

2009-10

**INTERMOUNTAIN
CONFERENCE**

**STANDARD OPERATING PROCEDURES
AND CONSTITUTION**

BEND – LAVA BEARS

CROOK COUNTY - COWBOYS

HERMISTON - BULLDOGS

MADRAS - WHITE BUFFALOES

MOUNTAIN VIEW - COUGARS

PENDLETON - BUCKAROOS

SUMMIT - STORM

THE DALLES-WAHTONKA – EAGLE INDIANS

Table of Contents

Intermountain Conference District 6-5A Standard Operating Procedures 2009-10

League SOP's	Page
Name, Object, Membership and Dues	3
Officers/Committees	3
Meetings, Amendments	4
Scheduling	4
Trophies, Passes, Tickets, and Awards	5
Filming	6
Officials	6
Band	6
Playoffs and Tiebreakers	7
League Start Times	8

Individual Sport SOP's	Page
Cross Country	9
Football	9
Soccer	13
Volleyball	14
Basketball	15
Swimming	16
Wrestling	17
Baseball/Softball	21
Golf	23
Tennis	24
Track and Field	26
Sportsmanship	27

Attachments	Page
Trophies/Awards	29
Four Year Projection	30
Nomination Form	31

Last Revised: June 2006; October 2006; December 2006; January 2007; September. 2007, January 2008; April 2008; August 2008, September 2009, October 2009

ARTICLE I NAME

Section 1: This organization shall be known as the Intermountain Conference comprising the teams of District 6-5A of the Oregon School Activities Association.

ARTICLE II OBJECT OF THE ORGANIZATION

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

ARTICLE III MEMBERSHIP AND DUES

Section 1: Any public high school located within the geographical limits as prescribed by the O.S.A.A. and falling in the 5A classification may become a member of this organization.

Section 2: Annual dues per member school will be \$1,050.⁰⁰ per school year. (Adjust at OADA retreat 2008)

- A. Dues will be sent to the conference chairman who will act as league treasurer by September 1.
- B. The purpose of the dues is to provide for the administration of the IMC conference.
- C. If additional funds are needed to cover the costs of trophies and certificates each school will share the cost equally.

ARTICLE IV OFFICERS/COMMITTEES

Section 1: The district committee will consist of three schools with the order of succession changing annually as determined by the OSAA.

- A. The standard operating procedure for the district committee will be as follows:
 1. The Committee members will convene to handle special situations that the OSAA and/or our constitution does not address.
 2. If a Committee member's school is involved, the replacement will be chosen by the order of succession as specified in Article 4; section 2A.
 3. A proposal of action or consequence will be recommended to the principals of the schools that are not involved in the issue at hand.
 4. Those principals can approve or modify the action proposed by the Committee. A majority vote is required.

Section 2: The chairman of the conference will be the presiding officer.

- A. The order of succession of the conference chairmanship is to be determined by placing all schools in alphabetical order. The order

of succession is to be as follows: Bend, Crook County, Hermiston, Madras, Mountain View, Pendleton, Summit and The Dalles-Wahtonka.

- B. The conference secretary is the athletic director next in line for the conference chair.

Section 3: League Representation.

- A. The league representative for any state duties such as media correspondence and all-league selection representation and/or state seeding meetings shall be selected by head coaches of the given sport. (Adjust at OADA retreat 2008)

ARTICLE V MEETINGS

Section 1: There will be a minimum of four (4) regular meetings of Athletic Directors each year, including one end of the year workshop.

- A. One regular meeting will be held in August prior to the start of the school year. One regular meeting will be the Monday following the last scheduled league football game. A third meeting will be held the Monday following the last scheduled boys basketball game. A workshop will be held in the spring.
- B. Dates and locations for meetings will be set at each meeting for the next succeeding meeting and should be agreeable to member schools.

Section 2: Special meetings may be called by the chairman at the request of a member school.

Section 3: In voting, each school shall be allowed one vote.

- A. At conference meetings, one person from each member school shall be designated as the voting member.

ARTICLE VI AMENDMENTS

Section 1: The constitution may be amended by a vote of six (6) out of the eight (8) Intermountain conference school's Principal or designees at a regular meeting if the proposed change has been presented in writing and read at the preceding regular meeting, or if the proposed change has been sent in writing to all conference schools 10 days prior to the regular meeting.

Section 2: The above rules may be suspended by a unanimous vote of the conference schools.

ARTICLE VII SCHEDULING

Section 1: The conference will sponsor sports activities that provide qualification into O.S.A.A. state competitions.

Section 2: Conference schedules shall be drawn up by the league sports chair for approval by all members. A sport chair is the designee for the season that will facilitate the league all-conference selection meeting and assist with scheduling, league standings, and tie-breaker issues:

The sport chairs are as follows:

- Football: Dave Hood (Mt. View)
- Boys Basketball: Dan Munson (Summit)
- Girls Basketball: Mike Kay (Hermiston)
- Boys/Girls Soccer: Kyle Rosselle (TDW)
- Baseball/Softball: Greg Hammond (Bend)
- Volleyball: Scott Polen (Crook County)
- Wrestling: Dave Williams (Pendleton)
- Cross Country: Host AD
- Swimming: Host AD
- Boys/Girls Tennis: Host AD
- Boys/Girls Golf: Host AD
- Track: Host AD
- SOP: Paul Brown (Madras)
(Adjust at OADA retreat 2008)

Section 3: Schedules will be sent out for review prior to the fall meeting.

Section 4: Schedules are to be accepted by a majority vote six (6) out of nine (8) of conference members. (Adjust at OADA retreat 2008)

Section 5: Varsity league game schedule changes must be reviewed by the conference Athletic Director Chairperson for the sport prior to the contest. After two days of no response from Chairperson, forward request to the league chair. (Adjust at OADA retreat 2008)

Section 6: Inclement weather schedule changes will follow the following criteria:

- A. mutual agreement
- B. Sport chair will facilitate communication
- C. If no agreement can be made, the District Committee will convene.

ARTICLE VIII TROPHIES, PASSES, TICKETS, and AWARDS

Section 1: Trophies will be awarded to the champions of each conference-sponsored activity in which a majority of the schools participate.

Section 2: If a tie exists at the end of any varsity season, duplicate trophies will be awarded.

Section 3: 60 IMC passes will be issued to each school. These passes will entitle the bearer and spouse to admittance to all games, matches, and meets as provided in Section 5 of this Article. These passes are not to

be sold, raffled or auctioned. Schools may honor faculty passes if they choose to do so.

