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GREAT RIVER CONFERENCE CONSTITUTION
Revised October 2022

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CONSTITUTION OF THE GREAT RIVER CONFERENCE

Founded 1969

Article I

Name

The name of the Organization shall be the Great River Conference.

Article II

Purpose

The purpose of the Great River Conference shall be to make our athletic program more uniform and to create more interest and promote more sportsmanship for the member schools.

Article III

Membership

- A. Member Schools
 - 1. Conference member schools: Braham, East Central, Hinckley/Finlayson, Isle, Ogilvie, Onamia, Pine City, Rush City.
 - 2. Conference members have full voting rights on all conference matters.
- B. Associate Members
 - 1. Associate members are Moose Lake /Willow River and Barnum in golf, Cloquet/Esko/Carlton and Proctor/Hermantown in wrestling, and Aitkin in boys and girls track
 - 2. Sports like boys and girls cross country and track or boys and girls golf would be considered a single activity, whereas sports such as boys basketball or girls basketball would be considered separate activities.
 - 3. Associate members have voting rights on specific items pertaining to their sports, but may not vote on general policy matters.
- C. If a member school or associate member school wishes to drop out of the conference, it must give written notice of its intentions at least one year in advance. This is interpreted to mean not later than the September meeting of the year previous to the one in which it wished to drop.

Article IV

Admission of Schools to the Great River Conference

- A. In the event a new school is admitted to the Great River conference, that school or schools shall agree to the following:
 - 1. The school or schools shall be given one full season to drop any previous commitments and be able to abide by conference rules and regulations and MSHSL rules.
- B. If such a school or schools fail to meet all rules or regulations in the allotted time limit, they shall be dropped from the Great River Conference.

Article V Officers

- A. The officers shall be:
 - 1. President
 - 2. Secretary
 - 3. Treasurer
- B. The duties shall be to chair meetings, keep records of meetings, call special meetings, formulate agendas for meetings, keep a financial record and all other normal duties that such officers carry out.
- C. Officers shall be appointed for a term of one year.
- D. There shall be an appointed sports representative for each conference sport.
- E. There shall be an appointed scheduling coordinator whose duty will be to come up with a master conference schedule for each conference sport. A \$450 stipend goes with this position.
- F. A Conference Awards Coordinator will be responsible for securing all awards. A \$450 stipend goes with this position.
- G. A \$225 stipend will go with the Secretary position.
- H. A \$225 stipend will go with the Treasurer position.

Article VI Meetings

- A. There shall be at least 9 meetings each school year.
- B. Meetings shall be held monthly, September through May.
- C. Emergency meetings may be called by the President.
- D. Copies of notices of meetings and copies of all the minutes shall be sent to the Athletic Director of Member Schools.
- E. Sites of meetings will be at the discretion of the President.

Article VII Dues

- A. Conference member's dues options.
 - \$600 Non-Track Athletics
 - \$600 Track
 - \$400 Speech
 - \$100 All Conference Band and Choir (\$50 per Activity)
 - \$50 Knowledge Bowl
- B. If more money is needed, additional assessments shall be made of each member school.
- C. The dues should be paid by each school by October 1st of each school year.
- D. Associate members pay \$200 dues.

Article VIII Passes

- A. The conference will issue each member school 20 GRC passes every two years.
 - 1. The Secretary will get these passes printed and distributed at the September meeting, every other year.

Article IX Amendments

- A. The constitution may be amended by a majority vote of the member schools. Amendments may be submitted at one meeting and cannot be acted upon until the following regular meeting.
- B. To add another school to the conference requires a two-thirds (2/3) vote of the member schools.
- C. Each member school is entitled to one vote. This vote belongs to the Superintendent of each member school or to the individual that the Superintendent had delegated his/her vote to.

Article X Varsity Sports

- A. The conference setup will be as follows:

Braham	East Central (no wrestling)
Hinckley/Finlayson	Mille Lacs (no boys cross country or boys track)
Ogilvie (no golf or cross country)	Pine City
Rush City	
- B. What constitutes a team?
 - 1. A team trophy shall be awarded in each sport which is conducted as a fully recognized activity.
 - 2. A minimum of four of the conference schools must sponsor a program in that activity.
 - 3. A school shall be considered to have a program if the activity is registered with the MSHSL, has an assigned coach, and is made available to the students at the beginning of the season.
 - 4. If a team lacks a full complement of members at tournament time, it shall still be considered a program representing that school in the conference.
 - 5. In the case of a cooperative sponsorship, the conference membership shall be reduced by one.
 - 6. When there are not enough teams to have a team trophy in any individual sport, an individual tournament/meet will be held with the limit of participants to be the same as for team play. In order to have a conference individual tournament/meet for individuals, there must be four (4) teams represented. If there is no conference trophy awarded there will be no MVP or Coach of the Year Award.
- C. **Scheduling**
 - 1. Conference schedules are to be approved at one of the meetings.
 - 2. A master schedule will be set up for all sports in the conference whenever practical.
 - 3. A Conference tournament will be set up for wrestling, track and cross country

