

WESTOSHA
CONFERENCE
ATHLETIC
HANDBOOK

2018-2019

WESTOSHA ATHLETIC CONFERENCE ATHLETIC DATES FOR 2018 - 2019

COACHES' MEETINGS

All Coaches – **Tuesday, August 28**

Basketball, Softball and Cheerleading Coaches – **Monday, October 8**

Basketball, Cheerleading, Track and Volleyball Coaches – **Monday, February 18**

All Coaches – **Monday, May 20**

SFTBALL DATES:

September- 11, 13, 18, 20, 25

Tie-Breakers -September 27

Playoffs- October 1 – Boys and Girls at Salem Grade School Rain Date – October 3

School in charge: East -*Union Grove* (Boys) West – *Trevor-Wilmot*(Girls)

CROSS COUNTRY:

Invitationals- All are 4:00 p.m. starts

September 10 - Wheatland

September 14 - Salem

September 19 – Union Grove

September 26 - Trevor

CONFERENCE MEET – OCTOBER 2 AT BRISTOL -RAIN DATE OCTOBER 4-4:00 p.m. start

GIRLS BASKETBALL- Tryouts may begin on Wednesday, October 3(if no softball & x-country rain dates)

October – 18, 22, 23, 29, 30

November – 1, 5, 6, 8, 12, 13, 15, 20

Playoffs- November 27, 29, December 4

School in charge *Randall hosts Championship rounds 2 & 3*

BOYS BASKETBALL – Tryouts may begin on Wednesday, December 6th.

December – 18, 20

January-3, 8, 9, 10, 14, 15, 17, 21, 22, 24, 28

Snow Make-up date – January 29

Playoffs-January 31, February 5, 6

School in charge: *Raymond hosts Championship rounds 2 & 3*

VOLLEYBALL

February 26, 28

March –4, 5, 6, 7, 12,

Divisionals- March 14

Conference-March 19

School in charge: East -*Williams Bay-Boys Championship*

Girls Divisional

West -Lakewood- Girls Championship

Boys Divisional

Divisional Hosts –Salem(Boys) Wheatland(Girls)

TRACK- Eastern Divisionals-May 1 ; rain date May2 at Central

Western Divisionals- May : rain date May at Badger-TBD

Conference – May 14 ; rain date May 15 at Central-

Brookwood(West), Yorkville(East) and Bristol(Conf) to supply workers for track meets.

WESTOSHA ATHLETIC CONFERENCE

<u>School</u>	<u>Address</u>	<u>Telephone</u>	<u>Fax</u>
Bristol	20121 83rd St. Bristol, WI 53104	857-2334	857-6644
Brookwood	1020 Hunters Ridge Genoa City, WI 53128	279-1053	279-1052
Lakewood	1218 Wilmot Road Twin Lakes, WI 53181	877-2148	877-4507
Randall	37101 87 th St. Burlington, WI 53105	537-2211 877-3314	537-2280
Raymond	2659 S. 76th St. Franksville, WI 53126	835-2929	835-2087
Riverview	300 Prosser Street Silver Lake, WI 53170	889-4384	889-8450
Salem	P.O. Box 160 Salem, WI 53168	843-2356	843-4138
Trevor-Wilmot	26325 Wilmot Road Trevor, WI 53179-9701	862-2356	862-9226
Union Grove	1745 Milldrum St. Union Grove, WI 53182	878-2015	878-3133
Wheatland	6606 368th Ave. Burlington, WI 53105	537-2216	537-4059
Williams Bay	500 W. Geneva Street Williams Bay, WI 53191	245-6224	
Yorkville	18621 Washington Ave. Union Grove, WI 53182	878-3759	878-3794

WESTOSHA CONFERENCE COACHES

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DEFINITION

I. The Westosha Conference has been established and maintained by the school board, administrators, and coaches of these schools in order to benefit by involvement of the students therein. By working together, we hope to continually improve the conference's ability to meet the needs of its students.

II. The Westosha Conference Coaches Association is defined as the group of people involved in coaching and guiding the students and teams within the conference. All coaches of conference sanctioned activities are members of the Westosha Conference Coaches Association. Each coach is involved in the decision making process by his/her assignment to the committee of sport(s) he/she is coaching. All rules, changes, and interpretations will be set down for each sport in committee. Scheduling of regular season play and conference tournaments is also made in executive committee, with final approval by administrators and school boards.

III. The insight and knowledge provided by our central involvement in the Westosha Conference gives us the responsibility to not only guide our students toward positive ends, but also to continually act to improve the Association and the Conference.

IV. The Conference is formed in two divisions:

East Division

Bristol
Raymond
Salem
Union Grove
Williams Bay
Yorkville

West Division

Brookwood
Lakewood
Randall
Riverview
Trevor-Wilmot
Wheatland

V. Membership dues for the conference are \$1100 per year per school, payable to the league treasurer at the beginning of the school year.

VI. The schedule of rotating duties as sports-chair will be followed as assigned.

Each school is responsible for carrying out to completion all duties required for successful operation of the season assigned on the schedule and detailed for each sport.

VII. A two-year position of President/Secretary of the Conference will be assigned by the Conference administrators and will receive an annual stipend of \$3200.00. This position may be extended per administrative approval. The conference treasurer will be paid \$885.00 a year with the basketball scheduler(s) receiving \$740.00 annually. A payment of \$570.00 (3 meets) will be given to the individual organizing the track meets. A scorer, clerk of the course, video timer and recorder for track will each receive \$50 per meet. The track starter will receive \$60 per meet.

VIII. The coach or assistant coach, who will be coaching a student in the following school season, shall not be permitted to coach that student other than during the designated school season for that sport. This provision shall not prevent a coach from having supervisory responsibilities outside the designated season of a sport. Supervisory involvement, however, does not include situations like playing basketball with athletes, running with athletes, working-out, club team coaching, driving students to competition or training, conducting drills, running through plays, demonstrating techniques, and any other activity that could be regarded as coaching or instructing.

Practicing before the season officially opens is considered a violation of league rules. The Executive Committee may be consulted in a special situation, and may grant an appeal to the ruling, but shall consider the violation and act on it accordingly. Any school that has violated the rule by the decision of the Executive Committee will forfeit their play in that sports' conference play-off.

To be considered for an appeal of the ruling by the Executive Committee, the following information must be mailed to the league president-secretary four weeks prior to the start of your scheduled program:

1. Description of the program
2. Dates and times of the program
3. Program objectives
4. WCCA coaches involved and their specific duties
5. Signatures of those WCCA coaches involved verifying the above.

Open gyms may be offered to any student interested but not limited to potential players.

IX. No sport shall preempt another sport while that sport is in season as defined by the calendar set down by the Joint Committee and approved by the school boards.

Practices for the next scheduled sport may begin at the conclusion of the playoff

of the preceding sport. * Schools that have gym conflicts because of holiday concerts may have a tryout prior to the conference opening practice date. The conference president needs to be informed of such intent.

X. The administrators and school boards that have the final word in decisions concerning the format and structure of the conference welcome our recommendations. As coaches, our realm of decision-making is within the operation of each sport and activity, utilizing our sports expertise. Changes in the format and structure of the conference will follow structural guidelines. The general membership must pass the measure by a majority vote. The Executive Committee will then present it to the Joint Committee for approval and upon approval will ask the administrators and school boards for their approval.

*** Girls' basketball tryouts may begin the Thursday after softball playoffs unless otherwise indicated.**

Conference Philosophy

The primary purpose of middle school athletics is to build a foundation for total development—academically, athletically, socially and emotionally. Emphasis will be placed on providing a positive athletic experience that will aid in the smooth transition from elementary school to high school.

