. Conference champions will be determined by the cumulative team score (best 4 of 5 individual scores) for the five conference-counter rounds.
 - 1. Scoring method: to determine the conference champion and the first team to represent the SWC at the OSAA State Championship, a points system based on the total strokes for the individual league counters will be used. **At each counting tournament, the first place team would be awarded 8 points (total number of schools in the conference), second-7 points and so on. Teams must field complete (4-5 players) teams to score points. In case of a tie, the two teams would split those points (ex: two teams tying for first would each receive 7.5 points)**
The Conference Champion will be the team with the most points and be the conference's #1 representative at the state championships.
- B. Conference teams finishing #2-4 qualify for the REGIONAL golf tournament, from which 2 additional teams will qualify for the state championships. The regional tournament site will be a "neutral" site to be determined by the two conferences that make up the "Region".
- C. INDIVIDUAL qualifiers-
 - 1. TWO individuals will automatically qualify for the state championships by having the lowest cumulative scores in 4 of the 5 conference counting tournaments. If a player plays in all 5 tournaments, their highest score is "thrown out" to determine their ranking.

2. Individuals ranking 3rd-7th after the five conference counting tournaments, ranked on their 4 lowest rounds, will go to the REGIONAL tournament for a chance at qualifying for the state tournament. These individuals must meet the following requisites:
 - i. Have not already qualified for the state tournament (with a team)
 - ii. Are not on one of the three TEAMS that qualify for the Regional Tournament.
 - iii. Finished in the top 20 of the individual league rankings.
- D. In the event of a two-way tie for the first place team, the two teams will be Conference Co-Champions. Each team involved shall play an additional ONE-hole playoff (same day) at the final/5th Conference Counter site to break the tie. Players will be the 4 or 5 players that played that day. After one hole, the top 4 players' scorers will be counted. If still tied, the 5th players' scores will be counted. IF STILL TIED AFTER ONE HOLE, TEAMS (all players) WILL CONTINUE TO PLAY ONE HOLE UNTIL THE TIE IS BROKEN.
- E. In the event of a tie for the number two-four berths to the Regional tournament, each team involved shall play an additional ONE-hole playoff (same day) at the final/5th Conference Counter site to break the tie. Players will be the 4 or 5 players that played that day. After one hole, the top 4 players' scorers will be counted. If still tied, the 5th players' scores will be counted. IF STILL TIED AFTER ONE HOLE, TEAMS (all players) WILL CONTINUE TO PLAY ONE HOLE UNTIL THE TIE IS BROKEN.
- F. Individual Ties: If there are ties that need to be resolved to determine the two state qualifiers, or the 5 regional qualifiers the ties will be resolved by a one-hole playoff at a predetermined hole(s) after the final, 5th Conference Counter round.
- G. Any disputes involving rules should be referred to the rules committee. The rules committee should seek advice from a head professional whenever possible. The rules committee will be made

up of all head coaches that do not have a player involved in the dispute.

- H. All-Conference: The 10 low total scores from the low 4 scores from the 5 conference counting tournaments will determine first (5 players) and second (5 players) all-conference honors.

Section 3. General Procedures

- A. All counting tournaments are 18 holes, medal play. Players from the same school are not to be placed into the same group.
- B. Coaches may be assigned by the host school to strategic points on the course for the purpose of marshaling, spectator control and fore-caddying. Coaches are NOT to render advice or decision, or invoke penalties. Coaches may refer to rulebooks to aid players in how to proceed. Coaches should not attempt to quote rules from memory without referring to the rulebook.
- C. In the event of termination of play decided by a majority vote of the head coaches, and if rescheduling is not possible, a nine-hole score will be counted if all players have completed nine holes. If nine-holes cannot be completed by all players, no score counts. A cancelled tournament *may* be rescheduled if possible. If the tournament cannot be rescheduled, the season will proceed with one less counting tournament.
- D. The rules committee may disqualify a player for unsportsmanlike conduct such as throwing a club, using profanity, causing damage to the course, etc.
- E. Players should turn in their scores to the tournament scorer after holes 9 (when possible). A player's score is considered official once the scorecard has been signed by the player and the scorer, turned in, and the player has left the scoring area after the completion of their round.
- F. Spectators need to stay at least 30 yards away from the players. They may provide players with food, towels, umbrellas, clothing,

etc., but only when other players are present. Players will be disqualified if they receive coaching or advice from a spectator.

- G. Each school may appoint one person to give advice to, or ask for advice from, participants representing that school for each day of competition. This person must be identified to all head coaches and the tournament director prior to the start of each day's competition. The appointee is not to give or get advice from participants or coaches from schools other than their own. The advice may only be given between the time a participant holes out on one hole and tees off on the next hole. The advice needs to be given in a private manner, and is not to delay play. Penalty for breach of these conditions: by a participant, two strokes; by a coach, two strokes added to the coach's school's score.
- H. Play on a course on the day of a tournament is limited to the assigned round. Players are not to play or practice on the course before or after their round on the same day.
- I. Coaches should use the 30-second rule to determine whether or not to suspend play when lightning is in the area. If you see lightning, and you hear thunder within 30 seconds, play should be suspended. Players may finish hole, or mark their ball.
- J. Refer to the head pro or scorecards for local rules. Local rules are to be enforced and should be communicated at a players/coaches meeting prior to the round.
- K. Dress codes need to be communicated and enforced.
- L. Winter/Summer rules should be determined by the Head Pro and/or the tournament director. Every effort should be made to play Summer Rules.
- M. Players are not to have any electronic devices, including headphones, cell phones, MP3 players, etc. during play. If a player uses a device to give or ask advice, the penalty is disqualification.

- N. Players should maintain a brisk pace of play. Out of position is defined as:
- Par 3-Having a clear hole ahead
 - Par 4-Group ahead replaces the flagstick before your group leaves the tee area
 - Par 5-The group ahead arrives on the green before your group leaves the tee area
- N. Players are not to use caddies. Players are not to use motorized carts except as allowed by applicable law or OSAA allowance.
- O. Double-Par Pick Up: If a player or team chooses to play Double-Par Pick-up, their score will not count towards the official tournament score and will not be counted towards the cumulative season results. Officially, a player that plays Double-Par Pick Up receives an "X" for that hole.

SOCCER

Section 1. Participation

- A. Per OSAA, girls can compete with boys but not in state championship play-offs.
- B. Schools may participate in no more than one (1) jamboree per OSAA guidelines. A player may not participate in more than one (1) game in a day.

Section 2. Scheduling

- A. Schedule will consist of Conference boys/girls varsity and JV teams.
- B. Schedule shall be made for a two-year block.
 - 1. The seven schools will be split into two divisions:
Each team will play each other twice, for a total of 12 league contests.
- C. League games will be played on Tuesdays and Saturdays.
The dates may be moved to avoid scheduling conflicts with mutual consent of both school athletic directors.
 - 1. Boys/girls teams will play the same opponent on the same date at opposite sites unless arranged differently at AD's consent.
 - 2. Sub-varsity games will be played on the same day at the same site as the varsity games unless arranged differently at AD's consent.
- D. Game times and sites to be determined and published on annual league schedules

Section 3. General

- A. Both teams will be seated on the same side of the field.

- B. The home will wear light jerseys (white jerseys will be required starting in 2013) and the visiting team dark jerseys.
- C. Team roster: Each coach is responsible for submitting a complete roster to the opposing coach and the referee before each game. The starting lineup shall be indicated. (Names, numbers, and year in school are to be included.) Rosters should be sent to, or be made available to home school a day before the game.
- D. Length of regulation games will be two forty (40) minute halves with a ten-minute half time.
- E. Coaches are mandated to immediately report any red card to the AD.

