

River Valley Conference

BY-LAWS

2025-26

GENERAL POLICIES

SECTION I: The calendar for all conference activities for the ensuing year shall be ready for preview at the April AD meeting. Conference schools at the April meeting shall vote final approval of this calendar on. Dates, starting times, and assigned duties shall be a part of this calendar.

SECTION II: Any change(s) desired by any activity area, except athletics, shall be recommended to the Principal's group by the area chairperson. Said change(s) will be recommended to the principals at least two (2) weeks prior to the October or April Principal's meetings. The principals will either reject said change(s) or endorse said change(s) as a recommendation to the Superintendents for final approval. Changes may be initiated at all three levels, area chairperson(s), principal(s) or superintendent(s). Any change(s) initiated at the superintendent's level will be referred back to the principals for approval.

Any athletic changes will be submitted to the athletic directors by the coaches. If approved by the athletic directors said changes will be submitted to the principals. The principals will either reject said change(s) or endorse said change(s) as a recommendation to the Superintendents for final approval. Changes may be initiated at all four levels, coach(s), athletic director(s), principal(s) or superintendent(s). Any changes initiated at the principal or superintendent's level will be referred back to the athletic directors for approval.

SECTION III: The chairpersons for vocal, instrumental, and speech shall be from the host school for activities in their areas.

SECTION IV: Athletic directors, junior and senior high school principals, elementary principals and superintendents will submit meeting dates for the upcoming school year to the conference president by May 1.

SECTION V: A financial report of all conference activities shall be presented at each monthly conference meeting as part of the commissioner report.

SECTION VI: Membership in the River Valley Conference will include:
North- Anamosa, Beckman, Bellevue, Camanche, Cascade, Maquoketa, Monticello, Northeast
South- Alburnett, Durant, Iowa City Regina, Mid-Prairie, Tipton, West Branch, West Liberty, Wilton,

SECTION VII: All schools will honor commitments to conference level events unless changes are mutually agreed upon.

SECTION VIII: To be considered as a conference sanctioned activity, an activity needs:
1. more than half of the conference schools need to sponsor the activity
2. majority vote acceptance by the AD's
3. majority vote acceptance by the BOC

CONFERENCE ADMISSION PRICES

SECTION I: Athletics:

Conference Varsity Events	\$7 for all spectators Kindergarten and up
Conference FS and JV Events	Local control
Conference Middle School Events	\$5 adults/students free

SECTION II: Music and Speech Activities:

	<u>Adult</u>	<u>Student</u>
A. Conference Art Festival	N/C	N/C
B. H S Music Festivals	5.00	3.00
C. J H Instrumental Music Festival	N/A	N/A
D. Speech Contest	Donations	Donations
E. J H Vocal Music Festival	N/C	N/C

*Conference passes will be honored at all conference events except special events at neutral sites.

*Senior prices will be set by each school district.

CONFERENCE EXPENSE SCHEDULE

- SECTION I: High school vocal music festival and junior high school vocal music festival (if profits are given to conference, otherwise these will be paid by the host school.)
- A. Director's salary
 - B. Accompanist's salary
 - C. Sheet Music
- SECTION II: Large group speech and individual speech (if profits are given to conference, otherwise these will be paid by the host school.)
- A. Judges' salaries
 - B. Judges' meals
- SECTION III: High school instrumental festival and junior high school instrumental festival (if profits are given to conference, otherwise these will be paid by the host school.)
- A. Director's salary
 - B. Sheet Music
- SECTION IV: Wrestling tournament (if profits are given to conference, otherwise these will be paid by the host school.)
- A. Officials' salaries for four (4)
 - B. Trainer/EMT
- SECTION V: Junior high school and high school track meets-Cross Country (if profits are given to conference, otherwise these will be paid by the host school.)
- A. Starter's salary (Track) H.S. (2) - J.H. 1 per meet
 - B. Starter's Salary (Cross Country) (1)
- SECTION VI: Conference art fair
- A. Judges' salaries
 - B. Judges' meals
- SECTION VII: Volleyball Tournament-(if profits are given to conference, otherwise these will be paid by the host school.)
- A. Officials' salaries