Conference teams play an A and B team schedule in softball, basketball and volleyball and field one team in track. The B-team is a beginning level where players work on fundamentals and then are given the opportunity to practice those skills in a game situation. The B-team is viewed as a building block for future A-team competition, fundamental skill development, and learning to develop team play. Because of this, all B-team players are required to play in the B-team contest. The number of minutes that each player plays is determined by the coach. In some situations, putting 8th graders at B/C competition is a necessity. However, because of the variety of developmental differences among students and potential liability concerns that exist, it is recommended that 8th graders play only at the A level.

The A-team is a more competitive level of play. Players are preparing for possible high school competition by developing more advanced game strategies, fundamentals and playing in more contests. Playing time is determined by a number of factors—attitude, ability, knowledge and other criteria specified by individual coaches. Athletes are not guaranteed a certain number of playing minutes and the coach decides the amount of playing time each player receives.

It is the Conference schools' intent to not only develop physical skills but to enhance a student's cooperation, teamwork and sportsmanship skills. It is the Conference's desire that the athletic experience should be fun, enjoyable and provide an incentive for continued participation.

CRITERIA FOR PARTICIPATION IN THE WESTOSHA CONFERENCE

To participate in the programs offered, the following criteria must be met by participating schools:

A) Participation in the sports programs offered is expected; if a school district is unable to participate in a sport, they must provide one-year notice to alleviate scheduling difficulties.

B) All schools must agree to comply with the conference rules and guidelines.

C) The authority of the Westosha Conference is vested in the Joint Committee, made up of two administrators, two elected representatives of the coaches, and chaired by the President of the Westosha Conference. This committee will make presentations to the administrations of the member schools.

D) In the regular conference meetings, each school is delegated one vote - MAJORITY RULES.

E) Any changes in conference programs shall be brought before the general membership before the Joint Committee may act on the issue.

F) Each school will support the attendance of their coaches to the two regular membership meetings per year, one in the fall and one in the spring.

G) Group meetings for each conference program will be held throughout the year. There may also be meetings of special committees as needed. A coach from each conference school must be in attendance. Meeting dates will be published in advance of the schedules.

H) The appointed representative from each school will be responsible for the dissemination of information and the reproductions of materials/letters/scores to the necessary personnel for that school.

I) The Westosha Conference will have an executive committee consisting of the four offices, President, Treasurer, and two WCCA members at large. Officers serve for two years or for extended years per administrative approval. The President may appoint special committees as needed and shall act as chairman of all conference meetings.

WESTOSHA CONFERENCE SPORTS POLICIES

- 1) All administrators must have buses properly supervised so that students or players do not harass people.
- 2) All coaches must teach their players proper respect for officials, opponents, and everyone else attending the contests.
- 3) Profane language must not be tolerated at any time.
- 4) Coaches must supervise players to insure that no property is damaged at the host school.
- 5) Coaches will set an example of good sportsmanship for their players.
- 6) Discipline rules and policies for spectators of the host school must be followed.
- 7) If the offended person feels that a serious violation of any of the above written policies has occurred, he or she should write a letters of reprimand to the school board and administration of the offending school.
- 8). Players shall not wear any jewelry when participating in any contest or any sport.

The Westosha Athletic Conference does not discriminate against pupils on the bases of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, natural origin, sex, religion or handicap.

WESTOSHA ATHLETIC CONFERENCE

CODE OF CONDUCT

Teaching values that enrich the educational experience of our student athletes is one of the goals of extracurricular competition. The Westosha Conference views good sportsmanship as one of those important values and, therefore, continually works to instill that into their programs. We also, believe that athletes, coaches, spectators and officials should work together to enhance the lessons of sporting behavior. This athletic code of conduct serves as a guideline to member schools as we work together to promote fair play, ethical behavior and integrity within our athletic programs.

Expectations of Coaches, Student Participants, Parents, Spectators and Officials.

Be an exemplary role model by positively supporting teams in every manner possible, including the content of cheers and signs.

Treat opponents, other fans, coaches and participants with respect at all times.

Recognize outstanding performances on either side of the playing field or court.

Realize that attending an event is a privilege to observe a contest and support the schools' activities, not a license to verbally assault others or be generally obnoxious.

Respect the judgment of contest officials, abide by rules of the event and display no behavior that could incite unsporting acts.

Respect the rules of each individual school and abide by them even though they may differ from your own school.

Support the coaches and officials working with the athletes. This encourages a positive and enjoyable experience for all.

SPECTATOR ETIQUETTE

A spectator shall:

1. Respect officials, coaches and players and extend all courtesies to them.
2. Positively cheer at contests.
3. Obey the rules of each WAC school concerning food and drink consumptions, hats, and use of lavatory facilities.
4. Conform to accepted standards of good sportsmanship and behavior.
5. Respect and obey all school officials, supervisors and security personnel at all athletic contests.
6. Be humble in victory and gracious in defeat.

WESTOSHA CONFERENCE PURPOSES

This conference strives for:

- Positive opportunities for its students
- Variety of experiences
- To fulfill the needs of its students
- To provide opportunity for fundamental skill development
- To gain a knowledge of lifetime sports
- Provide for maximum involvement of students
- To develop knowledge that will serve the students in the future as a player and/or spectator
- Achievement and development of personal potentials
- Teamwork and cooperation
- Good sportsmanship

These purposes are based on the student needs. The needs of the students in this conference are:

- A need for a variety of activities, age appropriate
- A need for basic skill development
- A need to gain the knowledge of a variety of sports/games
- A need to develop self-image
- A need to experience cooperation in group work
- A need to develop values related to other's property, following rules, and attitude toward others
- A need to exercise self-control and self-discipline
- A need to build constructive interpersonal relationships
- A need to provide challenges to building individual potential to the fullest
- A need to have success
- A need to find appropriate and positive ways to cope with stress and handle tensions

WESTOSHA CONFERENCE SPORTSMANSHIP ANNOUNCEMENT

The Westosha Athletic Conference encourages good sportsmanship at all athletic events. Good sportsmanship is the responsibility of players, coaches, faculty, students, adult spectators and officials. Promotion of good sportsmanship at Westosha Conference events should include a demonstration of respect for opponents, coaches and officials. Everybody involved in the contest is expected to maintain self-control. Good sportsmanship is the cornerstone of a quality athletic program, the Westosha Conference and the schools it represents. Thank you for your cooperation.

CHEERLEADING GUIDELINES

General

1. A cheerleader's two main responsibilities are support of the team and *leading the crowd*.
2. Cheerleading squads should be placed under the direction of a knowledgeable advisor or coach.
3. The cheerleading coach should be in attendance at all practices and functions. *No stunting if the coach is not present.*
4. All cheerleaders should receive proper training before attempting any form of cheerleading.
5. All practice sessions should be held in a location suitable for the activities of a cheerleader.
6. Training in proper spotting techniques should be conducive to safe performance.
7. *All jewelry is prohibited during participation. Religious and medical medals must be taped and worn under the uniform. Newly pierced ears must be small studs and must be covered with tape.*
8. Warm up exercises and stretching should precede all practice sessions, pep rallies, games and competition.
9. The cheering surface and location should be taken into consideration before engaging in physical activity. *No stunts should be performed on a hard surface until perfected.*
10. Advisors/Coaches should recognize the entire squad's ability level and limit the squad's activities accordingly.
11. Coaches and squad representatives should meet prior to a game to decide upon changes to game protocol.
12. Coaches will constantly role model good sportsmanship.
13. Be aware of free throws and time outs. Time and space is limited! (During a free throw cheerleaders should not be cheering)
14. No hard hair accessories - exception *bobby pins*.
15. Squads may take the floor during 1-minute timeouts but not on 30 sec. ones.