Section 4. Determination of Conference Representatives to State

- A. League standings will be determined by the total number of points earned. Points earned for each game are used to determine the conference champion. Points will be awarded in the following manner:
 - 3 points for a Win; 1 point for a Tie; 0 points for a Loss
- B. The team with the most points at the end of conference play is the Conference Champion. In case of a tie for first place, these teams will be declared Conference Co-Champions.
- C. Refer to page 11 for determining playoff positions

Section 5. Officials

- A. It is recommended that there will be three (3) officials -- one head official (referee) and two linesman. (JV games--two officials)
- B. The referee and linesman will be certified.

- C. The official time will be on the scoreboard if available. Times may be adjusted by the referee. If scoreboard is not available, time will be kept by the referee.

Section 7. Sportsmanship

- A. Coaches, players, officials and administrators are responsible to ensure that sportsmanlike behavior is conducted at all times, by all participants and spectators.
- B. A yellow card issued serves as a warning.
- C. A red card issued must be reported to the participant's athletic director and the OSAA ejection policy is in effect.

Section 8. Rule Book

- A. The National Federation Rulebook, along with the OSAA rules will be followed.
- B. "Red Card" procedure for the season will be the same as for OSAA playoffs.

Section 9. The Conference

- A. Each school should enact crowd control measures to the extent of separating spectators from the coaches and players on the sideline. (It should be standard operating procedure to keep the coaches and teams in designated coaching areas on one side of the field at least ten yards from the touchline as stated in the National Federal Soccer Rules. These areas need to be well marked before the contest begins and a school representative should be on hand to insure that the crowd stays within their designated areas.)

B. Sportsmanship

- i. Excessive exaggerated celebrations during/or after the game are also not accepted (for example, "victory laps").

- ii. Prior to a match, the visiting teams should not take the opponent's center circle to warm up. That area is reserved for the home team.
- iii. Coaches are role models. Their behavior and what they say represents their school and the Conference. Demeaning comments during or after a match to officials, players or the press are not acceptable.

Section 10. Filming/Videotaping

- A. Filming is permissible
- B. It is not the responsibility of the host school to provide a designated location.
- C. There shall be no exchange of Conference films and/or videos without Conference approval.

Section 11. Overtime Procedures

- A. Games will be two equal halves of 40 minutes and a ten minute half-time.
- B. If the game is tied at the end of regulation, the game ends in a tie. Each team receives 1 point.

SOFTBALL

Section 1. Scheduling

- A. The schedule will consist of single games played on Tuesday and a single or double on Saturday.
- B. Schedules will be drawn up every two years. Home teams alternated within the two-year sequence.
- C. Game times for a single game during the week will be 4:30 p.m. and 12:00 noon on Saturdays.
- D. League-Play-offs
Every effort will be made to have a day between play-off dates unless weather or time dictates otherwise.

Section 2. Make Up Games

- A. Tuesday's scheduled games will be made up on the following Wednesday, Thursday or Monday. Saturday scheduled games will be made up on the following Monday, Wednesday or Thursday.
- B. The games will be made up in order according to league schedule unless otherwise approved by League Secretary due to field availability.
- C. Regular league games will not be affected by a make-up game.
- D. No team will play more than 5 games in one week (Monday-Saturday).

Section 3. Pre-Game Hitting

- A. Teams may arrive 1 ½ hours prior to game time.
- B. Hitting during weekday league games.
 - 1. On field hitting will not be allowed.
- C. For Saturday games:
 - 1. Home teams will be allowed to hit 1 ½ hours before game time.
 - 2. Visiting team will be allowed to hit 1 hour before game time.
 - 3. Hitting for each is limited to 30 minutes.

Section 4. Suspended Games

- A. If fewer than 4 or ½ or 5 innings have been played, the game shall be continued from the point of interruption, on the next available date.
- B. If play has gone beyond 5 full innings, teams have had an equal number of completed turns at bat and the score is tied, the game shall be continued from the point of interruption on the next available date.
- C. If play has gone beyond 5 full innings and is called when the teams have not had an equal number of completed turns at bat, the score shall be the same as it was at the end of the last completed inning, unless the home team in its half of the incomplete inning, scores a run (or runs) which equals or exceeds the opponents score, in which case, the final score shall be recorded when the game is called. If the score was tied at the end of the last completed inning, the game shall be continued from the point of interruption on the next available date.

Section 5. Miscellaneous For League Games

- A. Each team shall have 15 minutes for infield practice prior to game time. Home team will take infield first
- B. Ten run rule applies after five innings of play
- C. The following speed up rules apply to league play:
 - 1. Team at bat may have courtesy runners for the pitcher and/or catcher at any time once they reach base. The same runner may not be used for both positions. Neither the pitcher nor the catcher will be required to leave the game under such circumstances.
 - 2. Players who have participated in the game under any capacity are ineligible to serve as courtesy runners.
- D. At the beginning of the 10th inning, the varsity level will enact the international rule.
- E. After 1 hour and 45 minutes in JV games, if the score is tied, the international rule shall apply for each new inning. Each inning will begin with a runner on second base.

Section 6. Conference/ League Championship

- A. The conference champion will be the team with the best league record.
- B. If two or more teams are tied, they shall be co-champions

Section 7. Selections of Teams for State Play-Offs

Refer to page 11 for Selections of Teams for State Play-offs

Section 8. Filming

- A. Filming is permissible
- B. Not the responsibility of the host school to provide a location
- C. There shall be no exchange of Conference films and/or videos with non-Conference teams.

SWIMMING

Section 1: Scoring

- A. Scoring of all meets shall be conducted under the rules set forth by the National Federation of State High School Associations as printed in the current rulebook for that year.

Section 2: Dual Meets

- A. Individual swimmers may enter four events, with a maximum of two individual events and two relays.
- B. Each school may enter four varsity relay teams per event and score two.
- C. Host school will run one varsity heat and one or more junior varsity heats.
- D. Visiting school is given the first choice of lanes: 1, 3, 5 or 2, 4, 6.

Section 3: Multi-School Meets

- A. Any meet with more than two teams will be scored as a multi-meet or a double dual as per N.F. H. S. rules.
- B. Swimmer may enter four (4) events. Maximum of two individual and two relays.
- C. Each school may enter and score two relay teams and four individuals per event.
- D. A meet with three (3) schools will place in lanes 1,4 or 2,5 or 3,6. Schools will swim those assigned lanes for the entire meet.
- E. A meet with three or more teams will run two varsity heats and one or more JV heats. Lanes will be assigned as in Section 3: D. above. Each varsity heat will be scored according to time of heat.

Section 4: District Meet

- A. Each school may enter four **varsity** individuals in each event.
 - a. **In addition, JV swimmers are allowed**
- B. Each school may enter only one relay team per event.
- C. Preliminaries and final will be seeded according to time.
- D. Sixteen places will swim and sixteen places will be scored at the District Meet.
- E. Entries at the seeding meeting will stand for the District Meet. Changes are only in event of a doctor's release providing that the entered swimmer is too ill to participate.
- F. District Meet entries must be received one week before the District Meet to the host school.
- G. Medals for places #1-8. Ribbons for places 9-16.

TENNIS

Section 1: Conference Scheduling

- A. Dual meets will be scheduled with all district teams using a single round robin format. The draw will be for 2 years, with the second year being at opposite sites.
- B. The men's and women's schedules will be the same with sites opposite, if possible.