4. Fine Arts Schedule - A Conference Academic Bowl, Honors band and choir, Jazz band, Art Festival, and Conference Speech Tournament will be set up.
5. In all sports, if a game is postponed and has a direct effect on a Conference Championship or Conference Standings, all efforts will be made to play it including getting out of school early, playing on Saturdays, and cancelling Non-Conference games.
6. If a scheduled Conference game is unable to be rescheduled, no conference points will be awarded.

D. Varsity Officials are to be registered with MSHSL. Athletic Directors are not to hire their own faculty members to officiate home events.

- | | |
|---------------|-----------------------------------------|
| 1. Football | Four or five officials |
| 2. Basketball | Two officials |
| 3. Wrestling | One official |
| 4. Baseball | Two officials |
| 5. Volleyball | Two officials |
| 6. Softball | Two officials preferred, One Acceptable |

E. Home team will wear colors.

F The head coach of each sport of the host school is responsible to see that the scores and/or results are to be reported to news media.

G. All reasonable expenses related to hosting a conference tournament will be paid by the Conference. Questionable or excessive expenses may be brought up and voted on at a Conference meeting.

H. Conference sports

1. Volleyball – Bra, EC, H/F, ML, Og, PC, RC

- a. The Conference Volleyball Championship will be determined by the round and one half schedule, East and West teams crossing over once per season
- b. A single regular season GRC volleyball match will be worth two points; but when schools play twice in regular season competition, each match shall count one point. Matches played during tournaments will not count for points.
- c. The team with the most points shall be conference champion.
West Division: Braham – Mille Lacs - Ogilvie
East Division: East Central - Hinckley/Finlayson – Pine City - Rush City
- d. The host school shall make every effort to have two trained adults as line judges for varsity volleyball matches.
- e. JV will play 3 games, the third game to 15 points.
- f. Home team furnishes balls for both teams: Minimum of 16 balls.

2. Boys and Girls Cross Country – Bra, EC, H/F, ML(girls only), PC, RC

- a. The conference championships will be determined by a meet held on the Tuesday of the week prior to the section meet.
- b. The bad weather make up date will be the following day

- c. Five races will make up the Conference Meet:
 - Junior High Girls
 - Junior High Boys
 - Varsity Girls
 - Varsity Boys
 - JV Boys/Girls

3. Girls Basketball/Boys Basketball – Bra, EC, H/F, ML, Og, PC, RC

- a. Each school will play a double round robin, each game worth one point towards the conference championship
- b. If a person from a visiting team breaks the backboard at a host school as the result of an illegal action (e.g. dunking before the game, hanging on the rim during the game), that person or the athlete's school shall be financially responsible for the replacement cost of the backboard.
- c. Host school will provide warm-up balls.
- d. Film sharing will be used by all member schools. A conference pool will be set up in Hudl or a similar film sharing service. Teams are to upload all home conference games to the Conference pool within 24 hours of the game.

4. Wrestling – Cloquet/Esko/Carlton, Proctor/Hermantown, PC/HF, ML(Isle/Onamia), Og, RC/Braham

- a. Conference schedule - The Great River Conference Wrestling Championship will be determined by a single round robin of dual meets.
- b. Individual Tournament - Individual champions will be determined by one tournament at the end of the season involving all schools that have wrestling.
 - 1) Rotation: see page 16
 - 2) Admissions to the tournament shall be determined annually.

5. Boys and Girls Golf – Barn, Bra, EC, H/F, ML, ML/WR, PC, RC

- a. The conference championship will be determined by a schedule of six weekly 18-hole full conference meets, with the lowest cumulative team score being declared conference champion.

6. Baseball – Bra, EC, H/F, ML, Og, PC, RC

- a. The conference championship will be determined by a double round robin season.
- b. A single regular season GRC game will be worth two points; but when schools play twice in regular season competition, each game shall count one point.
- c. A maximum of two games will count for points. Games played during regular and post-season tournaments do not count for points
- d. The team with the most points shall be conference champion.

7. Softball – Bra, EC, H/F, ML, Og, PC, RC

- a. The conference championship will be determined by a double round robin season.
- b. A single regular season GRC game will be worth two points; but when schools play twice in regular season competition, each game shall count one point.
- c. A maximum of two games will count for points. Games played during regular and post-season tournaments do not count for points
- d. The team with the most points shall be conference champion.