16. Call back cheers are allowed – *only 1 per game*.
17. On the sidelines, no stunts that require more than 2 people may be used – *for example a shoulder sit*.
18. For safety concerns, officials request that cheerleaders stay at *least 4 feet* from the lane as to not interfere with play. Squads may need to be split for this to work.
19. **Game Protocol**—A- game only- 5 minutes at halftime-first 2 minutes to be used by cheerleaders. B-game-Home team does the halftime-no time extension. At halftime-Music for **home team only**. If time permits, visitor may take the floor. Home team chooses the quarter to cheer.

Partner Stunts/Pyramids

1. All pyramids and partner stunts are limited to two persons high.
2. The use of mini-trampolines and springboards is prohibited.
3. Knee drops are prohibited.
4. Suspended splits in a transition are allowed provided there are a total of three bases that make contact under the legs of the top person.
5. In suspended splits, the hands of the top person must have contact with the base(s).
6. Partner students and pyramids at/or higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level.
7. Triple base straddle lifts must have a head and shoulder spotter.
8. Single base split catches are prohibited.
9. Basket tosses may not be used at any Westosha Conference sponsored events.
10. Participants may not pass over or under other participants from tosses.
11. Partner stunts and pyramids may not pass over, under, or through other partner stunts or pyramids.
12. Free falling flips or swan dives from any type of toss are prohibited. *Falls or dives out of a stable loaded position such as a superman front fall into bases arms are legal.*

13. Backward suspended rolls and single base suspended rolls are prohibited.
14. Forward suspended rolls are allowed provided the bases have their feet on the ground and the top person and the base maintain hand-to-hand contact throughout the skill.
15. When one stunt is bracing another, one of the stunts must be at shoulder height or below - exception: extensions may brace other extensions.
16. Tosses that land in stunts are allowed. However, they cannot significantly exceed the height of the intended stunt. Tosses cannot land in a loading position for another stunt or toss. However, they may stop, then go, to the next stunt. No inversions.
17. Cradle dismounts from a double-based partner stunt over shoulder level must have three catchers. Cradle dismounts from single based partner stunts over the shoulder stand height must use two catchers.
18. Any stunt at/or higher than a shoulder stand must be continuously spotted.
19. *Progressive* partner stunts are encouraged (***Progression list below***).

Tumbling/Jumps

1. Dive rolls are prohibited.
2. Flips greater than one rotation are prohibited.
3. A forward three-quarter flip to the seat or knees is prohibited.
4. The use of mini-trampolines and springboards are prohibited.
5. Participants may not tumble over or under individuals - over, under or through partner stunts and pyramids.
6. Participants may not land in a partner stunt or catching position from a tumbling skill.
7. Landing for all jumps must bear weight on at least one foot.
8. High kicks to a hurdler position are prohibited. *All flips to knees or seats are prohibited.*

Cheerleading Stunt Progressions 2017

Stunt	Base	Flyer
Step-Up Drill	Hold proper position on foot	Step & lock, tight hollow body
Single based thigh stand	Support knee, use muscles, keep chest to front	Step & lock, tight hollow body
Double base thigh stand	Support knee, hold ankle, focus on stunt posture, walk down	Step & lock, load one foot at time with tight hollow body
Hang-drill	Hold foot, use legs Back: Hold rear, each person should hold own position: bases, back base, flyer	Lock arms, tight body, focus on tight hollow body
Hang-Drill Squats	Deep squat, keep 90 degree arms	Lock arms, tight hollow body
Squat pops	Keep arms at 90, use deep squats	Keep arms locked, pop at shoulders to increase height
Bear Hugs	Reach high to catch flyer. Her feet must not hit floor.	Jump up with tight body. Focus on staying straight and tight.
Rides	Deep dip with legs, keep arms at 90 at top and bottom, extend arms all the way up	Pop with shoulders ride to top and settle to bottom, keep ankles and knees tight and together, hollow body
Elevator	Big squat and drive to the top, bring back down to elevator level	Load in and shrug off bases keeping feet together. Only spread feet shoulder width apart after settle.
Walk Down Complete with every elevator	Reach up to flyer's hand with outside arm thumb facing to crowd. With other hand grab under flyer's armpit resisting her fall to the ground.	Reach down at hip grabbing base's hands. Let bases release. Do NOT jump off. Back: grab the flyer's waist high and resist her to the ground.

Cradle Hold	Reach in four <u>different</u> spots holding the flyer with extended straight arms above shoulder level. Catch high.	Jump back into a catch, holding yourself up with your hands holding the top of the bases opposite shoulder Back: Extend arms under flyers arms.
Stunt	Base	Flyer
Cradle Drill	Arms extended, catch flyer high and tight. Ensure each base knows where they are catching.	Jump off of object in tight body position. Catch high and tight.
Straight Cradle	Deep dip using legs to pop through an extended position. Flyer must be caught high. Arms must remain high until contact with bases.	Feel the dip from the bases. Do a “pull up” riding to the top of the cradle. Stay upright and snap into a pike when you feel the bases catching.
Elevator Press	Deep squat, press to top locking out arms, keep feet planted.	Squeeze all muscles focusing on proper body position
Extension	Deep squat, drive with arms to extended arms. Keep feet planted. Stay close to other base.	Squeeze all muscles focusing on proper body position. Keep body hollow.
Cupie (AKA Awesome)	Deep squat, drive with arms to extended arms. Keep feet planted. Bases chests should be very close.	Squeeze all muscles focusing on proper body position. Keep body hollow. Legs must be tight together throughout
Liberty	Check which grip is best for group. Use legs and drive through arms to top. Keep body hollow. Chests must be close.	Push through shoulders on group. Keep body hollow. “Ghost” foot until steady, then snap lib.
Liberty w/tricks	Check which grip is best for group. Use legs and drive through arms to top. Keep body hollow. Chests must be close.	Push through shoulders on group. Keep body hollow. “Ghost” foot until steady, then snap tricks.

Full Twist Cradle	Deep dip using legs to pop through an extended position. Flyer must be caught high. Arms must remain high until contact with flyer.	Flyer must be in "t", holding a proper body, Ride to the top, pulling up with arms to a touchdown position. Look over left shoulder keeping hip in line with body. Ride up, not down.
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Tumbling Progressions

1. Log roll
2. Forward roll
3. Handstand
4. Handstand forward roll
5. Cartwheel
6. Round off
7. Standing back handspring
8. Standing back tuck
9. Running back handspring
10. Running back tuck

CROSS COUNTRY

Season Logistics

All schools in the conference will offer cross country, but are not penalized if there are no participants.

Individual schools are responsible for coordinating meets in which they participate.

Meets will not conflict with softball games

Meets will run from approximately 4:00 p.m. – 5:30 p.m.

The start signal will be a countdown from 10 down to 5 and a silent count thereafter until the horn begins the race (4 to 0).

Race distance:

1.5 miles

Conference Meet

Two races will be held(categorized as follows):

Grade 5 – 8 girls

Grade 5 – 8 boys

A team trophy will be awarded for each race.

The top six finishers in each race will receive medals.

Conference meet will follow the softball season, prior to the basketball season beginning.

Cross Country Spectator Etiquette

In an effort to ensure that every runner is given equal opportunity to complete our cross country courses safely while at the same time giving parents and spectators ample opportunity to view the runners, we would like all families to go over these guidelines and share them with any meet guests.

Course

Spectators are welcome to view runners on the course. However it is important to remember that the course is set up for the runners. Please be aware of caution tape, flagging and traffic cones and stay behind them. The painted lines are for the runners to follow so they will be running on them. Please stay far back. Crossing in front of runners, no matter what place they are in is both hazardous and disrespectful. Please wait until the entire field has passed before you cross over a course.