Section 2: Conference Matches

- A. There will be no doubling back for varsity matches. Failure to provide a full line-up will result in a match or matches being forfeited, beginning at the lowest level. (#4 singles, #4 doubles) Exhibition matches may be played to allow as many players as possible to compete. Exhibition matches will be pro-sets.
- B. The home team shall determine the method of scoring. Ad or No-Ad in dual matches (due to # of courts, available lighting, school day vs. weekend, etc.).
- C. Coaching in dual matches will be the same as for the district tournament: one coach per site, visits allowed on changeovers, and at the end of each set, coaches cannot enter the playing area.
- D. Match times: Weekday matches start at 4:00 p.m. and noon on Saturday or at a time mutually agreed upon by those schools' ADs.
- E. When a match is suspended due to inclement weather, the players on each court are to report the score of the game, the set totals, and the current server to the coach. If the match is rescheduled, it must continue from the point at which it was suspended, as per OSAA rules.
- F. During the match: Play should be continuous, from the time the match starts (when the first service is put in play) until the match finishes. Between points, a maximum of 20 seconds is allowed.

When players change ends at the end of a game, a maximum of 90 seconds are allowed. However, after the first game of each set and during a tie-break game, play should be continuous and the players shall change ends without a rest.

- G. Varsity competition will consist of 4 singles matches and 4 doubles matches. Dual match line-ups will be submitted 15 minutes before the scheduled start of the match, after which changes will not be allowed.

Section 3: District Tournament

- A. The district champion will be decided at the district tournament.
- B. The district tournament will be a two-day tournament starting on Thursday at 10:00 a.m. Play will be through the quarterfinal matches of the championship bracket and semifinal matches in the consolation bracket.
- C. The second day will be Saturday, with play starting at 10:00 a.m.
- D. The 1st day of the tournament site will rotate alphabetically between SWC schools. The men's tournament will be at one location and the women's tournament at another location, one north and one south. The 2nd day of the tournament will be in Roseburg for both boys and girls.
- E. The Code of Conduct for players will follow OSAA guidelines.
- F. District Tournament Rules
 - 1. Entries: Each school is limited to four singles and four doubles entries. A participant may not enter both singles and doubles. To be eligible to play in the district tournament, a player must have competed in a minimum of 2 conference matches during the season. Exceptions will be decided by a majority vote of the athletic directors prior to the seeding meeting.
 - 2. Each team will provide the tournament director with 8 cans of OSAA approved balls.

3. Thursday Tournament Play:
 - a. Singles and doubles first and second rounds.
 - b. First round of consolation.
 - c. Consolation continued through semifinals.
 - d. Championship bracket continued through the quarterfinals
 - e. Championship bracket is two out of three sets, regular scoring, 12 point tie-breaker.
 - f. Consolation bracket is pro-sets with 12 point tie-breaker at eight all until the finals, which will be full matches.

 4. Saturday Tournament Play:
 - a. Championship semifinals and consolation finals begin.
 - b. All matches are 2 out of 3 sets, regular scoring.
 - c. Championship finals will begin when all semifinal matches are complete. If possible, all championship final matches will begin at the same time.

 5. Team Scoring:
 - a. Points are totaled at the completion of the tournament.
Scoring is determined from the finals winner down:

1st place = 10 points
2nd place = 8 points
3rd place = 7 points
4th place = 6 points
Loser in quarterfinals = 4 points
Loser in second round (no bye)= 2 points
Consolation winner = 3 points
Consolation loser in finals = 2 points
Consolation loser in semifinals = 1 point

 - b. Players receiving a first-round bye will not receive points for advancing into the 2nd round, unless they win their 1st match. Players receiving a first-round bye who lose in the second round will drop into consolation bracket.

 6. Player's rest during tournament play:
-

- a. During the match: Play should be continuous, from the time the match starts (when the first service is put in play) until the match finishes. Between points, a maximum of 20 seconds is allowed. When players change ends at the end of a game, a maximum of 90 seconds are allowed. However, after the first game of each set and during a tiebreak game, play should be continuous and the players shall change ends without a rest.
 - b. Between matches: There will be a minimum of 30 minutes of rest between full-length matches.
7. Coaching: One coach per site. Visits allowed on changeovers and at the end of each set. Coaches are not permitted to enter the playing area.
8. Warm-up:
 - a. Thursday – begin at 9:00 a.m. Court assignments will be given at the seeding meeting on Tuesday, prior to the District Tournament. (Times may be adjusted depending on weather or facility restrictions.)
 - b. Saturday – begin at 9:00 a.m. Court assignments will be given at the conclusion of tournament play on Thursday. (Times may be adjusted depending on weather or facility restrictions.)
9. Forfeits:
 - a. A forfeit results 15 minutes after name is announced to play, as per OSA guidelines.
10. Results:
 - a. Winner reports scores immediately after the match is completed and secures time of next match.
11. Lunch:
 - a. No designated lunch break. Each player is to judge their own lunchtime and be ready to play when called.
12. Illness:

- a. In the case of illness, a player may be replaced by another player not previously entered, as long as the tournament has not begun. Once play has begun, a player cannot be replaced. After the draw, players may not switch divisions.

13. Postponement:

- a. In case of inclement weather, matches will be played indoors, on an alternative schedule, or they may be postponed until Friday. It is the host school's responsibility to secure indoor facilities.

G. Seeding of the Tournament:

1. Seeding Meeting: Will be held in Roseburg on Tuesday, the week of the district tournament.
2. Seeding procedures:
 - a. Four singles and four doubles teams will be seeded. The #1 seed will be placed at the top of the bracket on line #1. The #2 seed will be placed at the bottom of the bracket on line #32. There will be a coin flip to determine placement of the number 3 and 4 seeds.
 - b. Byes will be placed according to USTA guidelines before the remainder of the participants are placed.
 - c. The remainder of the draw will be determined using the random draw process described below:

Schools will be drawn, one by one, out of the pool consisting of the unseeded participants. As a player or doubles team is drawn out, they will be put on the next available line. One entry from each school will be placed in each quarter of the bracket.

Section 4. Seeding Criteria

- A. Head-to-head competition in conference matches this season. Defaults count as a match. (A default results when a player/doubles team begins a match and fails to finish.)
- B. Results against common opponents in HS season matches.

C. Coaches vote.

Section 5. Uniforms

A. All players, while on the court, will be in the team's uniform (same color/type of top, use common sense on cold days).

Section 6. Filming

A. Filming is permissible.

B. It is not the responsibility of the host school to provide a designated location.

C. There shall be no exchange of conference films and/or videos with non-conference teams.

TRACK & FIELD

***Section 1. Regular Season Meets**

A. Schedule

1. The conference will have a dual meet schedule consisting of 5 league contests. This schedule will be on a two-year rotation. Schools will communicate ahead of time on how many athletes they will “hold out” for crossover meets.
2. Weekly league meet dates are scheduled for Wednesdays. Schools may change dates if agreed upon by both schools, and the approval of the athletic directors.
3. Junior Varsity District meet shall be held on the Friday prior to District. JV district is designed to be a local meet with the areas’ 5A and 6A schools.

B. Scheduling and Preparation for League Meets:

1. Visiting schools will send entries via athletic.net. Coaches will designate their 3 varsity athletes per event. Athletes may scratch or switch events during the meet, so long as the other event has not started.
2. The visiting school will be assigned a lane inside of the host school for both relay races.
3. Schools will provide home meet schedule and facility map by April 1st to post on the conference league website. Any changes would need to be notified a day before the meet.
4. Start times: 3:30pm/4:15pm (North) and 4:00pm/4:30pm (South) for dual meets. Note: Start time may for change for triangular meets.