8. Track & Field – Ait, Bra, EC, H/F, ML (girls only), Og, PC, RC

- a. Championship Policies and Procedures
 1. Postponement - Every effort shall be made to conduct the meet on the scheduled date. In the case of very inclement weather, the meet manager shall notify each school of postponement by 1:30 p.m.
 2. Rain-Out Date – following day
 3. Time –**Coaches meeting at 2:45 pm, 3:15 PM Field Events and 4:00 p.m. Prelims.** *(times can be adjusted by host school as necessary)*
 4. Meet information - Shall be e-mailed by the meet manager to the Athletic Director and head coaches (boys and girls) of each participating school at least one week before the date of the meet. Entries for the Conference Meet must be done on Athletic.net and submitted by the Saturday preceding the meet. Seed performances shall indicate the individual's best performance achieved in interscholastic competition during that season.
 5. Site - The meet shall rotate between the conference schools which have all weather tracks: See page 18 for rotation schedule
 6. Entry limits - Three per individual event, one team per relay event.
 7. Scratches - Individuals may be scratched the day of the meet, but this does count as an event. There are absolutely no substitutions. Normally the lane shall be left vacant, but reseeding can occur if the meet manager/games committee feels that the number of scratches jeopardizes fair advancement or competition.
 8. Games Committee - Shall be selected by the meet manager and be composed of an odd number (3 or 5) members with no more than one representative per school. Both boys and girls coaches shall be included.
 9. Scoring will be 1-8th place. No ribbons for 7th and 8th place.
 10. Electronic timing system is required to host the Varsity Conference Meet.
- b. Field Events
 1. The Vertical Jumps (High Jump & Pole Vault)
 - a. Opening Heights and Raising the Bar
Will be determined and discussed by entries and coaches.
 - b. The three-alive procedure shall be used. An individual may take 2 or 3 successive attempts if no one is waiting . This will move the competition along more quickly and prevent constant warm up.

2. Horizontal Jumps (Long & Triple) and Throws (Shot Put & Discus)
 - a. Three attempts in preliminary qualifying. The top nine individuals advance to the finals for three additional attempts. The best performance of all six attempts is used to determine place.
 - b. Flights shall be arranged in reverse order with the top-seeded athlete competing last.
 - c. All legal attempts shall be measured and recorded.
 - d. In horizontal jumps, an effort should be made to keep the pits level.
- c. The Host School
 1. The host school will provide a budget which shall cover all administrative and worker expense, including, but not limited to the meet manager, starter, clerk, announcer, timers, pickers, and field events judges.
 2. The host school shall provide a copy of the results to each school at the end of the meet if possible. Otherwise, results will be sent out the next day. The host school shall also notify the media with results.

d. Indoor Meet

Running events	School	Field Events
4 x 800 Relay (girls then boys)		
55m Hurdles (girls, then boys)	H/F	High Jump (girls, then boys)
55m Dash (girls, then boys)	Br	Pole Vault ((girls, then boys)
1600m Dash(girls, then boys)	Og	Shot Put (boys, then girls)
4 x 200m Relay (girls, then boys)	<i>1 hr time limit on long and triple jumps</i>	
400m Dash (girls, then boys)	RC	Long Jump (girls, then boys)
4 x 100m Relay(girls, then boys)	PC	Triple Jump (girls, then boys)
800m Run(girls, then boys)	ML	Time
200m dash (girls, then boys)	Ait	Time
4 x 400m Relay (girls, then boys)	EC	Time

e. Outdoor Meet

2:45pm Coaches Meeting (scratches only)

4:00 Running Preliminaries

100 m. High Hurdles (girls)
110 m. High Hurdles (boys)
100 m. Dash (girls)
100 m. Dash (boys)
3200 m. Relay (4 x 800) FINALS
200 m. Dash (girls)
200 m. Dash (boys)
10 minute break

Running Finals

100 m. High Hurdles (girls)
110 m. High Hurdles (boys)
100 m. Dash (girls)
100 m. Dash (boys)
800 m. Relay (4 x 200) (girls)
1600 m. Run (girls)
1600 m. Run (boys)
400 m. Relay (4 x 100) (girls)
400 m. Relay (4 x 100) (boys)
400 m. Dash (girls)
400 m. Dash (girls)
300 m. Low Hurdles (girls)
300 m. Intermediate Hurdles (boys)
800 m. Dash (girls)
800 m. Dash (boys)
200 m. Dash (girls)
200 m. Dash (boys)
3200 m. Run (girls)
3200 m. Run (boys)
1600 m. Relay (4 x 400) (girls)
1600 m. Relay (4 x 400) (boys)

3:15 pm Field Events

Discus (girls)
Shot Put (boys)
Long Jump (boys)
Triple Jump (girls)
High Jump (girls)
Pole Vault (boys)

Discus (boys)
Shot Put (girls)
Long Jump (girls)
Triple Jump (boys)
High Jump (boys)
Pole Vault (girls)

Article XI

Trophies and Awards

These awards will be determined at the end of season meeting. Announcements are not to be made concerning the All Conference teams before the fall and winter post-season meetings and before the final A.D. meeting in the spring for each season.