TROPHIES AND AWARDS

- SECTION I: Cross Country Meet-One meet will be held for entire conference
- A. First place Conference meet team –trophy for boys and girls, and 7 medals for each team.
 - B. First Ten (10) place individual medals. 1 gold medal and 1 silver medal for top 2 finishers both boys and girls varsity. 3-8 bronze. These 10 athletes will be considered Elite All-Conference.
 - C. Next 10 are all-conference and receive a certificate.
 - D. Next 10 are honorable mention and get a certificate.
- SECTION II: Basketball-Division winners for boys and girls.
- A. First place team - trophy
- SECTION III: Wrestling-One tournament will be held for the entire conference
- A. First place tournament team –Trophy
 - B. First - Third place individual winners for each weight class – Medals.
 - C. JV winners will each get a medal.
- SECTION IV: Track- One meet will be held for the entire conference
- A. First place conference meet team – Trophy for boys and girls
 - B. First - Third place relay winners - each individual – Medals.
 - C. First - Sixth place individual winners – Medals.
- SECTION V: Golf-A meet will be held for boys and girls
- A. First place conference meet team – Trophy for boys and girls
 - B. First place team - each individual (6) – Medals
 - C. Top 8 plus ties Elite All-Conference get a medal. 1 gold medal and 1 silver medal for top 2 finishers. 3-8 bronze medal.
 - D. Next 8 plus ties are All-Conference and receive a certificate.
 - E. Next 8 plus ties are Honorable Mention and receive a certificate.
- SECTION VI: Baseball – First place team each division – Trophy
- SECTION VII: Softball – First place team each division – Trophy.
- SECTION VIII: Volleyball
- A. Winner conference tournament –Trophy each division
 - B. Trophy for the winner of each division
- SECTION IX: Speech
- A. First place large group team – Team Certificates
 - B. First – Third place individual winners – Medals
- SECTION X: Soccer
- A. A conference champion trophy will be awarded in boys and girls.
 - B. All Conference format TBD
- SECTION XI: Player of the Year and Coach of the year:
- A Player of the and Coach of the Year will be selected in each sport
For XC, golf, and track, it will be voted on at the conf meet, not divisional.
For volleyball, wrestling, basketball, golf, baseball, and softball, it will be awarded to each division. For soccer, it will be awarded one to overall.

GENERAL POLICIES

SECTION I: All athletic schedules will be approved at least two (2) years in advance (when possible) by the Conference Activities/Athletic Directors.

SECTION II: All rules for athletic contests shall be in compliance with the Iowa Girl's High School Athletic Union and the Iowa High School Athletic Association. This includes not having spectators in the front row for any indoor competitions.

SECTION III: Twenty-five (25) conference passes will be issued to each member school. Conference passes will be honored at all conference athletic events, including conference tournaments.

SECTION IV: Rosters will be available for each school for volleyball, basketball, wrestling, baseball, and softball a minimum of 1 week before the first conference contest. These may be sent to each school or posted on the school Bound site.

SECTION V: All drivers, chaperones and any students officially connected to the activity and riding on a school bus will be admitted free without a conference pass.

SECTION VI: In all sports, the conference activity director will release the names of all-conference selections the week after the all-conference meeting.

SECTION VII: No conference athletic activities which are to be held on school days shall begin before 4:00 p.m. unless stipulated in another article or by mutual agreement of the schools involved.

SECTION VIII: **Academic All-Conference**

Any 9th-12th grade varsity athlete with a 3.5 or higher GPA in the most recent grading period will be considered Academic All-Conference. A certificate will be provided

SECTION IX: **Forfeits**

Any league school that cannot field a varsity team for a conference date(s), that date will result in a forfeit for the team lacking enough players.