C. Meet Procedures:

1. Sportsmanship is important at all league competitions.

2. Competition in all events will follow National Federation Rules.
3. The Pole Vault and High Jump shall be run in two sessions-boys and girls. Both schools will mutually agree with JV and varsity starting heights. A recommended 6" increase for the Pole Vault and 2" or 3" in the High Jump. Lone competitor may request any incremental adjustments. Head coaches shall sign off on the OSAA pole vault form verifying vaulters' weights and the use of "legal" poles, and bring the form to each competition.
4. Recommended 15 minute check in/out for field events.
5. Field Events: In Dual Meets, Varsity: 3 Prelims and 3 Finals-4 competitors to finals. In JV throwing and horizontal jumping events, each competitor will be allowed 4 attempts (unless there are too many participants). Note: Markers may be used in replace of measuring every JV throw.
6. In field events it is recommended that the varsity precedes the junior varsity; except for the javelin. Schools may require adjustments to their schedule due to their facility and safety issues.
7. The 3000 maybe run as a coed event, and with varsity and JV athletes combined, upon mutual consent of coaches.
8. The host school will provide official scoring of the meet, using National Federation scoring guidelines. Scoring for a dual meet will be First-5, Second-3 and third-1 point. Relay scoring is First-5 and Second-0. Scoring for a triangular meet will be First-5, Second-3, Third-2 and Fourth-1: Relay scoring if First-5, Second-3 and Third-0.
9. The head coach from each school is responsible to see that all equipment and supplies used in SWC competition meet high school federation weights and standards.

***Section 2. District Meet Information:**

A. A combined coed District meet will be held on the week prior to the OSAA State Track Meet to determine the league championships and state qualifications.

B. Athletes competing in the Junior Varsity District meet will not be entered in the Varsity District meet. The only exception is that junior varsity athletes can perform as relay team members.

C. Entry deadline for entries to the Varsity District Meet will be due on the Thursday @ 7PM. Schools will receive heat sheets by Friday at noon. The district meet seeding meeting will be held in Roseburg at 10am the Saturday before the varsity district meet. All corrections will be submitted by 10am at the meeting.

D. Every school will be allowed 3 competitors per event & 4 events per athlete.

E. In the event that an athlete needs to be scratched from the Varsity District meet, after the seeding, due to an injury or illness, a written note from a doctor only must be obtained to replace that athlete. The substituted athlete needs to take place prior to the first day of the meet and the replacing athlete must not have competed at the JV district meet.

F. Entry fees to be assessed by athletic directors.

G. Final scratches only will be taken care of at the coaches' meeting on the day of the meet.

H. Scoring will be **10-8-6-5-4-3-2-1** for individual events and **10-8-6-5-4-3-2-1** for relays.

I. Medals will be given to 1st, 2nd and 3rd place winners. Ribbons will be given to 4th through 8th place finishers. Awards to be handed out as soon as possible upon completion of the event. Team scores will be updated throughout the meet. Announcer will only announce the top mark/time during awards ceremony.

J. Boy's District champion, Girls District Champion and a combined Coed District Championship will be recognized. Boys & Girls Coach of the Year

honors will be voted upon by all coaches. Male & female outstanding “Track” & “Field” honors will be voted upon by all coaches. Recognition of these athletes will be each school’s responsibility.

Section 3. Competition Information

A. Lane assignments for all preliminary running events, except 1500 & 3000 shall be made with the fastest time in lane 4, thus following this lane seeding format:

4-5-3-6-2-7-1-8.

For the 1500 & 3000, the fastest time will be placed on the outside.

B. Lane assignments for running event finals-refer to OSAA description.

C. The Shot put, Long Jump, Triple Jump, Discus and Javelin shall be run in flights. Each contestant will have 3 attempts in preliminaries. The top nine (9) contestants will then move into the finals for an additional three (3) attempts. The finals shall be arranged in a manner that will permit the contestants with best distance competing last. The meet officials will determine the amount of time allowed between flights.

D. The High Jump and Pole Vault will be one flight. The High Jump and Pole Vault bars shall progress per OSAA state meet guidelines and/or coach’s recommendations (coach to determine based on quality of entries). The starting heights for the high jump and pole vault will be determined by the coaches at the meeting prior to the district meet.

E. If a tie should occur in the high jump or pole vault, the National Federation rules will apply. Ties will only be broken for places **(1-4)** to determine event champion and state qualifiers.

F. The finish of each race will be videotaped (Two cameras will be used). F.A.T. will be used for place and time.

G. Each conference school is allowed three athletes per event at the district meet. Contestants must participate in at least two regularly scheduled (not necessarily SWC) meets during the season and have at least one mark per

event to help seed events. Note: Doctor's note would exclude this rule.

Section 4. Track Conduct at District Meet

A. Due to large number of competitors, those not competing will stay in the stands. The Track and infield shall be kept clear. Coaches are to remain in the stands or outside of the competition area.

B. Host school will provide district meet rules regarding their facility to all visiting schools.

C. All complaints or questions should be addressed to the meet director only. Not the event judges.

D. Athletes must be in proper school uniform during their competition, per National Federation rules.

E. All protests must be in writing by the head coach to the meet referee. The referee will render their decision. The meet referee will make a judgment and rule on that infraction.

F. After the meet referee's decision a coach may appeal that decision to the appeals committee. The decision of the appeals committee is final. An appeals committee will be formed at the coaches' meeting.

Section 5. District Meet Responsibilities

A. Grants Pass- Javelin

B. North Medford- Discuss

C. Roseburg- High Jump

D. Sheldon- Pole Vault

E. South Eugene- Long Jump

F. Thurston- Triple Jump

G. South Medford- Lane Judges & Relay Exchange zones

H. _____ - Shot put

I. Host school will provide backup timers and pickers.

VOLLEYBALL

Section 1. Scheduling

- A. The conference will play a double round robin schedule.
- B. A new schedule will be created every two years.
- C. Starting times: Tues./Thurs. F/JV- 5:15 p.m. Varsity- 6:45 p.m.
- D. All varsity matches will be the best three out of five games. The fifth game will be to 15 win by 2.
- E. Sub-varsity matches will be best 3 out of 5, with the 4th and 5th games to 15, win by 2. (No sub-varsity game will start after 6:25 pm)

Section 2. Determination of OSAA State Representation

- A. See page 11 for Determination of OSAA State Representation

Section 3. General Rules and Regulations

- A. It is agreed that no seniors are to play junior varsity volleyball unless previously agreed upon by the schools involved.
- B. Home team and officials are responsible for crowd control before, during and after matches. Visitors must control their fans.
- C. Team rosters shall be sent or made available to the home team prior to the contest.
- D. Use of artificial noisemakers of any kind, including large megaphones, is prohibited.
- E. Throwing objects, confetti, in any part of the gymnasium is prohibited.

- F. Bands are not to perform during play. Bands may play during timeouts, before and after games.
- G. Banners/posters/signs shall be limited to the home team. Signs and banners are to be positive in nature.
- H. Fans should not yell players' names, numbers, personal or rude comments.
- I. Host team will supply all warm up balls.
- J. Warm up procedures begins immediately after junior varsity game. Captains meet during warm up. 4 shared minutes, 8 minutes for visiting team alone, 8 minutes for home team alone. Varsity games will not start before the scheduled start time.
- K. The home team is responsible for implementing a three-ball retrieval system for the varsity match. Two volunteer retrievers and two extra volleyballs will be supplied by the home team.

Section 4. Filming

- A. Filming is permissible
- B. It is not the responsibility of the host school to provide a designated location.
- C. There shall be no exchange of Conference films and/or videos without Conference approval.
- D. For safety reasons, there is not to be any filming at floor level by teams or fans. Home team may designate an area for teams or fans to film from.**

WRESTLING

Section 1: Conference Scheduling

- A. A master schedule will be drawn up on a two-year basis. By mutual agreement, dual matches can be incorporated into a multi-team format.
- B. Home team to be reversed the second year of the schedule.
- C. League matches will be scheduled on Thursday night. Exceptions must be cleared by the conference athletic directors.
 - A Thursday match can be moved to Wednesday if one school is participating in a match or tournament on Friday. Friday travel may be an exception.
- D. The District Tournament will be a two day event (Friday/Saturday), host schools to be determined a year in advance.