A. Volleyball

1. A trophy will be awarded to the team with the highest conference point total.
2. An All-Conference team consisting of no more than 14 players will be selected by the conference coaches, each school casting one ballot with their choice of 14 players. In case of ties there will be a revote to achieve a list of exactly 14 players. Each member will receive a plaque.
3. There will be one honorable mention player from each team.

B. Cross Country

1. A trophy will be awarded to both the boys and the girls team champion of the conference meet.
2. Plaques will be awarded to the boys and the girls individual champions in the conference tournament designating that individual as "Great River Conference Champion and All-Conference"
3. Individual plaques will be awarded to places two through ten and shall be designated "All-Conference" status.
4. Girls places 11 through 14 will be designated as "All-Conference Honorable Mention"
5. Boys places 11 and 12 will be designated as "All-Conference Honorable Mention"

C. Basketball

1. A trophy will be awarded to both the boys and girls conference champion based on conference record.
2. An All-Conference team consisting of no more than 12 players will be selected by the conference coaches for boys and girls, each school casting one ballot with their choice of 12 players. In case of ties there will be a revote to achieve a list of exactly 12 players. Each member will receive a plaque.
3. There will be one honorable mention player from each team.

D. Wrestling

1. A tournament trophy will be awarded to the tournament team champion. A plaque will be awarded to the conference MVP and to each weight class champion. Medals will be awarded to the second and third place finishers of each weight class. Champions at each weight shall be designated "All-Conference" status.
2. A conference dual meet championship trophy will be presented to the team with best conference record.

E. Boys and Girls Golf

1. A trophy will be awarded to both the boys and the girls team champion
2. Plaques will be awarded to the boys and the girls medalist designating that individual as "Great River Conference Champion and All-Conference"
3. Individual plaques designating the individual as "All-Conference" will be awarded to the lesser of
 - A. Places two through thirteen
 - B. 33% of golfers who have golfed in 50% of the completed conference meets

F. Track

1. A trophy will be awarded to both the boys and girls conference champions. Individual and relay champions shall be designated "All-Conference" status and receive plaques. Ribbons will be awarded to places two through six in all events and to all four members of relay teams.
2. One Honorable Mention certificate will be awarded to each team.

G. Baseball/Softball

A trophy will be awarded to both the baseball and softball conference champion based on conference points. There will also be an All-Conference team that will be selected in the following manner:

BASEBALL	SOFTBALL
First Place Team 5	First Place Team 5
Second Place Team 4	Second Place Team 4
Third Place Team 4	Third Place Team 4
Fourth Place Team 3	Fourth Place Team 3
Fifth Place Team 2	Fifth Place Team 2
Sixth Place Team 2	Sixth Place Team 2
Seventh Place Team..... 1	Seventh Place Team 1

There will be one honorable mention player from each team.

H. Speech

A team trophy will be awarded to the team champion at the conference meet. An individual plaque will be provided in the following categories: Creative Expression, Discussion, Dramatic Interpretation, Duo Interpretation, Extemporaneous Reading, Extemporaneous Speaking, Great Speeches, Humorous Interpretation, Informative, Original Oratory, Poetry, Prose, and Storytelling. These winners will be designated "All Conference". Medals will be awarded to 2nd and 3rd place winners and ribbons to places 4 and 5 in each category. In the event of unbreakable ties, additional awards will be given.

I. Academic Bowl

A team trophy will be awarded to the team champion at the conference meet. Five (5) individual plaques will be awarded to members of the championship team.

J. Conference Championship Ties

1. When there is a tie for a conference championship, there will be a trophy awarded to each team, unless head-to-head can be used as a tiebreaker between two tied teams.
2. All Conference Selections when ties occur in standings:
 - a. If teams tie in a sport the winner of the season's series gets the extra All-Conference selection. If ties still exist, multiple awards will be given.
 - b. Multiple ties: Multiple awards will be given if the teams split the season series.

K. The "Most Valuable Player" will be presented a plaque by the conference in all sports:

- a. The MVP will be determined by a vote of the coaches, each team receiving one vote, except in cross country and golf where the Conference Champion is selected based on performance at conference meet(s).
- b. The conference MVP must be a member of the All-Conference Team in all activities. An exception to this may be made in wrestling and track if an athlete is injured and unable to compete in, or finish, the meet that determines All Conference status.
- c. It is recommended that coaches provide conference statistics for each player nominated.