ALL-CONFERENCE TEAM SELECTION - BASEBALL AND SOFTBALL

SECTION I: A meeting of all softball and baseball coaches will be held for the purpose of nominating and selecting All-Conference Teams.

SECTION II: Annual All-Conference Meeting-These will be split by divisions

- A. Softball meeting will be held the Sunday prior to the first round of girl's regional softball if possible. The meeting will be held at 11:00 a.m.
- B. Baseball Meeting shall be held on the first Sunday after the first round of District baseball play if possible. The meeting will be held at 9:00 a.m.

SECTION III: Nominations will be taken from each coach by position. From that list of nominees, each coach will vote by secret ballot. Coaches may vote for his/her own players.

SECTION IV: In the event of a tie for any position, a revote will be taken to break the tie. Coaches who have players involved in the tie will not vote. If the revote results in a tie both players will be on the team.

SECTION V: Players nominated for the First team, but not chosen by the coaches, will automatically carry over to become nominees for the second team. New nominees will also be taken from each coach for the second team. The voting procedure will be the same as in section III and IV.

SECTION VI: A coach of the year will be chosen for each division. Each coach will vote for the coach of their choice. Coaches may not vote for themselves. In case of a tie for the coach of the year, a revote will be taken with only those coaches tied being eligible to receive votes. Coaches involved in the tie will not vote. If a tie still exists after 2 ballots, both coaches will be honored.

SECTION VII: A Player of the year will be selected by a vote of the divisional coaches. One will be honored in each division for both softball and baseball.

SECTION VIII: If any school is not represented at this meeting, other coaches may nominate a player from the absent school's team. Also, the absent coach may send, or phone in, a list of nominees from his/her squad to the conference Athletic Director. The absent coach may not vote by absentee ballot.

SECTION IX: A certificate of recognition will be awarded to each player selected, or named, to the all-conference teams.

SECTION X: For baseball and softball:

The All-Conference Baseball teams shall consist of the following:

North and South First Teams

First Team Softball

3 pitchers
4 infielders
3 outfielders
2 catchers
2 utility players

First Team Baseball

3 pitchers
4 infielders
3 outfielders
1 catchers
3 utility players

North and South Second Teams

Second Team Softball

2 pitchers
4 infielders
3 outfielders
2 catchers
2 utility players

Second Team Baseball

2 pitchers
4 infielders
3 outfielders
1 catchers
3 utility players

Honorable Mention Team

Each coach may name one player from his/her squad he/she feels worthy of honorable mention. There will be no voting.

Academic All-Conference

Any 9th-12th grade varsity athlete with a 3.5 or higher GPA in the most recent grading period will be considered Academic All-Conference. A certificate will be provided.

River Valley Conference Basketball All-Conference Procedures

1. Each coach may vote for their own players.
2. Select First Teams (8 for North, 8 for South)
3. Select 8 North Second Team from the North Division and 8 Second Team from the South Division – North voted by North coaches, South voted by South coaches
4. Ties for #2 and #3 above – revote 1 time (coaches whose players are involved will not vote)
If tied after one revote, all athletes included in teams for First and Second Teams.
5. Each school gets 1 Honorable Mention pick.
6. A coach of the year will be chosen for each division. Each coach will vote for the coach of their choice. Coaches may not vote for themselves. In case of a tie for the coach of the year, a revote will be taken with only those coaches tied being eligible to receive votes. Coaches involved in the tie will not vote. If a tie still exists after 2 ballots, both coaches will be honored.
7. A Player of the year will be selected by a vote of the divisional coaches. One will be honored in each division for both boys and girls basketball.
8. **Academic All-Conference**
Any 9th-12th grade varsity athlete with a 3.5 or higher GPA in the most recent grading period
will be considered Academic All-Conference. A certificate will be provided

ALL-CONFERENCE TEAM SELECTION - VOLLEYBALL

SECTION I: The All Conference meeting will be held the Sunday prior to Districts if possible. The time of the meeting shall be 2:00 PM

SECTION II: First team will be 9 North and 9 South and must include a setter and a libero. Second teams will be the same format. Honorable mention will be 1 per school.