Section 2: Rules

- A. Weight classes will follow OSAA and National Federation guidelines (changed in 2011).
- B. It is recommended that a doctor or trainer be at all matches.
- C. Coaches are responsible for the behavior of their team. The wrestling area should be cleared of all litter after a match.
- D. Cheer team members, stat girls, photographers, and team members not participating in a match at that time, will refrain from being on any part of the mats.

Section 3: Dual Meet Procedure

- A. Visiting teams will send/fax their line-up to the home team by 10:00 a.m. on the day of the match.

B. Timeline:

4:30	Arrival
4:45 - 5:15	Weigh-ins
5:45 - 6:45	Junior Varsity
6:45 - 6:55	Varsity Warm-ups
6:55	Introductions
7:00	Varsity Matches Begin

By mutual consent between both athletic directors and both coaches, the start time for weigh-ins and the start of the junior varsity matches may be adjusted.

C. Weigh-in Procedures

1. Weigh-in procedures shall be in accordance with OSAA and National Federation guidelines for varsity, junior varsity, and freshmen.
2. The official scales must be available for both teams to check their weights at 4:30 p.m. at all SWC dual meets.
3. Scales should be certified at least once per calendar year.
4. Only one mat will be used for varsity matches. One or two mats will be used for the freshman and JV matches. In 3-way meets, 2 mats may be used for varsity matches.
5. Officials will conduct the weigh-ins. If an official is not present, a school administrator will conduct the weigh-ins.
6. Weights for conference matches shall be the same as those used in the state tournament.

D. Conference Awards

1. The District Champion will be determined at the district tournament.
2. All- individual District awards will be as follows:
 - 1st Team: 1st place wrestlers at the district tournament
 - 2nd Team: 2nd place wrestlers at the district tournament
 - Honorable Mention: 3rd place wrestlers at the district tournament.

Section 4: District Tournament

- A. The guidelines and format for hosting district will be followed by the host school. Any changes must be approved by a majority of the conference athletic directors.
- B. The district wrestling tournament will be a double elimination tournament.
- C. Each school may enter two wrestlers in each weight classification.
- D. Wrestlers from the same school will be placed in opposite halves of the tournament bracket. If two wrestlers from the same school meet, pin points are automatically awarded.
- E. Commissioners of the various officials' associations will submit a list of qualified officials from their association to the tournament director.

The tournament director will send a ballot to each head coach to vote on tournament officials (one more official than the number of mats used).

F. Conflict Criteria

1. Potential conflicts:

- a. Wrestlers who have previously met in this tournament will not wrestle each other except for first, third or fifth places.
- b. Championship semi-final losers will not meet in the semi-finals of the consolation bracket.
- c. Wrestlers from the same school will not wrestle each other (exception, see 2e below).
- d. Bye vs. forfeit

2. Conflict resolution

If conflict occurs, the following bracket changes are to be made:

- a. Switch inside lines two and three
- b. Switch outside lines one and four
- c. Switch lines one and three
- d. Switch lines two and four
- e. If none of the about resolve the conflict, wrestlers from the same school will wrestle each other.

G. District Seeding Meeting

1. Official entry forms will be provided by the host school.
2. The seeding meeting will be held on Tuesday or Wednesday prior to the district tournament.
 - a. Each school may send two representatives, with only one coach acting as spokesman for their school.
 - b. Weight cards must be provided to the tournament director.
 - c. Dual meet results, tournament results, and all other paperwork pertinent to seeding the tournament must be available to the tournament director during the seeding meeting.

3. Eight wrestlers may be seeded at each weight.

4. Seeding Criteria

a. Head-to-head

- Defaults count as a match.
- The total number of matches against an opponent is considered.

b. Common opponent

c. State Placers

- Follow state seeding criteria.

d. District Placers

- Follow the same pattern of guidelines as the state seeding criteria.

e. Coaches Vote

** A "Vote of Exception" may take place at any point in the seeding process. A Vote of Exception is a vote of the coaches to determine if it is appropriate to determine the seeds of the wrestlers involved in a discussion for seed by vote, rather than proceeding to the next criteria on the list. Examples of when a Vote of Exception may be called for:*

a. a stalemate in the discussion of 3 wrestlers for one seed

b. extenuating circumstance: a wrestler becomes academically eligible at the semester and does not meet some of the criteria based on not wrestling most of the season

c. a wrestler loses a match by an illegal hold during the season, affecting head to head or common opponent record

- *If a majority vote results in the Vote of Exception, each coach may talk about his wrestler for two minutes, and then a vote by the coaches will determine the seeds.*
- *If the Vote of Exception fails, continue to the next criteria on the list.*

H. Withdrawal of a wrestler prior to the start of the tournament must be made by the head coach.

1. If a seeded wrestler withdraws, the other seeds will advance to fill that position.

- No new seeds will be selected, unless nominated at the seeding meeting.

2. If an imbalance occurs in any bracket due to a withdrawal, that bracket may be redrawn.

3. A wrestler who has withdrawn for medical reasons (verified by a note from a physician) prior to weigh-ins, may be replaced by the school involved.

I. Tournament Scoring

Tournament Place Points

1 st	16 points
2 nd	12 points
3 rd	9 points
4 th	7 points
5 th	5 points
6 th	3 points

Tournament Match Points

Fall	2 points
Default	2 points
Forfeit	2 points
Disqualification	2 points
Technical Fall	1.5 points
Major Decision	1 point

Advancement Points

Championship Bracket	2 points
Consolation Bracket	1 point
Bye: Championship	2 points
Consolation	1 point

J. Tournament Medical

1. A physician will be present during weigh-ins. Without a doctor's explanation, the on-site physician's decision is final.
2. Wrestlers may not compete with a contagious or infectious disease. Known or suspect cases must have a written physician's release to compete. The physician's note must state that the infection is no longer in a contagious state.

K. Awards

1. The championship bracket will be presented to the 1st place wrestler in each weight class.
2. Medals will be awarded to the top three placers in each weight class.
3. Ribbons will be awarded to places 4 through 6.
4. Awards to the top 6 placers will be presented between matches throughout the finals.

L. District Meet Time Schedules (times may be adjusted by vote of District AD's)

Friday: Day 1

11:00 Weigh-ins using 3 scales. Weigh-ins will follow National Federation guidelines. Teams are to report to the weigh-in area no later than 10:45. A coach's scratch meeting will be held immediately following the conclusion of weigh-ins.

1:00 - Wrestling Begins. 3* mats.
Wrestling will be continuous until the rounds are complete.
Championship: Round 1
Championship: Round 2
Consolation: Round 1
Consolation: Round 2

Saturday: Day 2

9:00 a.m. Weigh-ins

A coach's scratch meeting, if necessary, will be held immediately following the conclusion of weigh-ins.

11:00 a.m. Championship Semifinals

12:30 p.m. Consolation Quarterfinals

1:30 p.m. Consolation Semifinals

2:30 p.m. Placing matches

4:30 p.m. Clear the gym

*5:30 p.m. Finals begin.

*Finals start approximately one hour after the last consolation place match.

*The number of mats used per session will be determined by the host school, depending on their facilities and the number of participants.

ADMISSION TO ATHLETIC EVENTS

ALL VARSITY SPORTS

Reserved—To be determined by individual schools.