L. The "Coach of the Year" will be presented a plaque by the conference in all sports. The Coach of the Year will be determined by a vote of the coaches, each team receiving one vote.

M. Voting Procedures for MVP, COY and all other awards:

1. Coaches may nominate players from any team for MVP, including their own, but a player's head coach has the right to remove their own player from consideration for MVP.
2. Nominate and vote on all candidates until there are two top recipients.
3. Vote on the two finalists to determine one winner.
4. If a vote is tied, up to 3 re-votes must be taken to break the tie.
5. If tie still exists, the award will go to the individual whose team finished higher in the conference standings
6. If a tie still exists, the award will go to the individual whose team won the head-to-head season
7. If a tie still exists, Co-Awards will be given.

N. Junior High, "C" Team and Junior Varsity:

1. Ribbons for places 1 through 10 will be awarded for junior high and junior varsity boys and girls in cross country.
2. Ribbons for places 1 through 6 will be awarded for each event for 7th grade, 8th grade and junior Varsity divisions in track.
3. Ribbons will be awarded to first and second places in each weight category in Junior Varsity / Junior High Wrestling when a single Conference tournament is held.

O. Other Awards

1. Any other award given will not be provided by the Great River Conference.
2. Any awards other than those given by the conference must be issued as "Coaches Awards"

P. Students With MSHSL Violations:

1. Any athlete who receives a MSHSL violation during an athletic season will be ineligible for Conference Post-Season awards.
 - a. An athletic season is defined as starting on the first day of practice and ending on the date of the last conference competition for that sport
 - b. MSHSL violations include chemical violations as well as racial, religious, or sexual harassment, and game ejections.
 - c. Schools have the discretion whether or not to include a Code of Conduct penalty as a violation that excludes an individual from receiving All Conference recognition
 - d. For individual awards in golf, cross country, wrestling, or track - an individual who places high enough to earn All Conference recognition will not receive their award or be recognized on All Conference lists. The award will not be given to the next highest placing competitor.

Article XII
Academic Bowl/Speech

A. Academic Bowl – Bra, EC, H/F, ML, PC, RC

If one or more teams are needed to fill out competition trials, the host school will have the first chance to provide another team.

B. Speech– Bra, H/F., M.L., Og, PC, RC

1. Hosting Schedule
 - a. See Rotation Schedule on Page 16
 - c. The meet will begin at 4:00 p.m., draws begin at 3:30 p.m. These start time can be adjusted as necessary by the host school.
 - d. Conference schools will release participants early to meet this schedule.
 - e. The date and host site will be tentatively set at the meet each year for the following year and confirmed at the fall meeting.
2. Judges
 - a. A maximum of 24 judges are to be hired for the meet.
 - b. The manager will contact and hire registered speech judges beginning no later than the fall preceding the meet.
 - c. The manager will contract the officials from a list of registered judges preferred by the conference coaches.
 - d. At the end of each season, the judges will be reviewed so that recommendations can be made for next year's officials.
 - e. A confirmation of judging assignments will be sent out at least two weeks before the meet.

- f. A judges' meeting will be held on the day of the tournament, prior to Round I, to explain policies and procedures.
3. Teams
 - a. Each school may register up to 36 participants, but no more than 4 in any one event.
 - b. A dramatic duo counts as one entrant.
 - c. Adds may occur at the meet under the following conditions:
 1. The team does not exceed 36 participants
 2. The adds will not cause rounds to exceed 8 contestants.
4. Meet Format
 - a. The meet will consist of three rounds and no finals.
 - b. All 13 MSHSL events will be offered, with books and selections assigned by the MSHSL and rules of the MSHSL followed.
 - c. No double entries will be allowed
 - d. Discussion topics will be obtained by the meet manager.
 - e. Extemporaneous Speaking topics will be obtained by the meet manager and divided into national and international topics.
 - f. Extemporaneous Reading cuttings will be obtained by the meet manager and based on the MSHSL list of poems and stories.
 - g. No Discussion or Extemporaneous Speaking topics will come directly from any other tournament.
 - h. No speaker in any draw event will repeat a selection from a previous round.
 - i. A speaker will be unable to receive an award if he/she misses any round of competition.
5. Ranking in each round
 - a. Each speaker in each round will be ranked 1 - 4: all others receive 5's
 - b. Each speaker in each round will be given a percentage based on his/her performance.
 - c. No two speakers in the same round will receive the same percentage or rank except those receiving 5's.
 - d. No speaker will be given a percentage lower than 85% or higher than 100%.
6. Tabulation
 - a. All ranks will be added after Round III.
 - b. The lowest total rank will be placed highest.
 - c. Final ranks will be given to the top five individuals or duos in each category.
 - d. Final ranks will be given to the top three teams.
 - e. In the event of an unbreakable tie, individuals, duos or teams will receive the same award resulting in more than five winners per category or 3 winning teams.
7. Speaker Tie Breakers
 - a. If a perfect three is given to more than one speaker, the speakers shall be conference co-champs, regardless of percentages.
 - b. Reciprocals will be used to break the tie.