Assistance

Pacing or running along the side of an athlete during a race is *prohibited*.

Beginning of the Race Announcements

As a courtesy to the runners at the start of each race, please be completely silent so all the runners hear rules and the start signal.

Finish Line and Finish Chute

Please pay close attention to the areas where parents and spectators are NOT allowed to stand or gather near the finish line. This is for the race officials and designated coaches. As athletes finish the race, they must take their place card to the scorer's table *immediately*. The athletes have been informed of the procedure by the race officials. Please do not deter this. You can congratulate them after they leave the finish line area and are walking to the scorer's table.

Our VOLUNTEERS

Cross country would not have been added as an official conference sport if it were not for the many hours put in by volunteers. Please remember that almost ALL of the people who are helping with each race are volunteering their time. This includes our starter, course officials, scorers, concessions help and the high school students. These volunteers are here because they want to help your children have a successful and fun season. Please treat all of our volunteers with respect and adhere to the etiquette as outline above.

Date

9/10/2018

9/14/2018

9/19/2018

9/26/2018

10/2/2018

10/4/2018

Site Location

Wheatland

Salem

Union Grove

Trevor-Wilmot

Bristol

Rain date

All start times are

4:00 p.m.

SOFTBALL

1. The softball schedule will consist of 5 games. Head to head competition will be used to break ties. A 3-way tie will be broken in the following manner: A coin flip will be made between the 3 teams. The winner receives a choice of a bye or home field advantage. The remaining 2 teams flip again. Winner receives the choice of home field advantage or batting as the home team. If the team that bats last, loses, then the 2 remaining teams flip(see softball tiebreaker) **No games** are to be scheduled during the week of the championships in order to allow time for play-off games.

Championship games - boys and girls-*Start time- 3:30 p.m. Games will be scheduled on a Monday with the rain date on a Tuesday.*

Game 1 - First place team in East will play the second place from West.

Game 2 - Second place team in East will play first place from West.

Game 3 - The winners will play for first and second place.

Game 4 - The losers will play for third and fourth place.

The #1 seed will be the home team in the 1st game and there will be a coin toss for fields in game #1. For everything else in subsequent games (i.e., home team, choice of fields) there will be a coin toss.(see softball chairperson section)

Playoff umpires are paid \$30 a game. **Umpires for the girls' games should be WIAA rated.**

2. A team of boys and girls will represent each school on the date and place indicated on the schedule.

3. Time of games: Between 4 and 6:30 P.M. or a time arranged between coaches. The "A" team game for both boys and girls must start by 4 P.M. Teams may start early if both teams are ready. Boys' teams should play the full "A" game and at least 4 innings of the "B" game or until 6:30 p.m. before stopping the game. **For Girls "A" game**, there will be a **75 minute time limit** that begins from the 1st pitch of the contest. The teams must complete an inning. The umpire decides the whether or not to begin a new inning in order to meet the 75 minute time frame.

4. The team with the best win-loss record for both boys and girls will be considered the division champion. Division standings will decide conference play-off position. Head to head competition will be used to break ties.

5. Each team will be responsible for obtaining two umpires. If the need arises, coaches may aid in officiating. Coaches are to send umpires a copy of the Westosha Conference rules prior to the first game.

6. There will be ten players on each starting team.

7. There will be a 15 run rule after 5 innings. A team with a 15 run lead will be considered the winner. This rule applies to both the A and B teams and playoffs.

8. No designated hitter will be used. Re-entry is allowed. Any player (starter or not) may re-enter the game one time. All other WIAA rules will be followed.

9. If softball games cannot be played at the host site, the game may be played at another school with playable diamonds provided umpires and buses can be scheduled for the involved schools.

10. Pitchers are allowed only three warm-up pitches each inning and teams allowed a maximum of one minute when switching from batting to fielding team. Upon mutual agreement of coaches, B teams will have not infield/outfield practice prior to the game.

11. Home teams are to have ice packs available in case of injury.

12. If one of the umpires is more experienced or comfortable doing behind the plate, that individual may do so even though he/she is not the home umpire. Umpires should be dressed in attire that does not pose a safety concern to them.

13. In the B-game(both boys and girls), a team may score no more than 10 runs maximum in an inning.(Follow the 10 batter per inning rule with 7th inning exception-#5 below)

14. The pitching zone for the B-game(boys) may be expanded a ball's width from the current mat. The extended strike zone does not apply to the front of the plate.

15. On a caught foul fly ball, the ball is alive and baserunners may advance.(ASA)

16. In an effort to avoid contact on close plays, a defensive player is not able to block the plate without the ball in his/her possession. Base runners are not allowed to intentionally run into an opposing player even if they are blocking the plate. They are allowed to slide as long as the slide is not with the intent of causing injury.

SOFTBALL RULES

1. Diamond: 60 foot bases Pitcher's mound: 40 feet
2. Ball: 12 inch softball. Teams will use a leather softball for all "A" games. The home team supplies 2 game balls for each game. The ball must be an ASA approved white or yellow inseam ball.
3. Equipment: Softball, softball bats, athletic shoes (no metal spikes). Softball bats must have an **ASA** sticker or stamp.
A face mask, chest protector, helmet, shin guards and throat protector is required of the catcher for girls' games. Throat guards and shin guards are optional for the boys' games. .
4. Length of game: Seven innings. A completed game must go four innings if the game is called before its completion.
5. METHOD OF PITCHING: **BOYS' GAMES** - The pitcher must have one foot on the rubber. An underhand pitch only is permissible. The arm must pass parallel to the body and with the ball not more than six inches from the body. The arc will have a 6-foot minimum and 12 foot maximum from ground. This is a judgment call by the umpire. A pitch considered fast will be called a "ball". If the batter swings at a fast pitch, the ball is considered to be in play. A pitched ball hitting any part of the mat is a strike. If the ball hits the mat and the plate at the same time, it is a strike. A mat 24" long and the width of the plate will be used to call strikes. The mat and plate are a strike area. Runners coming in to score must touch home plate. (not mat)

In the interest of maximizing participation, free substitution is allowed, defensively, while still maintaining a 10 player batting order.

GIRLS' GAMES - Modified Fastpitch - no speed or arc restriction. The arm must stay within six inches of the hip on release. Windmill delivery is prohibited. The pitcher must have one foot on the rubber. The same foot as the pitcher's throwing arm begins in contact with the rubber. Placement of the second foot in relation to the rubber is the pitcher's preference (in front of, behind, etc...)

The pitcher's arm may be extended straight above the head. However, she may not bring the arm any further forward than that or the pitch will be illegal. If the pitch is called illegal, a ball will be called and the batter may hit the ball if she so desires. No mat will be used for calling a ball or strike. The strike zone will be armpit to the knee. A batter will be awarded first base if they are hit by a pitch and have made an attempt to avoid the pitch. **B team only** - When a team bats through their order or 3 are out, whichever occurs first, the teams switch from batting to fielding. All players on the B-

team bat(*maximum ten per inning*). However, the 10 batter limit is waived for the B-team in the 7th inning only. The 7th inning must start by 6:15 p.m. for this rule to be in effect.