General Admission*

Adult	\$6.00
Visiting High School Students with Card	\$2.00
Junior High/Middle School	\$4.00
Grade School	\$4.00
6 and under	Free

District Swimming, Track and Wrestling Tournament Admission

	Visiting Students		
	Adults	w/ASB	Students
Session 1 (Friday)	\$ 6.00	\$2	\$ 4.00
Session 2 (Saturday a.m.)	\$ 6.00	\$2	\$ 4.00
Session 3 (Saturday p.m.)	\$ 6.00	\$2	\$ 4.00

Passes Honored for regular season games, including SWC Playoffs, Jamborees and Tournaments:

conference Passes – Thirty-five passes* per school/per year
(*each pass admits two)

OACA Gold Card – Admit one, I.D. required

OSAA Press Pass

OAOA Officials' Pass

No other passes accepted by the SWC

HOST SCHOOLS FOR CONFERENCE MEETS

<u>Cross Country</u>	
2016 – Willamette	
2017 – South Medford	
2018 – Roseburg	
2019 – South Eugene	
2020 – North Medford	
2021 – Sheldon	
2022 – Grants Pass	
<u>Wrestling</u>	<u>Swimming</u>
2016 – Thurston	2016 – Thurston
2017 – Roseburg	2017 – Willamette
2018 – North Medford	2018 – Willamette
2019 – Grants Pass	2019 – Sheldon
2020 – Sheldon	2020 - Sheldon
2021 – Roseburg	2021 - Sheldon
2022 – South Medford	2022 - Sheldon
<u>Track and Field</u>	<u>JV District Track</u>
2016 – South Medford	Southern Division
2017 – Sheldon (Roseburg)	
2018 – North Medford	
2019 - Sheldon	2019: Grants Pass
2020 – Grants Pass	
2021 – South Eugene	2021: South Medford
2022 – South Medford	
<u>Tennis – Boys (Day 1)</u>	<u>Tennis – Girls (Day 1)</u>
2016 – South Eugene	2016 – Roseburg
2017 – Roseburg	2017 - Eugene
2018 - Eugene	2018 – South Medford
2019 – Roseburg	2019 – South Eugene
2020 – South Eugene	2020 - Roseburg
2021 – North Medford	2021 - Sheldon
2022 – Roseburg	2022 – North Medford

SWC Official Contest Start Times

SPORT	#	VARSITY	JV	FROSH
<u>FALL</u>				
<u>Cross Country</u>	12	TBA	TBA	
<u>Football</u>	9	7:00 PM	5:00 PM	5:00 PM
<u>Soccer</u>	14	TBA	TBA	
		TBA	TBA	
<u>Volleyball</u>	18	6:45 PM	5:15 PM	5:15 PM

WINTER

<u>Basketball</u>	22	6:45 PM	5:15 PM	5:15pm
<u>Wrestling</u>	14	7:00 PM	5:45 PM	Novice-TBA
		4:45 – 5:15 PM weigh-Ins	4:45 – 5:15 PM weigh-Ins	
			5:45-7:15 PM JV matches	
		6:45 –6:55 PM Varsity warm-up		
		6:55 PM Introductions		
		7:00 PM Varsity matches start		
<u>Swimming</u>	12	Based on pool availability (TBA)		

SPRING

<u>Baseball</u>	26	4:30 PM Weekdays (Single)	4:30 PM Weekdays (Single)	
		12:00 PM Saturdays (DBLI) Medford/Eugene: 1:00 PM	12:00 PM Saturdays (DBLI) Medford/Eugene: 1:00 PM	
		DBL Make-up	DBL Make-up	
		1:30 PM Weekdays	1:30 PM Weekdays	
<u>Golf</u>		12:00 or 1:00 PM Weekdays		
<u>Softball</u>	26	4:30 PM Weekdays (Single Game)	4:30 PM Weekdays (Single Game)	
		2:30 PM Weekdays (DBL Makeups)	2:30 PM Weekdays (DBL Makeups)	
		1:00 PM Saturdays	1:00 PM Saturdays	
<u>Tennis</u>	16	4:00 PM Weekdays		
		12:00 PM Saturdays		
<u>Track</u>	12	4:00 PM Field events, 3:30 in Eugene		
		4:30 PM Running events, 4 in Eugene		

Times may be adjusted with participating schools due to proms, testing, etc.

SWC LEAGUE SECRETARY ROTATION

AND

HARDSHIP COMMITTEE

1. SWC League Secretary Rotation

2014-15	Roseburg
2015-16	Sheldon
2016-17	South Eugene
2017-18	South Medford
2018-19	Grants Pass
2019-20	North Medford
2020-21	Roseburg
2021-22	Sheldon

2. Hardship Committee Rotation

<u>2017-18</u>	<u>2018-19</u>	<u>2019-20</u>	<u>2020-21</u>
South Medford*	Grants Pass*	North Medford*	Roseburg*
Willamette	North Medford	Roseburg	Sheldon
Grants Pass	Roseburg	Sheldon	South Eugene

* = Committee Chair

HARDSHIPS:

1. Hardship Guidelines:

A. Information needed:

1. Letter from parents and or athlete
2. Letter from out-going Principal/Athletic Director
3. Copy of transcript
4. Attendance record
5. OSAA hardship form signed and completed-ONLINE

B. Procedure:

1. A copy of all information listed above must be sent to the hardship committee chair.
2. A copy of all criteria will be sent from the committee chair to the other 2 members of the committee.
3. All members will evaluate and discuss the hardship amongst them and will offer a response to the applicant within 5 working days of the time the hardship was received by the chair.
4. When the hardship committee has decisions to make regarding a student from one of the committee member schools, it is recommended that the principal defer to the other committee members. If a resolution cannot be reached, the committee should involve the principal of the next school in descending order.

C. Criteria for league hardship:

1. Mid-year transfer
2. Grade deficiency with a mid-year transfer
3. Foreign exchange students whose program is not listed in those participating with the OSAA (CSIET PROGRAM)

D. Criteria for OSAA Hardship

1. Age: 19 years old before August 15
2. 5th Year
3. Lack of credits the previous semester
4. Lack of credits needed to be on track to graduate

SWC MEMBERS DIRECTORY

2018 – 2019

SCHOOL	PRINCIPAL	ATHLETIC DIRECTOR	AD ASSISTANT
Grants Pass HS 830 N.E. 9 th Street Grants Pass, OR 97526	Ryan Thompson 541 474-5710	Clay Rounsaville Phone 541/474-5720 Cell 541/ 660-6688 crounsav@grantspass.12.or.us	Jen Stevens Phone 541/474-5720 FAX 541/474-9825 jstevens@grantspass.k12.or.us
North Medford HS 1900 N. Keeneway Dr. Medford, OR 97504	Dan Smith 541/842-1185	Patrick Grady Phone 541/842-1194 Cell 858/442/4182 patrick.grady@medford.k12.or.us	Marilyn Gamby Phone 541/842-3662 FAX 541/842-5338 marilyn.gamby@medford.k12.or.us
Roseburg HS 400 W. Harvard Roseburg, OR 97470	Jill Weber 541 440-4142	Russ Bolin Phone 440-4162 Cell 541 680-1247 rbolin@roseburg.k12.or.us	Carmen Finlay Phone 541/440-4162 FAX 541/440-8297 cfinlay@roseburg.k12.or.us
Sheldon HS 2455 Willakenzie Road Eugene, OR 97401	Bob Bolden 541 790-6600	Matt Binker Phone 541 790-6650 Cell 541 337-8079 binker_m@4j.lane.edu	Nancy Kelley Fax: 541-790-6605 Phone: 541-790-6650 Kelley_n@4j.lane.edu
South Eugene HS 400 E 19 th Ave Eugene OR 97401	Andy Dey 541 790-8000	Dave Hancock Phone 541 790-8019 Cell 541 517-6117 hancock@4j.lane.edu	Alex Nordstrand Phone 541 790-8019 nordstrand_a@4j.lane.edu (underscore)
South Medford HS 1551 Cunningham Medford OR 97501	Donnie Frazier 541 842-3692	Tim Rupp Phone 541 842-1406 Cell 541 941-8334 tim.rupp@medford.k12.or.us	Carmen Lira Phone 541/842-5350 FAX 541/842-1526 carmen.lira@medford.k12.or.us
Medford SD		Amy Tiger Phone 541-842-1139 Cell 541-778-8297 amy.tiger@medford.k12.or.us	