1 = 1.0	2 = 0.5	3 = .33	4 = .25	5 = 0.2
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 - c. Judges preference will be used to break ties in percentage if the competitors met in at least one round, i.e. speakers met in Round I and Speaker A outranked Speaker B. They did not meet in Rounds II or III, therefore Speaker A wins.

- d. Next, a percentage will be added to break ties in rank.
- e. If a tie cannot be broken, it will remain a tie.
- 8. Team Scoring
 - a. Each team will receive points for final placing as follows:
 - 1. Five points for each first place.
 - 2. Four points for each second place.
 - 3. Three points for each third place.
 - 4. Two points for each fourth place.
 - 5. One point for each fifth place.
 - b. In the event of a tie, the team with the highest number of total finishers in the top five will break the tie.
 - c. If a tie still exists, additional awards will be given.
- 9. Expenses
 - a. See fee schedule page 16.
 - b. It is the responsibility of the manager to arrange for and hire judges and supply a hospitality room for coaches and judges.
 - c. Incidental expenses (postage, supplies, etc.) will be absorbed by the host school.

Article XIII

Junior Varsity, "C" Team and Junior High Sports

A. Junior High Football

- 1. Seventh grade will play first followed by eighth grade when there is only one field, unless previous arrangements have been made.
- 2. Game time length shall be four 8-minute regulation quarters for seventh and eighth grade, unless previous arrangements have been made.
- 3. No "blitzing" at any time.
- 4. Punting, extra point attempts, field goal attempts:
 Seventh grade: There will be no rushing the punt. No one may go down the field until the ball is kicked. There will be no fake punts, extra points or field goals.
 Eighth grade: Only the six down linemen may rush punts, extra point attempts and field goal attempts. It is a live situation.
- 5. Seventh grade: coaches will be allowed to be on the field and in the huddle.
 Eighth grade: Coaches will not be allowed on the field or in huddles.
- 6. Officials must enforce the 25 second rule (to get the play off).
- 7. Ties
Seventh grade: In event of a tie game at the end of regulation time the score shall remain a tie.
Eighth grade: In the event of a tie game at the end of regulation time, each team will be allowed one (1) four (4) down set from the ten yard line to break the tie. If a tie remains, the game will remain a tie.
- 8. The following are recommendations from the football committee that should be included, but were not considered rules.
 - a. Recommend: That jersey numbers match positions played, as much as possible.
 - b. Recommend: If the number of players warrants, coaches could play a

- "5th" quarter. This should be agreed upon 2-3 days ahead to allow notification of parents and other concerned individuals.
- c. The above rules and recommendations need to be given to the referees.

B. Junior Varsity, 9th grade (C-Squad) Football

1. Games shall be 10 minute stop time.
2. All other rules are the same as varsity.

C. "C" and Junior High Volleyball

1. C and Junior High matches will be 5 games unless special circumstances exist.
 - a. 3 games will be played when playing back-to-back junior high matches
2. NFHS rules will be followed including:
 - a. Serving behind service line
 - b. Correct subbing and rotation procedures
 - c. Maximum of two tosses when serving

D. Junior Varsity/Junior High Wrestling Tournament:

1. Any wrestler who has wrestled on JV all year or has had five (5) or fewer varsity wins.
2. Every effort will be made to separate Junior High wrestlers from older wrestlers.
3. 4 man brackets if possible
4. Matches will be three 90 second periods.
5. Only students in Grades 7-12 may participate in the JH/JV Conference Wrestling Tournament

E. Junior Varsity Basketball

1. Halves shall be sixteen (16) minutes in length.
2. Host school will provide warm-up balls.

F. "C" Team Basketball

1. Halves shall be sixteen (16) minutes in length
2. Host school will provide warm-up balls.

G. Junior High Basketball

1. In general, National Federation and MSHSL rules will govern all junior high basketball games, except for the following adjustments:
 - a. Host schools will provide warm up balls.
 - b. Halves will be twelve (12) minutes in length, normal stopped time.
 - c. Half-time shall be five (5) minutes.
 - d. Games shall be two (2) halves and may not be extended. If squad size indicates that two games should be played, then the two schools must mutually agree prior to the first game, and preferably on a previous day.
 - e. Athletes will not be subject to the three (3) half player-participation restriction.
 - f. The boys ball is the official ball for boys 7th and 8th grade games.
 - g. 7th Grade: Only man-to-man defense is allowed; all forms of zone defense at any location on the floor are prohibited. Once a team is up by ten points or more, only half court man-to-man defenses are allowed.