Section 4: Ticket prices are recommended to be \$4.00 for adults and \$3.00 for students without a valid student body card.

Section 5: Regular season tickets, student activity cards, and passes will not be valid for admission to conference play-off contests and district tournaments. Each school will be issued passes for contestants, coaches, and administrators at district contests. OACA Gold cards will be honored.

Section 6: Cheerleaders in uniform will be admitted to all conference activities.

ARTICLE IX FILMING

Section 1: The video taping or filming of games, matches, or meets by individuals is permitted. Schools or individuals who elect to video or film understand that the host school has no obligation in providing a special area, other than normal spectator seating, from which to film or video.

ARTICLE X OFFICIALS

Section 1: An officials association recognized by the O.S.A.A must assign officials used in conference competition.

Section 2: An official will not work a home conference or district varsity contest that involves his own school if that official works in the district. Mutual consent of Athletic Directors can override this section of the constitution.

Section 3: An official will not work a conference or district varsity contest that has a relative participating in the contest.

Section 4: A school may recommend to black-ball an official for a home or away contest. The athletic director must notify the home school and sports commissioner in writing.

Section 5: If a qualified official is not available, an adult shall be used for lines in Volleyball. Every effort should be made to not use a parent.

ARTICLE XI BAND

Section 1: Only one (1) band will be allowed at each Intermountain Conference contest. Unless agreed upon by host athletic director.

Section 2: Bands will play only during pre-game, time-outs, between quarter, half-time and after the game.

ARTICLE XII **PLAYOFFS and TIEBREAKERS**

Section 1: The following procedure will be used to determine conference representatives for state play-offs.

- A. If two (2) teams tie in conference standings representing state play-off positions, and then the winner of the conference game between those two schools will be the conference's representative at that position in the play-offs. The losing team will take the next lower play-off position if a position remains.
- B. When two (2) or more teams tie for a play-off position, then the conference representative(s) for that position will be chosen by:
 1. The team with the best record against the tied teams will be selected as the highest available representative, OR
 2. If two (2) teams are still tied, we revert back to Section 1-A.
Example Head to Head: Teams A, B, and C are tied for 2nd place at the end of conference play. Team A beat teams B and C two times each, team B beat team C twice, then team A would finish 2nd, team B would finish 3rd, and team C would finish 4th.
 3. If two (2) or more teams are still tied, records of tied teams against the highest place finisher, not involved in the tie, in succeeding descending order will be compared. If a tie is broken and two teams remain tied, record against each other determines higher representative.
 4. If two (2) or more teams are still tied, a drawing will determine the highest seed available. The drawing should be done by League chair and should be in a timely manner pertaining to the sport.

Section 2: Philosophy of Using Descending Order "Break ties by comparing tied teams to your leagues best teams"

- A. Use descending order only after comparing head to head competition.
- B. After head to head use descending order to break ties starting with the highest ranking teams compared to the tied teams.
- C. When breaking multiple ties using descending order after a tie is broken, the remaining start back at #1 (head to head) and then repeat descending order. If you do NOT follow this procedure, you could have a third place team breaking the tie and NOT the highest-ranking team.

****EXAMPLE: 3-way tie for 3rd record amongst tied teams**

Team A 3 - 1 Head to Head Team A among 3rd place teams
Team B 2 - 2
Team C 1 - 3

Team B 1 - 1 Head to Head doesn't break tie
Team C 1 - 1

Team D was the highest ranking team
Team C beat Team D

Team B Lost to Team D
 Team C 4th place finisher

Section 3: Fourth Place Play-offs

- A. A two team play-off will occur for 4th place only after all other tiebreakers have failed to break the tie.
- B. The site of the play-off will be determined by a draw performed by the league sports chair. The options shall be limited to the two schools involved in the play-off.
- C. Officials shall be assigned according to the following protocol.
 - 1. If the two tied teams are covered by a single association-that association would officiate the contest.
 - 2. If the two tied teams are not covered by a single association, officials shall be assigned as per OSAA assignment in state play-off contests.
- D. Revenue from the play-off shall be used to cover all costs to include transportation for the traveling team. In the event that the revenue does not cover the cost, the schools involved can request full or partial reimbursement from the league fund. In the event that money is left over after all costs are paid, that money will go to the league fund.
- E. In the event that multiple teams are included in the tie (more than two) a draw shall occur to eliminate one team at a time. Each time a team is eliminated, the tiebreaker criteria must start over from the beginning. Fourth place play-offs are limited to only two teams and a single event.

EXAMPLE:

Teams A, B, C are tied for fourth place. A draw shall occur to eliminate one of the three (say C).

Then A & B would start over again with head to head and descending order. A play-off shall occur only after two teams have been identified and no other tiebreaker is successful.

ARTICLE XIII LEAGUE START TIMES

Sport	M-F GAMES			SAT GAMES		
	Var	JV	Frosh	Var	JV	Frosh
Football	7:00	4:30	4:30			
Soccer	4:00	4:00		1:00		
				Overnight games played on Saturday will begin at 11:00		
Volleyball	6:30	5:15	5:15	12:15	11:00	11:00

Sport	M-F GAMES			SAT GAMES		
	Var	JV	Frosh	Var	JV	Frosh
Basketball	7:00	5:15	5:15	12:45	11:00	11:00
Wrestling	7:00 or +20	6:00		+20	1:00	

Sport	M-F GAMES			SAT GAMES		
	Var	JV	Frosh	Var	JV	Frosh
Baseball	4:30	Same		1:00	Same	
Double Header	1:00 / +20			1:00 / +20		
Softball	4:30	Same		1:00	Same	
Double Header				1:00 / +20		
Track	3:30/4:00			TBD		
Golf	TBD			TBD		
Tennis	4:00			TBD		

(Adjust at OADA retreat 2008)

Game time can be changed based on mutual agreement of both schools. (Adjust at OADA retreat 2008)

ARTICLE XIV CROSS COUNTRY BOYS AND GIRLS

Section 1: The district championship will be determined by a district meet held on the Saturday prior to the state meet.

Section 2: The district meet will be conducted according to the same rules and scoring used at the state meet.

Section 3: The district championship will be the team that has compiled the best score in the district meet.

ARTICLE XV FOOTBALL

Section 1: A conference round robin schedule will be followed.