SWC SCHEDULING RESPONSIBILITY

Baseball	Roseburg
Frosh Baseball	Grants Pass
Basketball	South Eugene
Cross Country	Grants Pass
Football	Roseburg
Golf	North Medford
Softball	North Medford
Soccer	South Eugene
Swimming	Sheldon
Tennis	Boys-SE, Girls-
SM	
Track	Sheldon
Volleyball	South
Medford	
Wrestling	Grants Pass
SOP's	South
Medford	

**Southwest Conference
Medals and Ribbons Order
All Medals will have a Red-White-Blue Neck Ribbon**

CROSS-COUNTRY-Need by October 1

Total Medals: 58

(1st/2nd/3rd) (Individual), Gold, Silver, Bronze, Boys and Girls (6)

(State Qualifiers-for individuals not on qualifying teams) Bronze, 5 Boys, 5 Girls (10)

(1st/2nd/3rd) (Team) 7-1st, 7-2nd, 7-3rd Gold, Silver, Bronze, Boys and Girls (42)

Ribbons 4th-21st, Boys and Girls Varsity

Medals Engraved on Back:

SWC
District
Year

(Place)(Event-Boys or Girls, Individual or Team) or “State Qualifier”

Ribbons:

SWC
District
Championships
Year

(Place)(Event-Boys or Girls Individual)

WRESTLING-Need by January 10

4 Medals, 2 Ribbons per weight class, 14 weight classes

Weights: 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Medals Engraved on Back:

SWC
District
YEAR
(Weight) (1st/2nd/3rd/4th)

Ribbons (5th-Red, 6th-White) Printed:

Southwest
Conference
District
Championships
YEAR
(Weight)
(5th/6th)

SWIMMING (Boy and Girls)-Need by January 10
Individual-8 medals, 8 ribbons Relay-2 medals, 4 ribbons

Individual Events

200 Free Style	Medals for 1 st -8 th (8)	Ribbons for 9 th – 16 th (8)
200 Individual Medley	Medals for 1 st -8 th (8)	Ribbons for 9 th - 16 th (8)
50 Freestyle	‘ ‘	‘ ‘
100 Butterfly	‘ ‘	‘ ‘
100 Freestyle	‘ ‘	‘ ‘
500 Freestyle	‘ ‘	‘ ‘
100 Backstroke	‘ ‘	‘ ‘
100 Breaststroke	‘ ‘	‘ ‘

Total Individual Medals: 128 (64 boys and 64 girls= 128)
Total Individual Ribbons: 128 (80 boys and 80 girls= 128)

Relay Events

200 Medley Relay	Medals for 1 st -2 nd (8)	Ribbons for 3 rd -6 th (16)
200 Freestyle	Medals for 1 st -2 nd (8)	Ribbons for 3 rd -6 th (16)
400 Freestyle	Medals for 1 st -2 nd (8)	Ribbons for 3 rd -6 th (16)

Total Team Relay Medals: 48 (24 boys and 24 girls= 48)
Total Team Relay Ribbons: 96 (48 boys and 48 girls= 96)

Medals Engraved on Back:

SWC
District
YEAR
(Place)(Event)

Ribbons Printed:

Southwest
Conference
District
Championships
YEAR
(Place)
(Event)

Events:

Individual: 200 FS, 200 IM, 50 FS, 100 BF, 100 FS, 500 FS, 100 BaS, 100 BrS
Relay: 200 Medley Relay, 200 Freestyle Relay, 400 Freestyle Relay

GOLF (Boys and Girls)-Need by April 1

Medals

- 5 (x2) “**2016 SWC Champions-Team**” (Gold)
- 15 (x2) “**2016 State Qualifier Team**” (Silver) (Conference champion and 2 teams from regionals)
- 7 (x2) “**2016 State Qualifier Individual**” (Silver) (2 out of conference, 5 out of regionals)
- 1 (x2) “**2016 SWC Champion-Individual**” (Gold)
- 1 (x2) “**2016 SWC 2nd Place-Individual**” (Silver)
- 1 (x2) “**2016 SWC 3rd Place-Individual**” (Bronze)

TENNIS (Boys and Girls) Need by April 1
Singles-4 Medals, Doubles-4 Medalsx2

- 1 (x2) “**2008 District Singles Champion**”
- 1 (x2) “**2008 District Singles 2nd Place**”
- 1 (x2) “**2008 District Singles 3rd Place**”
- 1 (x2) “**2008 District Singles 4th Place**”
- 2 (x2) “**2008 District Doubles Champion**”
- 2 (x2) “**2008 District Doubles 2nd Place**”
- 2 (x2) “**2008 District Doubles 3rd Place**”
- 2 (x2) “**2008 District Doubles 4th Place**”

MONTHLY MEETING GUIDE

AUGUST

- AD/Principal/Secretary changes, update directory
- Order Medals/Ribbons for district events
- Conference Hardship Committee
- Conference Passes Distributed
- Distribute Approved Guidelines
- Confirm OADA League Rep, same as League Secretary
- Confirm/Adjust Fall schedules
- Distribute Guidelines to Fall Sports Coaches

September

- Possible AD/Principal Meeting
- Approve Winter Schedules
- Begin Spring Schedules
- Confirm XC District Protocols

October

- Confirm/Adjust Winter Schedules
- Begin Fall Schedules for following year
- Schedule Fall All-league meetings

November

- Approval Spring Sports Schedules
- Distribute Guidelines to Winter Sports Coaches

December

- Time/site adjustments for Spring Sports (proms, SAT's, etc.)
- Distribute Fall Championship plaques
- Consider Guideline changes for Fall sports

January

- Distribution of spring sports schedules
- Confirm OADA registration for April State Conference
- Confirm District Wrestling and Swimming
- Schedule Winter All-league meetings

February

- Adjust spring schedules as necessary
- Bring Copy of Springs Sports, Coaches names, and phone numbers

March

- Distribute Winter Conference Championship Plaques
- Distribute Guidelines to Spring Sports Coaches
- Confirm Fall Sports Schedules

April

- Distribute Fall Sports Schedules
- Confirm baseball/softball times, sites
- Review District Track, Tennis, Golf info
- Prepare for State AD Conference
- Guideline change proposals for Winter Sports

May

- Confirm Winter Sports Schedules
- Review Spring Sports Guidelines

June

- Confirm new Secretary for next year
- Confirm Conference Pass printing to distribute in August
- Wrap up budget, Play-in reconciliation
- Finalize Guidelines for next year
- Distribute Spring Sports Championship plaques

APPENDIX

BASEBALL ALL-LEAGUE SELECTION GUIDELINES

General Guidelines:

- 1) Coaches will nominate players for appropriate teams.
- 2) Cannot vote for your own player.
- 3) Players cannot be First Team at two different positions.
- 4) If a player is on First Team, that player cannot be on the Second Team or Honorable Mention Team.
- 5) Once a player makes a team, he is off the board.
- 6) Player must receive a vote to be on Honorable Mention.
- 7) All ties, unless there are 3 or more players, will conduct a re-vote.