8th Grade: Any defense is allowed until a team is up by 10 or more points, at which point only ½ court man-to-man defense may be played

- h. The following guidelines are provided for officials in case of an illegal defense: remind the offending team, correct the situation, do not assess a technical foul, return the ball to the team with possession if play was stopped or the ball lost due to an illegal defense.

H. Junior High/Junior Varsity Baseball

1. If playing back-to-back 7th and 8th grade games, games will last 1 hour 15 minutes (no inning is to start after 1 hour 15 minutes, however innings should be completed) or 5 innings, whichever comes first.
2. If playing one combined junior high game, games will last two hours (no inning is to start after two hours, however innings should be completed) or 7 innings whichever comes first.
3. Have pitching rubber at 55'. Bases should be 75 feet if possible.
4. JV uses regulation field and follows varsity regulations.
5. Junior High: Five (5) run max scored per ½ innings

I. Junior High Softball

1. If playing back-to-back 7th and 8th grade games, games will last 1 hour 15 minutes (no inning is to start after 1 hour 15 minutes, however innings should be completed) or 5 innings, whichever comes first.
2. If playing one combined junior high game, games will last two hours (no inning is to start after two hours, however innings should be completed) or 7 innings whichever comes first.
3. 7th Grade Only: Batters cannot walk. If the batter gets four balls, that batter's coach will come in and pitch until the batter hits a fair ball or strikes out. The strike count does not change when the coach comes in to pitch.
4. If playing one combined game the coaches will decide whether to play 7th or 8th grade rules. If no agreement can be made, the home team will decide.
5. Stealing is not permitted.
6. Have pitching rubber at 40' if possible.
7. Five (5) run max scored per ½ innings

J. 7-8-JV CONFERENCE TRACK MEET

1. Only students in Grade 7 may participate in the 7th Grade Conference Track Meet
2. Only students in Grade 8 may participate in the 8th Grade Conference Track Meet
3. Schedule:

3:30 meeting & 3:45 Field events 4:00 Running events

100m Hurdles: Girls - 7 & 8 at 30"

100m Hurdles: Boys - 7 & 8 at 30"

100m Hurdles: Girls - JV at 33"

110m Hurdles: Boys - JV at 33"

100m Dash (girls 7-8-jv)

100m Dash (boys 7-8-jv)

1600m Run (girls 7-8-jv)

1600m Run (boys 7-8-jv)

4 x 100m Relay (girls 7-8-jv)

4 x 100m Relay (boys 7-8-jv)

400m Dash (girls 7-8-jv)

400m Dash (boys 7-8-jv)

200m. Hurdles: all run at lowest settings (girls 7-8-jv)

200m Hurdles: all run at lowest settings (boys 7-8-jv)

800m Run (girls 7-8-jv)

800m Run (boys 7-8-jv)

200m Dash (girls 7-8-jv)

200m Dash (boys 7-8-jv)

4 x 200m Relay (girls 7-8-jv)

4 x 200m Relay (boys 7-8-jv)

Field Events:

Shot and Discus:

For meets where 7th, 8th & JV are scored separately

7th-grade boys - throw 6 lb shot & 1K discus

8th-grade boys - throw 4k shot & 1 K discus

JV boys - throw 12 lb & 1.6K discus

For meets where 7th & 8th are scored together

7th & 8th grade boys would throw the 6 lb shot & 1K discus

High Jump: 7-8-JV

Long Jump: 7-8-JV

Triple Jump: JV only

Pole Vault: 7-8-JV

K. Junior High/Junior Varsity Boys and Girls Golf

1. To keep play moving and player confidence up- JH/JV players may play 7/1/2. Seven shots on the fairway, 1 chip, (placing the ball at a point to the front of the hole just off the green) and 2 putts. If a player picks up their ball to proceed in this manner it will be considered an automatic 10 and should be circled on their score card.