Section 2: Ties/45 point rule

- A. Tie games at all levels will be resolved by using the plan adopted by the OSAA with sub-varsity games of a double-header ending in a tie.
- B. IMC will adopt the alternative plan of the 45-point rule stated by the OSAA for varsity contests.
- C. IMC will adopt a running clock for the duration of the game for all contests when the point differential reaches 45 points using OSAA guidelines. (10/1/08 AD Meeting)

Section 3: Representatives to the state play-offs will be decided by order of finish in a complete round robin schedule between district schools.

- A. First, second, and third place teams in the IMC qualify for the state play-offs.

Section 4: Film Exchange

- A. Request of schools for exchange of football game film or videos will be honored and the film or video itself or a copy will be forwarded at the sending schools expense, pre-paid.
- B. The film or video exchange will consist of the respective head coaches requesting the game films or videos of their choice, as long as contact is made by “close of business” Monday in the week preceding the contest. If no contact is made, the “previous two weeks” of films or videos will be exchanged. Contact may be made with the opposing head coach, his designee, or the Athletic Department at the respective schools. The films or videos must arrive no later than Friday of the week preceding the contest.
- C. An equal number of films must be sent and received.
- D. For the first week of league play (week 3 overall) some teams may only have one video available for exchange. In this event their opponent would only send one video. If the opponent has more than one video available and no contact is made then the previous game video will be exchanged.
- E. The film or video must record the entire play from the break of the huddle to the point where the play is completed and officials are moving in toward the ball. In addition, the play must display all of the players, from, receiver to receiver, with clarity so that coaches may determine player numbers.
- F. Special team plays must be filmed from sideline and show both the kicking and receiving teams.
- G. An accurate program, complete with all players, should be included in the film/video exchange. This should include probable starters on both offense and defense for the upcoming week. (Adjust at OADA retreat 2008)
- H. Athletic Directors will furnish the addresses of the football coach who is to receive the films or videos, if different from the regular school address.
- I. Video scouting is permitted within the IMC.

Section 5: UNIFORMS: Dark jerseys will be worn by the home team while light jerseys will be worn by the visiting team.

Section 6: The football coaches will select the all-conference football team Certificates will be awarded to first team, second team, and honorable mention selections. Athletes who have been removed from their respective teams for disciplinary reasons will not be considered. For the purpose of recognition at the state level an MVP and Coach of the Year may be selected.

- A. Each school will submit to the league chairman the names of the players to be considered for the All-League balloting. The number of nominations to be made by each school will be based on the league

standings at the end of the 8th game of the season. If a player is nominated for more than one position or for both offense and defense, he must be counted for each position.

**Note: Depending on the final league standing the following will be true:

1. If 2 or more teams are tied for a position in the standings then all teams may nominate players at the highest actual finish place.
2. Teams that may move up or down in the standings after the last game should come prepared to add or delete players from the ballot.

NOMINATIONS ALLOWED

- First Place 17
- Second Place 15
- Third Place 13
- Fourth Place 11
- Fifth Place 10
- Sixth 9
- Seventh 8
- Eighth 7

- B. The All League team will be selected by the head coaches or their representative. The voting will be conducted using an open ballot system with coaches not permitted to vote for their own players.
- C. Timeline for all league selection process:
 1. Nominations forms sent out during the 8th week
 2. Nominations due back Monday of 9th week
 3. All league ballots sent out Monday following the end of the regular season (adjustments made for final standings)
 4. Ballots due back Wednesday of that week
 5. Coaches will meet to review results the following week
- D. Voting will take place in the following fashion:
 1. Coaches will vote for first team players by placing a 3 next to their name.
 2. Coaches will vote for second team players by placing a 2 next to their name.
 3. Coaches will vote for honorable mention players by placing a 1 next to their name.
 4. After voting for a position had concluded, the points will be tabulated. The player(s) receiving the most points will be on the First Team. The player(s) receiving the next highest points will be on the Second Team. Players receiving other votes will be honorable mention.
- E. Tie Votes: Players that are tied for a First Team position will be re-voted by open ballot. If a tie still remains after the vote, it will remain a tie with both players staying on that team. The same holds true for second team.

- F. Positions to be nominated and filled on the All League Teams are:
1. OFFENSE: Center-1, Guards-2, Tackles-2, Running Backs-3, Quarterback-1, Split Receivers-2, Inside Receiver TE-1.
 2. DEFENSE: Based on a 3-4-4: Defensive Lineman-3, Inside Linebackers-3, Outside Linebackers-2, Defensive Backs-4.
 3. SPECIALTY POSITIONS: Punter-1, Kicker-1. These do not count against your nomination limitation.
 4. MVP: The player must be ALL-LEAGUE on either defense or offense to be eligible.

One MVP-Offense and One MVP-Defense, These do not count in your nomination limitations. (Adjust at OADA retreat 2008)

G. Player/Position designations and definitions

QB – Quarterbacks

RB – Running backs including tailbacks, wingbacks and fullbacks; generally those that carry the ball

WR – Wide receivers including flankers, slot receivers, H-backs. Players, who line up in the perimeter, play in a two point stance and primarily catch balls.

C – Centers...plays with hand down and hikes ball to QBs

G – Guards...plays with hand down and lines up next to the center

T – Tackles...plays with hand down and lines up next to the guard.

DB – Corners and safeties...people who line up deep on defense and primarily cover wide receivers

Positions with unclear definitions. They are listed below with a more concise definition that will satisfy most of the leagues defenses.

DL – Any player that plays within the TE/Tackle box with their hand on the ground

OLB – Any player that stands up in a two point stance and plays on the “edge of the box” or generally is a “flat defender” primarily responsible for outside run. They are a linebacker type who has outside run support and will cover pitch, screens and short flat passes. These include Rovers and Strong Safeties. It should be noted that a coach can nominate these types of players as DB’s as well.

LB – These types of players stand up and play within the TE/tackle box and play behind the down linemen. They can be found in a one, two or a tree linebacker scheme (i.e. 4-1, 4-2, 3-3, 5-2, 4-3 scheme).

TE – This player plays next to a Tackle. He is a blocking lineman that catches the ball. He lines up on the LOS and plays with his hand down.

(Submitted by Dave Hood based on IMC AD Meeting June 12, 2007)

NOTE: Each school has one vote for each opening at each position. (Example: 1 vote for center; 3 votes for running backs; 4 votes for defensive backs; etc.)