Number of players Selected:

First & Second Teams:

3 pitchers, 2 catchers, 1 first baseman, 4 infielders, 4 outfielders,
and

1 utility (this player must have 30 at bats at 2 different positions
other than pitcher)

Honorable Mention:

Any player receiving at least one vote.

Player of the Year, Pitcher of the Year, and Coach of the Year will be
voted on separately.

BASKETBALL ALL-CONFERENCE GUIDELINES

1. Player of the year will be selected first and will be placed on the first team.
 - a. Selection of this player will be done by allowing each coach to have an opportunity to nominate a player.
 - b. After all players have been nominated, coaches will follow this up with an explanation of why they nominated their player.
 - c. Voting will then take place, with each coach voting for one person and they cannot vote for their own player. If there is not a majority vote a second vote should take place to determine an outright winner.
 - d. The winner is Player of the year.
2. First and second -team selections:
 - a. Coaches will nominate their players in ranking them from top to bottom. There is no limit to the number of players that maybe nominated, however we would encourage coaches to use good discretion in nominating only their best players that have performed well throughout the season.
 - b. After all players are nominated and listed on the board, each coach will vote using a power ranking system. Each coach is allowed to vote for 10 players and they cannot vote for their own players.
 - c. Their first choice should be listed at the top on the #10 line, followed by their 2nd choice on the #9 line and so on, down to the last line #1. #10 receives 10 pts.; #9 receives 9 pts.; #8 receives 8 pts. And so on down to #1 who receives 1 pt.
 - d. After ballots have been turned in, their results should be read out loud and tallied on the board.
 - e. The top 5 vote getter will be listed as first team all-conference. The second 5 vote getters will be listed 2nd team all-conference, and if a player receives a vote, but is not in the top 10, they will be listed as an honorable mention.
3. Coach of the year award:
 - a. This is the final award to be selected.
 - b. Any coach maybe nominated by their peers.
 - c. After nominations are made, each coach is allowed one vote, cannot vote for themselves, the coach with the most votes, will be selected coach of the year. If there is not a majority a second vote may need to take place.
4. All results will be given to our local media and sent to the Oregonian for the 6A all state ballots.

FOOTBALL ALL-LEAGUE PROCEDURES

- I. **Offensive Positions**
Center, guards, tackles, tight end, 3 receivers, 3 running backs, place kicker, quarterback, and offensive player of year.

- II. **Defensive Positions**
4 down linemen, 4 linebackers, 4 defensive blocks, punter, and a defensive player of the year.

- III. **Procedure**
 - Coach will nominate players for 1st team by position.
 - Coaches will vote, cannot vote for their own player, player with most votes is 1st team.
 - Players not chosen for 1st team that were nominated stay on board for 2nd team vote.
 - Coaches can nominate other players that were not on board for 1st team for 2nd team vote.
 - Any player receiving a vote gets honorable mention.
 - There will be a separate nomination and vote for offensive and defensive player of the year.
 - Coach of the year vote.

- IV. **Date of Release**

Soccer All-League Guidelines

Teams will nominate the following number of players from their team based upon their league finish.

1st - 8

2nd - 7

3rd - 6

4th - 5

5th - 4

- Total 30 players
- Each coach puts their players up on the board in order of how they would rank them.
- Each coach then talks about each of his/her players for 3-5 minutes.
- Each coach votes on who they would pick for first team. The 11 players receiving the most votes make 1st team. The remaining players receiving votes are automatically placed on the 2nd team. (If there was a tie for the last spot on 1st team, they make 1st team).
- Again, any player receiving 1st team votes that did not make the 1st team, is automatically on 2nd team. The coaches then vote for 2nd team. Those receiving votes would fill in the remaining slots for 2nd team.
- All other players must have received a vote to be on Honorable Mention. A coach's nomination is not a vote.
- Coaches cannot vote for his or her own players.
- To be eligible for Player of the Year, the player had to receive unanimous votes. If a Head Coach had a player receiving unanimous votes, the coach could decide to put her up for POY. In the event that a coach had multi players, that coach needs to choose one player for POY. Each coach will then be allowed to talk again about his/her player. Each Head Coach will then vote for one POY (cannot vote for their own player). The player receiving the most votes is POY. In case there was a tie with 2 players, both players would be CO-POY.
- Coaches vote for Coach of the Year by secret ballot

Softball All – League Selection Guidelines

- 1.) Coaches will nominate player for appropriate team.
- 2.) Coaches cannot vote for their own player.
- 3.) If a player is on First Team or Second Team, that player cannot be nominated for another position.
- 4.) Once a player makes a team (First or Second), they are off the board. If a player is nominated but does NOT make First or Second Team, they may be nominated at another position. If they make First or Second team on their subsequent nomination, they would be removed from Honorable Mention at the previous position if they received a vote.
- 5.) Player must receive a vote to be on Honorable Mention.
- 6.) Two-way ties will result in both players placed on that team. In case three or more players are tied, the coaches will vote on those tied players to break the tie.
- 7.) Pitcher of the year will be nominated and voted on AFTER First/Second/HM pitchers are determined. The Pitcher of the Year cannot be nominated for Player of the Year.
- 8.) Player of the Year and Coach of the Year will be determined after all First/Second/HM selections are determined.
- 9.) Stats to use for voting purposes: At bats, runs, hits, HRs, RBIs, batting average, stolen bases, fielding percentages. For pitchers, wins, losses, saves, innings pitched, earned runs, hits, strikeouts, walks and ERA.
- 10.) Player of the year, Pitcher of the Year, and Coach of the Year will be voted on separately.

Number of players selected, and the order of selection will be:

First and Second Teams:

- 2 Pitchers, 2 catchers, 5 infielders (includes 1B), 4 outfielders, and 1 Utility (played 2 or more positions and/or was a DP/Flex)

Honorable Mention:

- Any player receiving a vote. There will not be nominations for Honorable Mention

SWC - VOLLEYBALL ALL-LEAGUE VOTING

Our goal is to get the recognition of the SWC best volleyball players on the all-league teams. It is up to the integrity of the coach only to nominate, based on their assessment of the entire league, athletes that they believe are worthy of all-league representation. It is also important that you base your votes on the players on court performance, not attempting to manipulate votes so that your player has a better chance of making a team.

Procedure for Selection:

- 1) Each coach writes on the whiteboard the athletes, by position, that they believe should be considered for 1st team all SWC.
- 2) Each coach gets a few minutes (be brief but thorough). Include end of seasons statistics if you wish.
- 3) Each coach will, by secret ballot, write down who they believe should be on the 1st team all SWC. (5-hitters, 2-setters, 1 libero). **Coaches may not vote for their own players.**
- 4) AD in charge of meeting will tally votes and announce SWC 1st team.
- 5) From that 1st team, coaches will nominate player(s) to be Player of the Year.
- 6) Coaches will vote, by secret ballot, their choice for Player of the Year.
- 7) AD in charge will tally and announce Player(s) of the Year.
- 8) Process is repeated for 2nd team all SWC. Any player that was nominated for 1st team that did not make first team will automatically be carried over to 2nd team nomination.
 - a. Add new names to whiteboard (* by those left from 1st team nominations)
 - b. Coaches talk briefly about added athletes
 - c. Coaches vote, by secret ballot (can't vote for your own players)
 - d. AD in charge tallies and announces 2nd team all SWC
- 9) Any athlete that was not selected 2nd team but got at least one vote will receive Honorable mention.
- 10) Coaches vote for Coach of the Year. (again, you may not vote for yourself).
- 11) Confirm coach's emails.

*AD in charge of Volleyball will get information out to other SWC AD's, hopefully the next day after voting is completed. AD and Coach will check for accuracy (name, grade, school, position). Once the accuracy is verified, coaches and AD's will distribute to their appropriate media. **(Information is confidential until that time)***