6. BALKS: No balks are called.
7. BUNTING: No bunting is allowed. A batter who bunts or attempts to bunt is out.
8. In the boys' game, a pitched ball hitting the batter while standing in the batter's box is a dead ball. The batter does not take his base nor may a runner advance.
9. BALLS AND STRIKES: There will be a three ball, two strike rule. The batter will be awarded first base on the third called ball. The batter will be called out on two strikes of any kind. *Unlimited foul balls are allowed for the girls game.*
10. STEALING BASES: Stealing is not allowed. A base runner will not be allowed to lead off. A base runner will be out in he leaves the base before the batter swings. Unlimited steps will be allowed if the batter swings and misses.
11. INFIELD FLY RULE: A batter is out and a base runner may advance at his own risk when a batter hits a fly ball to the infield, before two are out with first and second bases, or first, second and third bases occupied.
12. OVERTHROWS: On an overthrow to first, third or home base that goes out of play (judged by the umpire), the runner is entitled to advance to the base to which he is running plus one additional base.
13. If a base runner overruns first base and makes a move towards second (as judged by the umpire), he can be played on with the liability of being tagged out.
14. So there will be no disagreement on the score, three people will be required to keep the score - the umpire and a scorekeeper from each team. The score should be checked between each inning.
15. Before each game, coaches and umpires should go over the ground rules.
16. All schools will use a double first base.
17. All batters and base runners will wear batting helmets.
18. In order for a caught foul tip to be considered an "out", it must be at least

three feet *above the height of the batter* - in the judgment of the umpire.

19. Teams **must** have an ASA sticker or stamp on their softball bats and may not use bats labeled "Little League". Athletes may bring their own bats, provided the bat has an ASA label. The umpire inspects the bats **prior to** the game and makes sure that all bats meet this requirement. If the umpire approves the bats, they may be used in the game.
20. League rules do not prevent "A" team players from playing on the "B" team.
However, in the interest of sportsmanship and fair play, coaches are asked to use their good judgment in where they place players in the "B" game.
21. Players that throw bats in disgust shall be warned the first time. An additional problem by any team member will be penalized(out). If the act is flagrant, umpires may immediately eject a player.
22. Unless otherwise specified in our handbook, WIAA rules are in effect.
23. When using a slap hit, the batter must utilize some wrist movement or movement of the bat in an attempt to hit the ball for it not to be considered a bunt. Ultimately, the decision of determining a bunt is up to the umpire.

Softball Tiebreaker

If three teams are tied for first and two teams need to advance the following tiebreaker will be used:

1. There shall be coin flips to determine priority from 1-3.
2. The team with the first priority may choose to host the tiebreaker playoff or may choose to play in the first game (giving them two chances to advance).
3. The team with the second priority may choose to host the tiebreaker playoff if the first team did not choose to host. Otherwise, they will play in the first game.
4. The final team will then either host the tiebreaker playoff, or if another school has already chosen to host, they will play in the first game.
5. The two teams that selected to play in the first game will play, with the winner advancing to the playoffs. Home team is determined by coin toss.
6. The loser of game one then plays the team that sat out game one with the winner advancing to the playoffs. *Home team will be the team that had 3rd priority.*
7. Seeding for the playoffs is determined by the head to head result from REGULAR SEASON PLAY between the two playoff representatives.

SOFTBALL CHAIRPERSON

1. The chairperson will be responsible for compiling the scores for boys and girls teams in your division, and sending them out to all schools involved.
2. The chairpersons will check on the standings and verify the first and second place teams from their division before playoffs. The chairpersons from both divisions will:
 - a. Check the readiness of the play-off site.
 - b. Hire the necessary umpires. *WIAA rated for girls games.*
 - c. Hand out awards at the end of the play-offs.
 - d. Bring 2 softball mats for the plate area(boys only)
3. The chairpersons will turn in the results of the conference play-offs to the President of the WCCA, who will record them in the notes.
4. The chairperson will remind each team to bring two ASA approved balls to the play-offs. The **following guidelines** are used at the playoffs:

The chairperson will flip between the two first place teams for choice of playing field.
The #2 seed will be the away team in the first game.
The winners of game #1 will have a coin toss for choice of diamond or home team. The loser of the coin toss receives the remaining choice.
There will be a coin toss for home/away for the 3rd place game.
5. Four games will be played at the conference play-offs; the first place team will play the second place team of the opposite division to determine who will play for the championship. The loser of these two games will play for third place. These games will be played simultaneously. First and second place will receive *engraved medals*.
6. Playoffs will begin at 3:30 p.m.

Westosha Conference Softball-2018-2019

WESTERN DIVISION

Date

EASTERN DIVISION

Home

Visitor

Wheatland

Randall

9/11/2018

Riverview

Lakewood

Brookwood

Trevor-Wilmot

Home

Visitor

Union Grove

Williams Bay

Bristol

Raymond

Yorkville

Salem

Randall

Brookwood

9/13/2018

Riverview

Wheatland

Lakewood

Trevor-Wilmot

Raymond

Williams Bay

Union Grove

Salem

Yorkville

Bristol

Lakewood

Randall

9/18/2018

Wheatland

Brookwood

Riverview

Trevor-Wilmot

Salem

Williams Bay

Raymond

Yorkville

Bristol

Union Grove

Brookwood

Riverview

9/20/2018

Lakewood

Wheatland

Trevor-Wilmot

Randall

Williams Bay

Yorkville

Salem

Bristol

Raymond

Union Grove

Brookwood

Lakewood

9/25/2018

Randall

Riverview

Trevor-Wilmot

Wheatland

Williams Bay

Bristol

Union Grove

Yorkville

Salem

Raymond

Make-ups/Tie Breakers

9/27/2018

Conference Playoffs

10/1/2018

Boys and Girls at Salem Grade

Union Grove in charge of BOYS

Rain Date

10/3/2018

Trevor-Wilmot in charge of GIRLS

BASKETBALL

1. The Westosha Conference basketball schedule will consist of 11 games. Each school will play all other conference schools one time. They will play at home during alternate years. Schools may elect to play other basketball games and enter other tournaments during and after the season; however, the dates may not interfere with the Westosha Conference schedule.
2. The season play of the Westosha conference will end with a tournament.
3. Each school will establish its own practice policy. Basketball practice may begin after the girls' and boys' softball play-offs are completed.
4. *The games start at 4:00 P.M. with the exception of home games at Riverview, Wheatland and Williams Bay which will begin at 4:15 p.m. Teams should not arrive until 3:40 p.m. or after at the host site.*
5. Both the A-team & B-team *games are to be 6-minute quarters.* The clock stops for all whistles.
6. The "B" team game will have a 10-minute period between halves. During this time there will be a 5-minute game for the "**B team reserves**" (the bottom players of the "B" squad). This time counts as "B" squad time. The "**B-team reserves**" clock will run except for the last 30 seconds, with no time outs. Coaches and players must remain on the bench for this game. Each person on the "B" squad must play. *Even if both teams have a regular "C" team, playing the B team reserves game is **mandatory**.*
7. There will be a jump ball at the beginning of each "A" and "B" game with the alternating jump ball rule in effect thereafter.
8. All games shall be played with league timed guidelines. After the 3rd quarter, any time the point differential reaches 30 points, the clock will run continuously unless a timeout is called. If the differential drops below 30 points, the clock still runs continuously.
9. The 3-point line will be used for both the "A" and "B" games.
10. Warm up periods should be five minutes between halves and 10 minutes between games. The **10-minute** time period begins immediately after the conclusion of the "B" game. Timers should wait to begin the minimum 10 minute team warm-up until the floor has cleared. However, the "A" game should start by 5:00 P.M., if possible. If there is a half time pom pon routine or a Parents' Night ceremony, there should be 2 minutes allowed for warm-up after the conclusion of these activities. **A-team halftime only** will be 5 minutes with the first 2 minutes used for cheerleading routines.