L. Junior High Cross Country Meet

1. Only students in Grades 7 and 8 may participate in the Junior High Conference Cross Country Meet

ARTICLE XIV

A. Site Manager Fees

1. Cross Country..... \$75.00
2. Wrestling..... \$150.00
3. JV/Jr Hi Wrestling..... \$75.00
4. Academic Bowl..... \$85.00
5. Speech..... \$90.00
6. Varsity Track..... \$100.00
7. JV/Jr Hi Track..... \$75.00
8. Art Festival..... \$100.00
9. All Conf. Band/Choir..... \$100.00
10. Jazz Fest..... \$100.00

B. Speech costs

1. Judges (24)..... \$90.00 per
2. Hospitality room..... maximum \$150

C. GRC Awards Coordinator..... \$450.00

GRC Scheduling Coordinator.... \$450.00

GRC Secretary..... \$225.00

GRC Treasurer..... \$225.00

ARTICLE XV GRC TOURNAMENTS

A. Rotations

1. Junior High Football Scrimmage
 - a. Two year rotation
 - b. Ogilvie, East Central, Braham, Mille Lacs
2. Varsity/JV and Junior High Cross Country
 - a. Two Year Rotation
 - b. Pine City, Hinckley/Finlayson
3. Varsity Wrestling
 - a. Two year rotation
 - b. Ogilvie, Rush City/Braham, Mille Lacs, Proctor/Hermantown, PC, Cloquet,
4. Junior High Wrestling
 - a. Two year rotation
 - b. Mille Lacs, Proctor/Hermantown, PC, Cloquet, Ogilvie, Rush City/Braham
5. Varsity Track
 - a. One year rotation
 - b. Rush City, Braham, Ogilvie, HF, EC, Pine City, Mille Lacs
6. Junior High Track
 - a. One year rotation
 - b. Ogilvie, H/F, EC, Pine City, Mille Lacs, Rush City, Braham
7. Speech
 - a. Two year rotation
 - b. Braham, Ogilvie, Mille Lacs, H/F, Rush City, Pine City
8. Academic Bowl
 - a. Hosted yearly by Rush City
9. JV Volleyball Tournament
 - a. Two year rotation
 - b. East Central, H/F, Ogilvie, Mille Lacs, Pine City, Rush City, Braham

Article XVI Coops

1. Onamia and Isle coop in all sports. The team name is Mille Lacs Raiders.
2. Rush City and Braham; Pine City and Hinckley/Finlayson; Cloquet, Esko, and Carlton; and Proctor and Hermantown coop in wrestling.
3. Moose Lake and Willow River coop in golf

Article XVII

Great River Conference

Sportsmanship Policy

Policy Statement:

Everyone involved in an athletic contest conducted at a Great River Conference event should be committed to the demonstration of good sportsmanship and ethical behavior. All contests should be conducted in a safe, fair and controlled atmosphere for all athletes, officials and fans. Good sportsmanship will be the standard. It is what is expected of our student athletes, coaches, spectators, cheerleaders, bands, school boards, administrators, officials, media, and community at contests both home and away.

Board of Education

1. Adopted the Great River Conference Sportsmanship Policy
2. Provide support for crowd control
3. Attend activities and serve as a positive role model

School Administration

1. Provide adequate supervision
2. Support the Great River Conference Sportsmanship Policy

Coaches

1. Support the Great River Conference Sportsmanship Policy
2. Teach and recognize good sportsmanship
3. Recognize that you influence the tone of competitive events

Student Athletes

1. Act as a role model for all peers and athletes
2. Follow the school's sportsmanship policy
3. Staying off playing area when not in uniform at games

Cheerleaders

1. Lead positive cheers
2. Recognize your influence in promoting good sportsmanship

Spectators

1. All cheering should be directed to the support of each team rather than against the opposition or officials
2. Accept the decision of the officials
3. Stay off the playing area
4. Mechanical noise makers (bells, buzzers, horns, etc.), megaphones, whistles and confetti are not to be used
5. Practices such as stomping or banging the bleachers and the use of musical instruments indiscriminately should be discouraged

Announcers

1. Read a pre-game sportsmanship announcement
2. Recognize how voice projection and biased behavior influences crowd behavior

Bands

1. Choose appropriate music and play it at appropriate times
2. Respect officials, opponents and spectators

Athletic Administrators

1. Recognize that you are important in the management of activities
2. Present the Great River Conference Sportsmanship Policy to every student in grades 7 - 12 in the student handbook
3. Distribute guidelines and expectations for event supervisors
4. Contact visiting schools regarding potential problems
5. Promote sportsmanship in your area
6. Assist senior high or varsity participants presenting the Great River Conference Sportsmanship Policy to students in grades k - 6
7. Provide necessary information to opponents and officials

Plan of Action

During the course of each school year Great River Conference schools are required to evaluate the effectiveness of their sportsmanship. Items to evaluate include:

- promotional activities
- team and fan behavior
- school procedures to handle conflicts
- recognize programs to reward good behavior
- crowd control plans
- codes of conduct
- contingency plans