SECTION III: Coaches will vote for players by secret ballot. Coaches may vote for their own players.

SECTION IV: Players nominated for First Team, but not chosen by the coaches, automatically carry over to become nominees for the Second Teams. New nominees are taken from each coach for Second Teams.

SECTION V: Ties for the final position on each of the two teams will require a revote. If a tie still exists after the revote, both players will be named to the team. Coaches may vote for his/her team members.

SECTION VI: A coach of the year will be chosen for each division. Each coach will vote for the coach of their choice. Coaches may vote for themselves. In case of a tie for the coach of the year, a revote will be taken with only those coaches tied being eligible to receive votes. Coaches involved in the tie will not vote. If a tie still exists after 2 ballots, both coaches will be honored.

SECTION VII: A Player of the year will be selected by a vote of the divisional coaches. One will be honored in each division.

SECTION VIII: If any school is not represented at the meeting, other coaches may nominate members from the team of the absent school. The absent coach may send a list of nominations to the Conference Athletic Director prior to the meeting. The absent coach may not vote by absentee ballot. Other coaches present may also nominate players from a non-represented school.

SECTION IX: A certificate of recognition will be awarded to each All-Conference member.

SECTION X: Academic All-Conference

Any 9th-12th grade varsity athlete with a 3.5 or higher GPA in the most recent grading period will be considered Academic All-Conference. A certificate will be provided.

Soccer Regular Season

Boys and Girls Soccer

SECTION I: A round robin conference schedule will be created for boys and girls. League schools must play all other schools that have a soccer program or a shared program.

SECTION II: A conference champion will be named based on overall record.

Tiebreaker:

Point system: 3 pts for a win, 1 for a tie. Then head to head.

Soccer All-Conference Format

Coaches will select their all-conference players. There will not be an all-conference meeting. The number per team will be based on the regular season finish in the conference. They will get the following for first team, second team, and honorable mention:

Girls

1st place team--3,3,1
2nd place team--3,2,1
3rd place team--2,2,1
4th place team--2,2,1
5th place team--2,1,1
6th place team--1,2,1
7th place team--1,1,1
8th place team--1,1,1
9th place team--0,1,1
10th place team--0,0,1
11th place team--0,0,1

Boys

1st place team--3,3,1
2nd place team--3,2,1
3rd place team--2,2,1
4th place team--2,2,1
5th place team--2,1,1
6th place team--2,1,1
7th place team--1,2,1
8th place team--1,1,1
9th place team--0,1,1
10th place team--0,1,1
11th place team--0,0,1
12th place team--0,0,1

A Player of the year will be selected by a vote of the coaches for both boys and girls soccer. A coach of the year will also be selected for boys and girls teams.

BASEBALL AND SOFTBALL

SECTION I: Schedules

A. Baseball and softball schedules will be organized so that each school will play every other divisional school in games that count towards conference standings.

Tie-Breakers: North both sports, and South softball - Head to head. If still tied, multiple champions will be named.

South Baseball-Head to head.

SECTION II: There will be a champion in each division. All division games will count towards determining these champions. If a tie occurs, head to head result will be the first tie breaker. JV standings will not be kept.

SECTION III: If varsity games are postponed, the schools involved are responsible for making up the games. No games may be eliminated unless they have no effect on first place in the conference standings. If the 2 schools involved cannot come to a mutual agreement for a make-up date, the conference commissioner should be contacted to help settle the dispute. Any team not agreeing to make up postponed games will forfeit the games.