11. Each school will set up its own standards of eligibility.
12. Each team must submit a roster of at least 8 "A" team players before the first game of the season to the person in charge for that season. The chairperson would then send to each school the 8 person roster to all coaches of "A" teams in the conference. These players would only be eligible to play on the "A" team. Beginning in 05-06, coaches *do not* submit a roster.
13. As a courtesy, a coach will inform the opposing coach if one of his/her players will be participating in both the A and B game. A player on the "B" team may play on the "A" team, but no more than 6 quarters(4 in B game; 2 in A game) total playing time. An overtime is an extension of the 4th quarter.
14. In the case of a tie after regulation time, there will be a two minute overtime. Any remaining timeouts that a team has left, carry over into overtime periods.
15. A player must raise his/her hand after a foul has been called.
16. Coaches and assistant coaches in the conference may coach their eligible players **only** during the school designated season.
17. During basketball games, there must be an adult present at the scorer's table in charge of either the clock or the scorebook.
18. Home teams will furnish basketballs for both teams' warm up period in addition to the game ball.
19. A-Team coaches may complete an officials' evaluation, if there is a problem with officials. This evaluation is to be submitted to the conference president and basketball chairperson within one week of the completion of the respective seasons.
20. Both home and away teams will call results in to Steve Shohoney at Raymond School.
21. Any technical fouls called are to be documented by the officials and submitted to the offending school's administrator and the conference president.
22. The regular season champion will receive a trophy for having the best record during league play.
23. Girls' basketball tryouts will begin the Thursday after softball playoffs unless otherwise indicated.
24. Coaches are asked to make sure that they color coordinate their players and adhere to the rule in regard to undershirts. The rule reads "Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or

ragged edges. If the undershirt has sleeves, they shall be the same length." All players must have the same color.

25. For B/C level, no press is allowed for the first 3 quarters. No press in the 4th quarter if a team is up by 15 points. *This 4th quarter rule applies to BOTH teams.*

26. *Coaches will submit a roster of player's last name and number prior to the season to assist scorekeepers in keeping their book(google docs)*

27. As of the 17-18 season, the silent free throw rule will not be enforced. However, chaperones and host administration are encouraged to step in if noise during free throws is inappropriate and done in an unsporting manner.

OFFICIALS AND CHAPERONES

1. The officials will be provided by a league official. Each school will receive a roster of officials with telephone numbers. If one official does not show up for a game, upon unanimous agreement between the two coaches and the official, the game may be played with one official. If there is not unanimous agreement, the game will be rescheduled. If neither official shows up for the game, the game will be cancelled and rescheduled.

2. The referee's pay for basketball is set for \$40.00 a game. Conference play-off officials will receive \$40.00 per game.

3. Each school must provide at least one faculty member to chaperone their students. This is in addition to the coach.

4. WIAA rules will be used in all Westosha Conference games with the exceptions listed.

5. Students attending basketball games are not allowed to leave the gym except during the half time (after the "C" game) or between games. During the "B" team game, spectators shall stay seated until after the half time game.

A NO HAT policy is highly recommended and should be reviewed at the parent meetings.

6. Basketball schedulers are to work with the Kenosha Official's Association to secure referees.

BASKETBALL CHAIRPERSON

1. Compile a weekly record of the standings and make each school in your division aware of such.
2. Both home and away coaches will send or phone in the scores of their games.
3. The chairpersons from the two divisions will together organize the conference play-offs.
 - a. Check with the host school for date and time as on Westosha schedule. Arrange for janitors, equipment, bleachers, concessions, etc.
 - b. Contact the basketball scheduler to confirm officials assignments for all games and verify with them the time
 - c. The play-off schedule will be as follows:

Championship – Top 8 teams

Round 1(Nov. 27: Jan. 31 at home of #1 & #2 Seed)

Game #1 – 4:00P.M. #4 vs. #5 at #1 Seed

Game #2 – 5:00 P.M. #1 vs. #8 at #1 Seed

Game #3 - 4:00 P.M. #3 vs. #6 at #2 Seed

Game #4 - 5:00 P.M. #2 vs. #7 at #2 Seed

Round 2(Nov. 29 at Randall; Feb 5 at Raymond)

Game #5- 4:00 P.M. Winners of games #3 & #4

Game #6- 5:00 P.M. Winners of games #1 & #2

Round 3(Dec.4 at Randall: Feb. 6 at Raymond)

Game #7 – 4:00 P.M. – Losers of games #5 vs. #6

Game #8– 5:00 P.M. - Winners of games #5 vs. #6

THERE IS NO RE-SEEDING OF TEAMS IN THE PLAYOFFS.

- d. Arrange for help at the scorer's table.
- e. **NO ADMISSION IS CHARGED.**
- f. Award first place trophy and individual awards to each team at finals conclusion.
- g. Verify with WCCA president that all details are taken care of and enlist further help, if necessary, from executives of the conference.

h. Send the final results to the conference president.

BASKETBALL TIEBREAKER SYSTEM

A. If there is a tie between two teams, the winner of the head to head match up will be seeded higher.

B. If there is a tie between more than two teams, the following procedure should be used:

1. If three or more teams are tied, and if one team defeated the other teams, then that team shall be the higher seed.
2. If three or more teams are tied, and if two of the teams defeated the other teams, those defeated teams are eliminated and the remaining two teams shall revert to the two team tie breaker (A) or (B-1).
3. The team that has the best cumulative record against the teams above them in the standings shall receive the higher bid.
4. If the tie is still not broken according to the above criteria, schools will be randomly assigned a seed by 'luck of the draw' – i.e. first school drawn is the #4 seed, second drawn is #5 seed, third drawn is 6th seed.

If breaking a tie necessitates a coin flip, the involved schools may choose to send a representative to attend the flip. If they are comfortable with others doing the flip, then they may choose not to send a team representative.

<u>Date</u>	<u>Home</u>	<u>Visitor</u>
10/18/2018	Raymond Riverview Salem Union Grove	Yorkville Randall Lakewood Bristol
10/22/2018	Yorkville Trevor-Wilmot Wheatland	Bristol Brookwood Williams Bay
10/23/2018	Lakewood Union Grove Trevor-Wilmot Riverview Brookwood	Wheatland Randall Raymond Salem Williams Bay
10/29/2018	Randall Salem Yorkville Bristol Riverview	Brookwood Wheatland Lakewood Raymond Williams Bay
10/30/2018	Wheatland Bristol Lakewood Randall Brookwood Williams Bay	Yorkville Trevor-Wilmot Riverview Raymond Salem Union Grove
11/1/2018	Lakewood Wheatland Riverview Salem Randall	Bristol Raymond Union Grove Trevor-Wilmot Williams Bay
11/5/2018	Trevor-Wilmot Yorkville Lakewood	Union Grove Brookwood Randall
11/6/2018	Trevor-Wilmot Union Grove Riverview Bristol	Yorkville Salem Wheatland Randall

	Brookwood Williams Bay	Lakewood Raymond
11/8/2018	Salem Riverview Brookwood Raymond Wheatland Lakewood	Yorkville Trevor-Wilmot Bristol Union Grove Randall Williams Bay
11/12/2018	Randall Raymond Brookwood Wheatland Salem Williams Bay	Yorkville Lakewood Riverview Union Grove Bristol Trevor-Wilmot
11/13/2018	Yorkville Randall Wheatland Raymond Union Grove Williams Bay	Riverview Trevor-Wilmot Brookwood Salem Lakewood Bristol
11/15/2018	Raymond Bristol Union Grove Randall Lakewood Williams Bay	Riverview Wheatland Brookwood Salem Trevor-Wilmot Yorkville
11/20/2018	Brookwood Bristol Trevor-Wilmot Yorkville Williams Bay	Raymond Riverview Wheatland Union Grove Salem
11/27/2018	Championships	Home of #1 & 2
11/29/2018	Championships	at Randall
12/4/2018	Championships	at Randall