Section 7: Field phones will be the responsibility of each team. (Example: If the phone system for one team is lost, the other team can still use their system.) (Adjust at OADA retreat 2008)

ARTICLE XVI SOCCER

Section 1: If a team plays a game on Friday and on Saturday, game times will be: Friday 4:00pm and Saturday 11:00am. If a team plays a single game on Saturday the game will start at 1:00pm.

Section 2: The conference champion will be determined by the following scoring plan. The team with the highest point total will be the league champion. The point total will be determined by using:

- WIN = 3 points
- TIE = 1 point
- LOSS = 0 point

A. TIES

1. Tie game will end in a tie.

Section 3: UNIFORMS: The home team will wear light colored shirts.

Section 4: The soccer coaches will select the all-conference soccer team in attendance at a meeting, the first Monday following the close of the regular season. Certificates will be awarded to the first team, second team, and honorable mention selections. Athletes who have been removed from their respective teams for disciplinary reasons will not be considered. For the purpose of state recognition an MVP and Coach of the year will be selected.

A. All-league selections format for Boy's and Girl's IMC Soccer based upon a eight-member league.

1. All League Selections are based on order of finish in league standings.
2. First Team – 10 Players
First place team automatically names 3 players, second place 2 players, third place 1, player, fourth place 1 player, fifth place 1 player. Sixth, seventh, and eighth place do not receive automatic placement of players. There are 2 floating players nominated to first team. Coaches nominate a player they feel deserves the recognition. Coaches vote on these players. Coaches cannot vote for their own players. The two players receiving the most votes are placed on first team.
3. Second Team - 10 Field Players
All teams may place one player on the second team. The remaining 3 floating players are nominated and voted on by coaches in the same format as the first team selection.
4. Goal Keepers Coaches may nominate their own goalkeeper.

Coaches vote for one goalkeeper. Coaches may not vote for their own player. The goalkeeper receiving the most votes is first team. Second team goalkeeper is selected with the same format as first team keeper.

5. Player of the Year Players are nominated.
Coaches cannot vote for their own player. In the case of a tie between the top two vote receivers, the coaches decide whether to revote between the two top votes, or recognize both players as co-players of the year.
6. Honorable Mention
Coaches may place any player on the Honorable Mention team for mention in their local newspaper.

ARTICLE XVII VOLLEYBALL

Section 1: A double round robin will be played.

- A. The Varsity contest will begin 30 minutes after the conclusion of the all sub Varsity contests.

Section 2: All league selection

- A. The all-conference volleyball teams will be selected by the volleyball coaches in attendance at a meeting the first Monday following the close of the regular season by an open vote. Vote for 12, top 6 will be 1st team; next 6 will be 2nd team. Each team, in addition to their nominations, may nominate a libero. Libero will be voted on separately. The libero receiving most votes receives 1st Team, 2nd amount of votes will receive 2nd team and 3rd will receive honorable mention.
 1. The Player of the year will be selected first in the selection process.
 - a. Nominations will be accepted.
 2. After a brief presentation from the coach of a player nominated, a vote will take place to determine the player of the year.
 3. The player determined the "Player of the Year" will be removed from the all-league voting process and automatically placing them on the first team in the first position. Thus, 6 players will automatically be on first team. The player of the year being one, and the top five vote getters in the selection process outlined below.
- B. Nominated athletes will be listed for all to see and coaches will vote by listing the athletes in order of best, second best, and so on. The top six vote "getters" will be considered first team with the second group of six the second team. Any player receiving a vote will be considered honorable mention.
- C. In the case of a tie for 6th, both players are placed on 1st team with the next 6 on 2nd team. In the case of a tie for 12th, both players are placed on 2nd team.
- D. D. Scoring System.

1. Each coach will vote for 12 players for all-league.
 2. The first six on the list will receive first, the second six will receive second, and other vote getters will receive honorable mention.
- E. A coach cannot vote for his own player(s).

ARTICLE XVIII BASKETBALL

Section 1: A double round robin will be played. Boys and girls games are to be started for Saturday cross-conference games at 12:00 noon pm for sub-varsity and 1:45 pm for varsity. This is to be done when scheduling is possible (without other conflicts) and by mutual consent. (Adjust at OADA retreat 2008)

Section 2: Uniforms: The home team will wear White colored jerseys.

Section 3: The basketball coaches will select the all-conference basketball teams in attendance at a meeting, the first Monday following the close of the regular season. Certificates will be awarded to the first team, second team, third team and honorable mention. Athletes who have been removed from their respective teams for disciplinary reasons will not be considered.

- A. Nominated athletes will be listed for all to see and coaches will vote by listing the athletes in order of best, second best, and so on. Each coach is to bring his ballot of an all-star team of 15 players rating them 1 through 15 (1=best), opponents only. The number of nominations to be made by each school will be based on the league standings at the end of the season as follows:
- 1st = 4 players
 - 2nd = 4 players
 - 3rd = 3 players
 - 4th = 3 players
 - 5th = 2 players
 - 6th = 2 players
 - 7th = 1 player
 - 8th = 1 player
- B. The ballots will be tabulated at the meeting with 15 points for #1, 14 points for #2, etc.
- C. The first five (5) players in point totals become the first team, the second five (5) in points total become the second team, and the third five(5) in points become the third team. All players not identified as 1st-3rd team will be recognized as honorable mention. A discussion by the coaches will take place to find the natural break in points for each team.
- D. The player with the most points will be declared the Player of The Year for the league. (Adjust at OADA retreat 2008)
- E. Scoring System.
- A. 8 teams, 40 starters, 20 all-league players, 49% 50% (Adjust at OADA retreat 2008)

F. Coach of the Year

1. A vote will take place on coach of the year by the head coaches for that sport-(Adjust at OADA retreat 2008)

Section 5: Scheduling

When possible, and by mutual agreement, a visiting team may request that a “singleton” Saturday games may be played at 4:15/6:00pm rather than the traditional 12:00/1:45 (Adjust at OADA retreat 2008)

Section 6: Host School’s Pre-Game Protocol

- A. Have a “Greeter” available one hour before JV/Frosh game time.
- B. Locker room cleared and available 45 minutes prior to game time.
- C. Floor available for warm-up 30 minutes prior to game time.
- D. Visiting team may not be allowed in before 30 minutes prior to game time.
- E. No varsity contest will begin before scheduled time with a least a 20-minute warm up period.

Section 7: Introduction of teams

- A. Teams will be introduced in a sportsmanlike manner. (Adjust at OADA retreat 2008)
- B. Teams entering the court will not be allowed to circle the entire court. They shall go directly to their ½ court warm-up area.