<u>Date</u>	<u>Home</u>	<u>Visitor</u>
12/18/2018	Raymond Riverview Salem Trevor-Wilmot Union Grove Wheatland	Yorkville Randall Lakewood Brookwood Bristol Williams Bay
12/20/2018	Yorkville Lakewood Union Grove Trevor-Wilmot Riverview Brookwood	Bristol Wheatland Randall Raymond Salem Williams Bay
1/3/2019	Randall Salem Trevor-Wilmot Yorkville Bristol	Brookwood Wheatland Union Grove Lakewood Raymond
1/8/2019	Wheatland Bristol Lakewood Randall Brookwood Williams Bay	Yorkville Trevor-Wilmot Riverview Raymond Salem Union Grove
1/9/2019	Riverview	Williams Bay
1/10/2019	Yorkville Lakewood Wheatland Riverview Salem	Brookwood Bristol Raymond Union Grove Trevor-Wilmot
1/14/2019	Trevor-Wilmot Union Grove Riverview Bristol Brookwood Williams Bay	Yorkville Salem Wheatland Randall Lakewood Raymond
1/15/2019	Salem	Yorkville

	Riverview Brookwood Raymond Wheatland Lakewood	Trevor-Wilmot Bristol Union Grove Randall Williams Bay
1/17/2019	Randall Raymond Brookwood Wheatland Salem Williams Bay	Yorkville Lakewood Riverview Union Grove Bristol Trevor-Wilmot
1/21/2019	Randall	Williams Bay
1/22/2019	Yorkville Randall Wheatland Raymond Union Grove Williams Bay	Riverview Trevor-Wilmot Brookwood Salem Lakewood Bristol
1/24/2019	Raymond Bristol Union Grove Randall Lakewood Williams Bay	Riverview Wheatland Brookwood Salem Trevor-Wilmot Yorkville
1/28/2019	Lakewood Brookwood Bristol Trevor-Wilmot Yorkville Williams Bay	Randall Raymond Riverview Wheatland Union Grove Salem
1/29/2019	Snow Makeup	
1/31/2019	Championships	Home of #1 & 2
2/5/2019	Championships	at Raymond
2/6/2019	Championships	at Raymond

VOLLEYBALL

1. An "A" squad of both boys and girls from the top **four** teams in each of the divisions will play a round robin tournament in divisional play. The top two teams in each division advance to the conference finals. *Both the Eastern and Western division will play a best 2 of 3 match. First 2 sets played to 25 points, no cap. Set 3, if necessary, is to 15 points. No third set if a team wins the first 2 sets. Winners will be determined by **match record** in divisionals. Starting time: 4:00 P.M.*

2. The top two teams in each division will meet at the conference championship- West #1 will play East #2 and East #1 will play West #2. Teams will play a best 2 out of 3 set match. All games will be to 25 points, no cap. Winners of each match will play for the championship and losers for 3rd/4th place. These matches also will use the best of 3 format. Starting time: 4:00 P.M.

Breaking Ties –

Regular Season – Use Volleyball Tiebreaker procedure below

Divisionals- 1. Head to head competition.

2. 3-Way Tie – (a) Total points from all 3 matches at divisional. Those teams that won a match in 2 sets will be awarded 15 points just as if they played a 3rd game. The loser of a 2 set match, receives 0 points. (b) If a tie still exists, use volleyball tiebreaker procedure.

3. While there is no set "B" team, those individuals not on the "A" team will be given time to play in sets that will be played to provide experience and participation during the regular season. Time guidelines: **4:00 P.M.** - "A" boys and "B" girls, 5:00 P.M. - "A" girls and "B" boys. *When Riverview, Wheatland and Williams Bay host, start time is 4:15 p.m.*

4. Six player WIAA rules will be followed. At the beginning of each set, the receiving team must rotate before their first serve.

5. A match will consist of two out of three sets to 25 points.

6. One referee per regular season match will be provided by the host school (WIAA certified, if possible). *It is recommended that adults or high school volleyball players be used as line judges. Additionally, it is recommended that a scorekeeper be used during league games.*

7. Divisional and conference tournament referees will be paid by the WCCA (dues) treasury. Pay is \$85.00 per tournament. Line judges receive \$40.00 per tournament. Pay for officials during the regular season is \$55 a night.

8. All matches are open to the public to encourage parental support. **NO ADMISSION IS CHARGED.**

9. The net will be 7'4" high for both boys and girls. There will be a 2" centerline that may be stepped on but not over.

10. A ball landing on the line is in play.

11. Power volleyball skills and rules are adopted.

12. Substitution Rule: A team may have a total of 18 substitutions per set. A player has unlimited entry. Substitution may be made at any position for any player, but if the player who was replaced re-enters the set, he must replace the player (position) who originally replaced him. A substitution made prior to play beginning, counts as one of the 18 permitted.

13. Ground rules at the host school will be honored, with discussion between coaches prior to the match.

14. For "B" squad only, a 5 serve courtesy rule will be in effect. The serving team retains the serve but must rotate one position after five consecutive scoring serves by a player.

15. The ten minute timed warm up format for matches is as follows:

2 minutes ball handling for both teams on their respective sides of net
4 minutes hitting by the **home team** – serving is included
4 minutes hitting by the **visitors**-serving is included

If the team hitting chooses not to use their allotted minutes, the court will remain vacant until the next team has the court or serving begins.

Home schools may use the court prior to the visiting teams' arrival at which time the above shared warm-up format will be used.

16. The warm-up begins at **3:50 p.m.** with the match beginning at **4:00 p.m.** The second match warm-up begins at **5:00 p.m.** with the match beginning at **5:10 p.m.** The warm-up time should be visible on the clock and all warm-ups should begin at the same time. *Above warm-up times at Riverview, Wheatland are Williams Bay pushed back 15 minutes.*

17. Schools must use an 18 panel **leather** volleyball for competition.

18. A team may chose to use a libero in the A and B game. The libero may play only in the back row and may serve in one rotation of the serving order

VOLLEYBALL CHAIRPERSON

1. Secure sites for play-offs and WIAA rated referees. Verify with the WCCA president that all arrangements have been made.
2. Beginning in 2018-19, there will be *NO ADMISSION CHARGED*.
3. Post round robin schedules for the divisional and conference tournaments. (In case of conference tournament tie, head to head competition determines the final tournament standings.)
4. Meet with the coaches - explain format and answer questions at the site.
5. Make provisions for adult scorekeepers and timers for all matches. There should be 4 adult line judges hired. The Conference pays \$40 per line judge and \$85.00 per official.
6. Coordinate matches - notify coaches of starting time and who is to play.
7. Remind coaches that home teams should call in results of matches so that Tournament pairings can be done.
8. Notify WCCA president of final results for conference records.

TOURNAMENT INSTRUCTIONS

1. The tournament site will provide chaperones during the playoffs.
2. Locker room space will be equally allotted and assigned.
3. Coaches will be responsible for their players while not playing. Bleachers will be assigned for each group.
4. Encourage students to bring homework or something else to do if not watching the tournament. The tournament will last approximately 3 hours. They may wish to bring a snack but are asked to keep the area as clean as possible.
5. Matches will be played back-to-back in order to finish as soon as possible. There will be a minimum of 5 minutes for warm up between matches. Chairperson should schedule organized warm up times for safety reasons

and meet with the participating schools prior to the start of the tournament to review ground rules, warm-ups procedures and other necessary information.

6. All teams will share space on the court for warm up before the tournament begins. The five minutes before the match will be reserved for the first two teams to play.