Section 8: Half Time

Half time will be ten minutes. Half-time entertainment should never extend beyond seven minutes, providing a three-minute warm-up period for the players.

ARTICLE XIX SWIMMING

Section 1: A district swim meet will be held one week prior to the state meet on a Friday/Saturday.

Section 2: The district champion will be determined at the district swim meet.

Section 3: The meet will be conducted according to the same rules as the state meet with the following exceptions:

- A. Awards - A trophy will be awarded to the top boy’s team and the top girl’s team.
- B. Each team may enter only one counting relay.

Section 4: The first place finisher in each swimming event plus those who meet the state qualifying times advance to the state meet.

Section 5: District champion in each event will be declared all conference selection and will receive a certificate.

Section 6: Each school will pay the host school \$10.00 per participant.

ARTICLE XX WRESTLING

Section 1: A conference single round robin schedule will be followed.

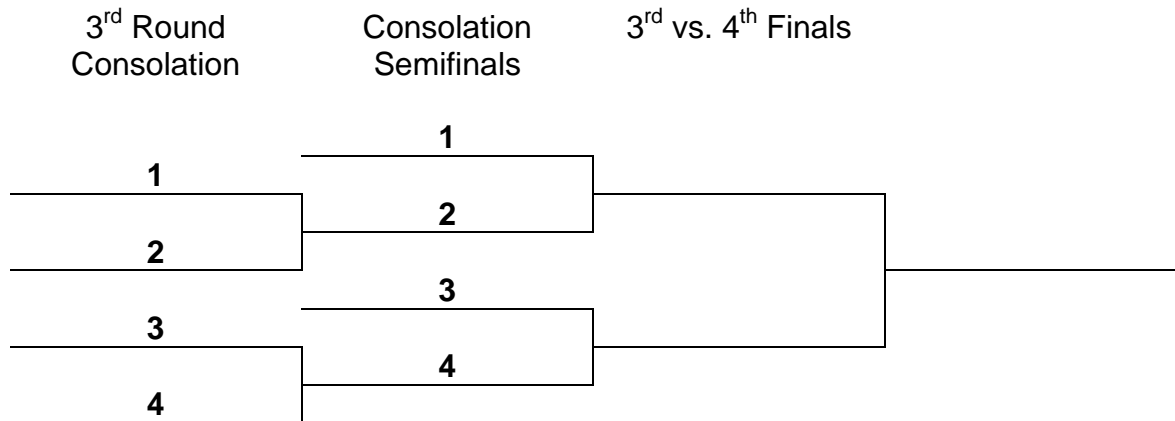
- A. All conference matches will be wrestled with the following times and format by Mutual agreement. Times may be adjusted.
 - 1. Afternoon Matches. 1:00 pm for junior varsity. The varsity match will begin 20 minutes after the conclusion of the last junior varsity match.
 - 2. Evening matches. 6:00 pm for junior varsity. The varsity match will begin 20 minutes after the conclusion of the last junior varsity match.
 - 3. All weigh-ins will be conducted per NFHS rules and state rules and guidelines.
- B. All Varsity matches to be wrestled on one mat
 - 1. Two mats may be used for junior varsity and Frosh/Novice matches, if agreed upon by Head Coaches.
 - 2. If two mats are used, Assistant coaches may be used to officiate Frosh/Novice matches.

Section 2: A District wrestling tournament will be held 1 week prior to the state-wrestling tournament.

***If the State Tournament date changes then the District Meet will change accordingly**

- A. Each school will be allowed two (2) entries in each weight.
- B. NFHS and state and guidelines rules will govern all matches.
- C. Each school will provide an entry list of **all possible** participants in the district meet; the list will include the wrestlers first and last name, grade in school. The entries must be received by the host school on the Monday before the District Tournament.
- D. All individual match periods (championship and consolation) will be 2 minutes in length at the district tournament.
- E. All Admission prices for the district tournament: \$4 adults and \$3 for students for each session or \$10 for a tournament pass.
- F. Bracketing
 - 1. Cross Bracketing will occur after the Quarterfinal round so that the losing wrestler stays in the same 1/2 bracket (small cross).
 - 2. Cross Bracketing will occur after the Championship Semifinals so that the losing wrestler moves to the other 1/2 bracket (large cross).
 - 3. Conflicts can occur after cross bracketing in the 3rd Round Consolation and the Consolation Semifinals. When conflicts occur, wrestlers will be switched for the following reasons (in order of importance)
 - a. Protect Semifinal losers
 - b. Already wrestled
 - c. Teammates. (Adjust at OADA retreat 2008)

4. If a conflict can't be resolved then teammates must wrestle.
5. Switches should be 1-3 then 1-4 then 2-3 (see diagram below).



Section 3: Awards to be given at the IMC District Wrestling Tournament.

- A. The individual IMC wrestling champion for each weight will be determined at the District wrestling meet.
- B. The District Team Champion is the winner of the District Tournament.
- C. The host team may give a plaque for the Dual meet championship to the team with the best dual meet record.
- D. Head coaches will vote for a head coach of the year during the finals of the district tournament (the winners name will be submitted as a candidate for 5A coach of the year honors at the state tournament).
- E. At the District Tournament team points will be awarded for top eight placers and advancement points given per NFHS Rulebook.
- F. Individual Awards will be given per IMC Constitution.

Section 4: A seeding meeting will be held on the Thursday before the District Tournament.

- A. Coaches are expected to behave/act in a professional manner at the seeding meeting and during the tournament. Failure to do so could result in removal from the meeting by the host Athletic Director and/or the Tournament Director.
- B. The head coach shall be the official spokesperson for his wrestlers and his team during the seeding meeting. Discussion, deliberation, and voting shall be done solely a team's head coach, or designee in the event that the head coach is absent.
- C. The Athletic Director of the host school will be in attendance at the seeding meeting.
- D. Suggested timeline for the District Seeding meeting are as follows:
 1. **4 pm to 4:30 pm**, Social time and begin posting lineups on large posters (1 poster for each weight class). Information

- will include: Name, year, school, league record, state and district placing.
2. **4:30 to 5:30 pm**, Discussion of League and State issues to be forwarded to Oregon High School Coaches Association meeting on the Wednesday preceding the State Tournament. A league representative will be elected by a vote of the head coaches to represent the IMC at the OHSCA meeting.
 3. **5:30**, All names will have been posted by this time.
 4. **5:30 to 6:15 pm**, Dinner. Posters will be pre-seeded by mutually agreed upon designee's.
 5. **6:15 to ?**, Seed the District Tournament.
- E. Order of Operations for Seeding Meeting:
1. Each school will present a completed copy of their season-long descent plan to the district tournament director prior to the seeding meeting.
 2. Verification of weigh-ins from each event must be available at the seeding meeting upon request. Each verification sheet shall show a weigh master signature.
 3. All individual weight classes will be posted.
 4. Coaches confirm athlete's placement in weight class and/or removal. Changes can be made to the weight class roster by the head coach.
 5. Seeding of wrestlers begins as the pre-seeds are analyzed. **Once discussion of the #1 seed begins, the weight is closed and wrestlers cannot be added or subtracted.**
 6. Draw Byes.
 7. Draw in remaining wrestlers
 - a. If a team has two unseeded entries in a weight, the head coach will decide which wrestler will be placed in the first line drawn for that team after the line as been drawn.
 - b. Order of Draw shall be done alphabetically then rotate down the list by one for each subsequent weight class. Ping-pong ball

Section 5: The criteria for seeding are as follows:

- A. Conference Record
 1. To be the #1 Seed, a wrestler must have at least 5 wins.
 2. For the purpose of seeding 5-0, 6-0 and 7-0 are identical
- B. Head to Head in Conference.
- C. Head to Head out of Conference.
- D. Common in Conference opponents.
- E. Returning state placers (closest to the current weight class)
- F. Returning district placers (closest to the current weight class)

G. Vote of the head coaches (coaches may only make a short presentation of evidence). Only plurality is necessary to win the vote.

*Vote of Exception can be made and approved by a simple majority to reconsider an individual athletes seeding based on a special circumstance not involving grades, missed weigh-ins or disciplinary action. (Dec. 2007)

Section 6: Additional procedures for seeding the District Tournament.

- A. 1st, 2nd, 3rd, and 4th seeds are to be determined by the seeding criteria. None of these can be turned down.
- B. 5th through 8th seeds will also be determined by the seeding criteria but can be turned down on the coaches discretion.
- C. No seeded wrestlers will meet until the Quarterfinals of Championships.

Section 7: There will be a clearinghouse of league results. A league designee will compile results (at no cost to the IMC)

- A. Results from league meets will be reported to a league designee within two school days of each event.
- B. Results of non-league meetings between IMC opponents shall be reported to the league designee within two school days of each event.
- C. All results sent to the league designee will be compiled and redistributed to all IMC head coaches every Wednesday.

Section 8: The district tournament should have five officials: two from the west side association, two for the east side associations, and the 5th to be determined by the host school. (The tournament can be ran by four officials) (Adjust at OADA retreat 2008)

Section 9: Recommended timeline for the District wrestling tournament.

FRIDAY

Weigh-in 11:00 am All Wrestlers must be in designated Weigh-in area.

Grand march 12:30 – 12:45 pm (teams assembled on mat)

Session ONE 1:00 pm 3 mats (first round championship followed by 1st round consolation)

BREAK 3:00 pm to 3:30 pm clear the gym and re-enter for next session

Session TWO 4:00-7:30 Championship Quarterfinals followed by 2nd round Consolation

SATURDAY

Weigh-in 8:00 am All Wrestlers must be in designated Weigh-in area.

Session THREE 10:00 am 2 mats, Championship Semifinals

Following Championship Semifinals: 3 mats will be used for the 3rd round of Consolation and the Consolation Semifinals.

On 3 mats (7th and 8th place matches followed by 5th and 6th place matches)

Session FOUR 4:00 pm On 2 mats 3rd and 4th place matches
5:30 pm 1 mat Championship Finals

Section 10: If a wrestling lamp is in use, some overhead lights must also be used.

ARTICLE XXI BASEBALL/SOFTBALL

Section 1: All competition will be governed by current National Federation and OSAA rules.

Section 2: Varsity baseball/softball schedules will consist of a 21 league game schedule with a 3-game series with each league opponent played during a 1-week timeframe (Example: Mon-Sat). (Adjust at OADA retreat 2008)

Section 3: In case of inclement weather field conditions, the following steps are to be taken:

- A. If the visiting team has arrived at the playing site and weather or field conditions will not allow play to start or continue, delay the games for a maximum of two (2) hours to prepare the field if possible or check area fields for alternate site for game to be played. (Example: If Bend field is unplayable, play game in Redmond).
- B. Every effort should be made to make up games as soon as possible.
- C. The game must be made up within five play dates by mutual agreement.
- D. If the two teams cannot come to a mutual agreement, the next playable date will be used to make up the contest.
- E. In special circumstances, a team can request an extended play date period. The district chairperson for baseball/softball must approve of this. If the district committee does not approve of the request, the next playable date will be assigned for the contest. (Adjust at OADA retreat 2008)

Section 4: Make up games are not to interfere with the regular schedule. League games precede non-league games. Mondays have at times proven tough to arrange umpires and buses, but certainly remain an option.

Section 5: The ten (10) run rule will be enforced at the end of five (5) innings or beyond for all conference games. FOR SOFTBALL ONLY: If the game is tied at the end of 9 innings, the International Rule will apply. Courtesy runners are allowed for the pitcher and catcher following the OSAA guidelines.

Section 6: No courtesy runners are allowed for the pitcher and catcher at the varsity level following the OSAA guidelines. Courtesy runners will be allowed for the pitcher and catcher only at the sub-varsity level. (Adjust at OADA retreat 2008)

Section 7: Visiting varsity teams from a different sub-district will be allowed 30 minutes of batting practice at the school site. (Adjust at OADA retreat 2008)

The home team must provide one of the following:

- A. Time to hit on the field where game(s) are to be played.
- B. Time to hit on an alternate school site close to the playing field. A pitching screen and a backstop must be provided.