VOLLEYBALL TIEBREAKER SYSTEM

A. If there is a tie between two teams, the winner of the head to head match up will be seeded higher.

B. If there is a tie between more than two teams, the following procedure should be used:

1. If three or more teams are tied, and if one team defeated the other teams, then that team shall be the higher seed.
2. If three or more teams are tied, and if two of the teams defeated the other teams, those defeated teams are eliminated and the remaining two teams shall revert to the two team tie breaker (A) or (B-1).
3. The team that has the best cumulative record against the teams above them in the standings shall receive the higher bid.
4. If the tie is still not broken according to the above criteria, schools will be randomly assigned a seed by 'luck of the draw' – i.e. first school drawn is the #1 seed, second drawn is #2 seed, third drawn is 3rd seed.

If breaking a tie necessitates a coin flip, the involved schools may choose to send a representative to attend the flip. If they are comfortable with others doing the flip, then they may choose not to send a team representative.

Westosha Conference Volleyball-2018-2019

<u>Western Division</u>		<u>Date</u>	<u>Eastern Division</u>	
<u>Home</u>	<u>Visitor</u>		<u>Home</u>	<u>Visitor</u>
Randall	Wheatland	2/26/2019	Salem	Yorkville
Brookwood	Lakewood		Union Grove	Bristol
Trevor-Wilmot	Riverview		Williams Bay	Raymond
Lakewood	Wheatland	2/28/2019	Bristol	Salem
Brookwood	Riverview		Union Grove	Raymond
Randall	Trevor-Wilmot			
Wheatland	Trevor-Wilmot	3/4/2019	Yorkville	Williams Bay
Riverview	Lakewood	3/5/2019	Raymond	Bristol
Randall	Brookwood		Williams Bay	Salem
			Yorkville	Union Grove
Trevor-Wilmot	Lakewood	3/6/2019		
Wheatland	Brookwood	3/7/2019	Bristol	Yorkville
Riverview	Randall		Williams Bay	Union Grove
			Raymond	Salem
Wheatland	Riverview	3/12/2019	Bristol	Williams Bay
Lakewood	Randall		Salem	Union Grove
Trevor-Wilmot	Brookwood		Yorkville	Raymond
<u>Divisional Playoffs</u>		3/14/2019	<u>Divisional Playoffs</u>	
Girls at Wheatland			Girls at Williams Bay	
Boys at Lakewood			Boys at Salem	
<u>Conference Finals</u>		3/19/2019	<u>Conference Finals</u>	
Girls at Lakewood			Boys at Williams Bay	

TRACK AND FIELD

Participants

Divisional Meet -

1. Only 3 events can be entered by each participant.
2. Each school may have 3 entries in each individual event (2 in relays)
3. All runners shall wear tennis shoes or track spikes if the facility allows.

Conference Meet -

1. Only 3 events can be entered by each participant.
2. Each school may have 2 entries in each individual event (1 in relays)
3. All runners shall wear tennis shoes or track spikes if the facility allows.
4. For relays, the fastest 6 times in the divisional will be in the same heat.

Coaches

1. Have all entries in to the Track & Field chair by the due date.
2. Make sure your students understand track rules and etiquette.
3. A meeting will be held before the meet for any last minute changes.
4. Have participants wear school or like colors for easier identification.
5. No practice throws or jumps are to be given for field events once the meet begins (1st call). Participants may do technique warm-up prior to throwing or jumping, if they so desire.
6. *Conference records may only be broken at the conference meet.*

100 - 200 - 400 - 800 Meter Events

1. In the 100, there will be 6-8 runners in each heat. The fastest six times out of all the heats will qualify for the finals.
2. In the 200, 400, 800 and 1600, places will be determined by the six fastest times.
3. The 200 meter dash will be the second running event.
4. All runners must stay in the assigned lanes and heats.
5. All running events will be started as follows:

“Runners to your marks” (a pause until everyone is settled)

“Get set” (a pause of one to three seconds)

Firing of the starter’s pistol

6. A runner gets one false start and he/she is disqualified on the second false start.

7. All runners must remain in the lanes during and after the race. The judges will call them from their lanes.
8. The decision of the judges is final.
9. A runner not checked in for their heat by the time the starter says "Runners to your mark", will be disqualified.
10. **Red** arrow exchange zones are used for the 4 x 200 relay and **yellow** for the 4 x 100.

High Jump

1. The starting height will be as follows:

*Girls - 3'10" starting height with 2" raise to 4'2". After 4'2", raise will be 1".
Boys - 4'4" starting height with 2" raise to 4'8". After 4'8", raise will be 1".*

2. A jumper has the option to pass, but once a jumper enters, he may not pass again.
3. A jumper will get 3 tries per height. If a jumper misses at any one height 3 times, he/she is out of the competition.
4. A jumper must take off on one foot. After a jumper's foot leave the ground or his/her body passes under or over the crossbar, an attempt is completed.
5. A jumper may be disqualified by the judges for undue delay of the meet, bad language, or unsportsmanlike behavior.
6. WIAA rules will determine the places in the event of a tie.
7. The decision of the judges is final.

Long Jump

1. Each participant will get three jumps.
2. A jumper must take off of one foot. He/she may not step over the take-off board, as this is considered a "scratch".
3. *The jumper may jump from the 4 foot or 8 foot take off board – their choice. The jumper must indicate prior to the jump which board they will use.*
4. The six longest jumps will determine the places.
5. Same as rules 5 and 7 under high jumping.

Shot Put and Discus

1. Each participant will get three attempts.
2. The attempts will be measured and recorded.
3. The six longest attempts will be used to determine places.
4. Each participant must throw/put from behind the foul line. If the participant goes over the foul line, the throw/put is not measured and is considered a "scratch".
5. Please review with your athletes the difference between a throw and a put in the shot put. Judges will be very strict in calling the proper technique.
6. Same as rules 5 and 7 under high jumping.
7. **The shot put weight is 8 pounds and the discus is 1 kilogram for boys & girls.**

IN ALL FIELD EVENTS, PARTICIPANTS HAVE THE OPTION OF TAKING TWO ATTEMPTS BACK TO BACK OR ALL THREE AT THE SAME TIME.

TRACK AND FIELD CHAIRPERSON

1. Verify track dates with high schools. Schedule permitting, meets will be conducted at the following sites:

East Divisional - Union Grove, Wilmot, Central or Badger High School

West Divisional - Badger or Wilmot High School

Conference Meet – Badger, Central or Wilmot High School

Divisional Meets - 1st two weeks of May; Conference Meet – 3rd week of May

Divisional meets begin at 3:00 p.m while the Conference meet begins at 2:30 p.m.

2. Send memo to each school reminding them of the dates, times, and location of division and conference meets. Include each school's duties as assigned to help run each of the events. When meet begins, all coaches are to report to their specified field event so that workers may be assigned from each school.

3. Make sure the entry forms are completed and starters and all meet personnel are hired for all meets.

4. Deliver ribbons for 1st-6th place finishers in divisionals. Award ribbons and trophy at conference meet.

5. Send out entry forms to each of the coaches, to be returned and compiled for the meets. Final packets of entrants and event information will be sent to coaches via e-mail prior to the meet.

6. Hold the coaches' meeting prior to the start of the meet to make any changes and answer any questions.

7. Organize the track meet so that it moves along smoothly and as efficiently as possible. Arrange for all necessary judges and timers. Have the next race's contestants line up near the starting line to set order and explain the rules.

8. Arrange for a scorekeeper to tally points while the meet is in progress so that, at the end of the meet, awards may be distributed immediately.

9. Send out the results to all schools during the week following the conference meet.

10. Make sure the starter is paid; bills from track and field are turned in to the treasurer.

11. Send results to conference president to be recorded.

12. Send rules of each field event to all coaches at the beginning of the season.

13. To promote consistency and familiarity with field event rules and techniques, schools will run the same field event for a 3 year period.

14. *Make sure that the discus and shot are weighed prior to competition beginning.*