Section 9: Representative to the state play-offs will be determined by the OSAA guidelines. (Adjust at OADA retreat 2008)

Section 10: ALL-CONFERENCE SELECTION

- A. The baseball/softball coaches will meet the following week after the conclusion of the conference schedule and select an IMC all-conference team. (Conference schedule concludes the week prior to OSAA cutoff date)
- B. Coaches will forward a full and completed stat nomination sheet to the baseball/softball rep within the league the Monday following the last league games. The rep will put together a master nomination stat sheet for all coaches to be used at the all-league meeting.
- C. Each coach may nominate any number of players from his/her own team prior to the all conference meeting. Please refer to attachment 3 on page 31 for the nomination form. A coach may not vote for his own player. These stats will include the following: Position players - BA, AB, R, H, 2B, 3B, HR, RBI, BB, SO, PO, A, E, FLD AVE, SB, OBA* (Adjust at OADA retreat 2008)
 - 1. *OBA = Times on base minus fielders choice. Total appearances at plate minus S.A.C.
 - 2. Pitchers - IP, W, L, AB, R, H, 2B, 3B, HR, SO, BB, HP, ER, ERA.
- D. Players may be nominated for several positions, but may only be named to one position, on only one team (first or second team). The only exception to this rule will be for pitchers, who may be selected as a pitcher AND as a position player.
- E. The all-conference selections will consist of a first and second team. Coaches may select sixteen players to each team, BUT MUST SELECT at least one player to each of the following positions; Pitcher, Catcher, 1B, 2B, 3B, SS, DH, Utility and 3 outfielders. The remaining five selections can be at whatever positions as nominated and voted on by coaches.
- F. For the purpose of state recognition, an MVP and Coach of the Year will be selected and other positions as recognized by state. Example: MVP: Pitcher. (Adjust at OADA retreat 2008)

- G. Honorable mention team will consist of any players with 1 or more votes who is not a member of the 1st/2nd team. Coaches may also add 1 senior of their choice.
- H. All-conference certificates will be given to the players who make the first or second team.
- I. Athletes who have been removed from their respective teams for disciplinary reasons will not be considered.

ARTICLE XXII GOLF

Section 1: Scheduling mandate

- A. All schools will host one designated IMC golf tournament. The first 7 invitations must go to the IMC schools. Outside schools are welcome as space becomes available. Schools may host additional tournaments which may or may not be open to other IMC schools.
- B. All schools are required to attend either the Pendleton or the Hermiston invitational. IMC AD's will pre-schedule these events. Schools must attend their assigned tournament with the option of attending both events.

Note:

- 1. If neither Pendleton nor Hermiston is not hosting "District", then teams should be assigned as to balance talent levels at each event. (Sept. 2007)
- 2. If Pendleton or Hermiston is hosting "District" then all eight teams would be assigned to their IMC event. (June 2007)

Section 2: State Representatives will be determined at a two day District Meet one week before the State Golf Tournament. (Sept. 2007)

Section 3: When the district tournament is hosted by a westside school, they will also host the preview and 1 counting match (the preview is a counting match). The eastside schools are then responsible for hosting two (2) counting matches. When the district tournament is hosted by an eastside school, they will also host the preview and 1 counting match (the preview is a counting match). The westside schools are then responsible for hosting two (2) counting matches.

Section 4: The district tournament will be conducted according to the same rules as the state tournament:

- A. The IMC representatives to the State Golf Tournament will be the 2 teams with the lowest combined 2-day team score. The lowest team score will be seeded number 1 from the IMC and the second lowest score will be seeded number 2 from the IMC.
- B. Awards - A trophy will be awarded to the 1st place seed to state.
- C. A team will consist of four (4) members. A fifth team member may be entered, but only the scores of the four (4) lowest finishers will be counted.

Section 5: In case of a tie in the district tournament, the teams involved will have a one-hole play-off with the four (4) low golfers to determine the number one (1) and two (2) teams to enter the state tournament. In case of a tie after one hole, additional holes will be played until the tie is broken.

ARTICLE XXIII TENNIS

Section 1: Competition will be conducted under USTA and OSAA rules. Coaches should have a copy of "Friend at Court."

Section 2: IMC dual matches

- A. Each match will consist of no ad scoring, 2 out of 3 sets, 12-point tie-breaker at 6 games all. In case of inclement weather or darkness, both coaches can decide to play a third set tiebreak in place of an entire third set to determine the match.
- B. Dual matches will consist of 4 singles and 4 doubles.
- C. If a dual match ends up in a tie (4 matches to 4 matches) the following tiebreakers will be followed to determine a winner.
 1. Sets won
 2. Games won
 3. If the match is still tied, the match will be scored a tie.

Section 3: Dual League Champion

The Dual League champion will be recognized at the district championship awards ceremony with a plaque. If for any reason any special circumstances arise, (ex. complete rainout of particular east-west match ups), this can be resolved at the district seeding meeting, following the regular season.

- A. If a three way tie exists. The tiebreaker will be decided by the matches won against the tied teams. If this does not break the tie, it will be decided by sets won; then games won.
- B. The last league match is contest that counts towards the dual league championship.

Section 4: The top four (4) singles and the top four (4) doubles from each school will participate in the district tournament. Six (6) top places will be awarded a ribbon at the district tournament.

Section 5: The district tournament will be a single elimination with a consolation round and will follow the state scoring procedure.

Section 6: Each participating team will provide 1 can of tennis balls for each player/doubles team entered in the district tournament. The brand of ball will be the brand based on the OSAA requirement. (Adjust at OADA retreat 2008)

Section 7: A seeding meeting will be held the evening prior to the first day of competition in the district tournament.

Section 8: Seeding meeting criteria:

- A. Seeding should insure that the best players and/or teams are seeded highest.
- B. All seeding information will be brought to the meeting of all coaches.
- C. Five minutes discussion will be allowed for each seeded position.
- D. Coaches are expected to behave/act in a professional manner at the seeding meeting and during the tournament. Failure to do so could result in removal from the meeting/tournament by host Athletic Director.
 1. Head to head competition will be given the greatest consideration in seeding players and teams.
 2. Season record vs. league opponents. (consider rank of opponents)
 4. Placing at past district tournament.
 5. After discussion, a vote of the coaches will be used to determine seeds.
 6. Coaches can override criteria by a vote of 6-2. Example would be two singles players playing doubles.
 7. Every effort should be made to keep the top teams from the same school in different brackets.

Section 9: District Tournament Protocol.

- Athletic Director of the host school will be in attendance at the seeding meeting.
- A. There will be linespersons and/or umpires in the District Tournament for the semi and final matches, if requested.
 - B. Ten minute breaks will be allowed for split sets.
 - C. Ribbons and certificates shall be awarded according to the Awards SOP's.
 - D. The twelve-point tie-breaker will be used in all sets.
 - E. Five minutes warm-up time on the courts in the first two rounds.
 - F. Spectators (including coaches) are to stay OUTSIDE the fence except for the bleachers.
 - G. Players make their own calls and should do so immediately by mouth or signals.
 - H. Players should say the scores before serving to avoid confusion.
 - I. Foot faults - anyone may request a coach to warn the offender; then if necessary, a line judge will be appointed.
 - J. Players are expected to be ready to play when their match is called. After five minutes they will be defaulted. According to USTA rules. (Toss and Points)
 - K. Unsportsmanlike language or behavior will not be tolerated. A player will be warned first; if he/she continues, he/she will be penalized or defaulted.
 - L. All coaches or court monitors should be available for tournament-desk duties: announcing matches; recording scores; getting matches started, etc, and to umpire on a court if necessary.

- M. If available, all efforts should be made to have official USTA sanctioned officials at the District Tournament.

ARTICLE XXV TRACK AND FIELD

Section 1: The conference championship will be determined by a district meet to be held one (1) week prior to the state meet.

Section 2: The district meet will be conducted in a 2-day format according to the same rules and scoring used at the state meet. (Adjust at OADA retreat 2008)

Section 3: The conference champion shall be the winner of the district meet.

Section 4: The district champion in each event will be declared the all-conference selection and awarded a certificate.

Section 5:

- A. The district meet will be conducted as closely as possible to the state track meet. (Example: seeding, time schedule, order of events, and allowance of 10 minutes for participants between events.)
- B. Minimum facility requirements include standard 8-lane 400 meter track. (Adjust at OADA retreat 2008)
- C. Rules of the current National Alliance Edition Track and Field Rules and Records will govern.
- D. Jury of Appeals: Designated athletic directors of the district committee school will serve as a ruling committee. If an athletic director cannot attend, the meet director will appoint a substitute to the Jury of Appeals. Athletic directors must be exhausted before someone else is appointed. All protests must be handled at the time the protest is made by the Jury of Appeals in private.
 - A. All protests will be directed to the meet referee who will then convene the Jury of Appeals.
- E. The meet director will be the athletic director or someone other than a track coach appointed by the athletic director to represent the host school.
- F. Entries: Each school is permitted three (3) entries in each event.
- G. District meet entries will be sent to the hosting school meet director through 'athletic.net' for seeding purposes. This will be done by Tuesday at noon prior to the district meet. A seeding meeting will be held at the host school on Tuesday prior to the district meet at 7:00 pm. (Optional attendance by coaches). The seeding information will be shared Tuesday night by email with all schools/coaches. Injury substitutions must be made by Thursday noon. Any substitutions of entrants (except because of injury) must occur before the seeding meeting.-(Adjust at OADA retreat 2008)

- H. The seeding meeting will be conducted by the meet director and their staff. Coaches will be excluded from any other role than for informational purposes.
- I. Seeding for events: As per current state procedures or to meet host school facilities.
- J. Flights will be established in field events by ranking poorest mark to best, with competition in that order.
- K. Preliminaries and finals on the first day will be according to current state meet procedures.
- L. Preliminaries will be on the first day and finals will be on the second day in all running events requiring finals.
- M. All scratches for state meet must be reported to the meet director before teams depart from the district meet.
- N. All entries will be assigned a number for organizational purposes at the district meet.

ARTICLE XXVI SPORTSMANSHIP

Section 1: Fan Code of conduct:

- A. Intermountain Conference students and adults will strive to fill their rightful role as spectators.
 - 1. Providing positive support to his/her team and outstanding performances.
 - 2. Never being abusive with language or action toward any player, official, team or fellow fan.
 - 3. Never interrupting the play endangering others by throwing any object or moving onto the competing arena during a contest.
 - 4. Realizing that the officials assigned are trained neutral people trying to do the best job possible of enforcing the rules of the game.
 - 5. Realizing the main purpose of the contest is the play of the game and the fan's role is one of support.
 - 6. Following OSAA guidelines, artificial noisemakers are prohibited at all contests.

Section 2: IMC Transfer Rule for Athletic Eligibility

- A. Students moving with their parent/guardian from another IMC High School would enter the receiving IMC school's athletic program based on their athletic status upon leaving the sending high school.
- B. The receiving high school would honor all sanctions, suspensions,
- C. Students wishing to appeal their case would do so through the IMC District Committee.

Section 3: Senior Night

- A. Senior night is limited to name recognition of senior athlete and parent/guardian.

- B. Three minutes will be saved on the clock and senior acknowledgements will take place. At the conclusion of this procedure, both teams will take the floor and conclude their warm-up for the game.

Section 4: Athletes who have been removed from their respective teams for disciplinary reasons will not be considered.

Attachment #1

Sport	Trophies	Medals	Ribbons	Certificates
Boys XC	1 st place	Top 7 Individuals	1 st & 2 nd place teams	Top 7
Girls XC	1 st place	Top 7 Individuals	1 st & 2 nd place teams	Top 7
Football	1 st place			All League
Volleyball	1 st place			All League
B Soccer	1 st place			All League
G Soccer	1 st place			All League
Boys BX	1 st place			All League
Girls BX	1 st place			All League
Wrestling	District Tourn Champs Dual Meet Champ- Plaque	1 st – 3 rd place	4 th – 8 th place	Champions in each weight class
Boys Swim	District Tourn Champ	1 st – 3 rd place	4 th – 8 th place	Win in ea. event
Girls Swim	District Tourn Champ	1 st – 3 rd place	4 th – 8 th place	Win in ea. Event
Baseball	1 st place			All League
Softball	1 st place			All League
Boys Golf	1 st place	1 – 5 Individuals	1 st & 2 nd teams	Top 5 Individuals
Girls Golf	1 st place	1 – 5 Individuals	1 st & 2 nd teams	Top 5 Individuals
Boys Tennis	District Champ	1 st – 3 rd Singles	4 th – 6 th Singles	Top 4 Singles
	Dual Champ-Plaque	1 st – 3 rd Doubles	4 th – 6 th Doubles	Top 4 Doubles
Girls Tennis	District Champ	1 st – 3 rd Singles	4 th – 6 th Singles	Top 4 Singles
	Dual Champ-Plaque	1 st – 3 rd Doubles	4 th – 6 th Doubles	Top 4 Doubles
Boys Track	Dist Champ	1 st – 3 rd in event	4 th – 8 th in event	Champion in event
Girls Track	Dist Champ	1 st – 3 rd in event	4 th – 8 th in event	Champion in event

Coaches – Coach of the year in each sport will be selected by an open ballot at the conclusion of each sport season. They will receive a certificate.

Athletes who have been removed from their respective teams for disciplinary reasons shall not be considered eligible to receive recognition for all-conference awards.