SECTION IV: The following will be used in administering and playing the games:

A. General

1. The school where the games are played will be responsible to hire officials, pay officials, and provide new balls for both games.
2. The host school will be the "home team" for both games of the scheduled conference double headers.
3. Starting Time: Fields with lights – 5:00 Unlit Fields – 3:30

B. Baseball

1. All varsity games will be scheduled for seven (7) innings.
2. All (baseball) games will be played by the fifteen run rule after 4 innings and the ten (10) run rule at the end of five (5) innings.
3. Junior varsity doubleheader games will be scheduled for five (5) innings. Time limit will be 90 minutes per game. Can play past 5 innings if tied and not past 90 minutes.

C. Softball

1. All varsity games will be scheduled for seven (7) innings.
2. Games will be played by the twelve (10) run rule at the end of four (4) innings and the eight (8) run rule after five (5) innings.
3. All High School games below varsity level will be scheduled for five (5) innings. There will be a 90 minute time limit per game.

SECTION V: No schedule changes will be made if a school drops either program. These dates will remain open for each member

BASKETBALL - BOYS AND GIRLS

SECTION I: All conference dates will be quad competition of boy/girl JV and varsity unless agreed upon by both schools to eliminate JV due to travel. For schools using 2 gyms, the games will begin at 4:30. For schools using 1 gym, they will begin at 4:00.

SECTION II: The River Valley conference will compete with teams called "Fresh-Soph.", "JV", and "Varsity". Fresh-soph. should be made up of only students in 9th and 10th grade, JV and Varsity can be students in grades 9-12. Seniors should only play JV in unique circumstances.

SECTION III: Fresh-soph. and JV games are to be four (4) seven (7) minute quarters. Varsity games will have 8 minute quarters. Warm-up time for lower levels should be 10 minutes, and for varsity should be 15 minutes.

SECTION IV: State rules shall apply for all basketball dates.

SECTION V: Teams will play all division opponents twice, and 2 crossover opponents at the start of the season. Division champions will be crowned based on record of all division games. Junior Varsity standings will not be kept. The last make-up dates the league will require will be the Thursday before postseason for girls, and the Friday before postseason for boys. There will also be a January conference shootout North vs. South. These shootout games will not count towards standings.

SECTION VI: In all River Valley Conference basketball games the visiting team will sit on the left of the scorer's table and will warm up at the right basket.

SECTION VII: Division tie-breakers

A) Head to head

B) If tie still exists, we will name co-champions

CONFERENCE MEET - GOLF - BOYS AND GIRLS

SECTION I: The Conference Meet will consist of a one (1) day, 18-hole tournament starting time to be 10:00 am when possible.

SECTION II: These meets shall be scheduled on a Tuesday and a Wednesday.

SECTION III: In case of team ties or medalist ties, the method used to break the ties will be the same as state guidelines with card back for places 4 through 10 and 1st through 3rd place still having a playoff. Top 8 plus ties will be Elite All-Conference, next 8 plus ties will be All-Conference, and next 8 plus ties will be Honorable Mention All-Conference.

SECTION IV: Two host schools will be assigned to organize and administer the tournaments, release the results to the media, and forward a copy of these results to the conference A.D.'s and the conference Activity Director.

SECTION V: When the tournaments are held at a neutral site it will be the responsibility of the host schools to contact the manager of the course to verify the date and time of the meet, and go over course rules. This should be done several weeks in advance of the conference tournament.

SECTION VI: Each host school will provide one official scorer.

SECTION VII: Pairings will be based on 9 hole average from Bound. Teams will be paired:
1-4, 5-8, 9-12, 13-16

SECTION VIII:

A Player and coach of the year will be selected in each division by a vote of the coaches for both boys and girls golf at the end of the regular season.

SECTION IX: It will be decided by the host course and the AD of the host school whether or not to play the ball down. This will be the case unless unique circumstances.

GOLF - BOYS AND GIRLS REGULAR SEASON

SECTION I: Golf meets shall be scheduled to begin at 4:00 p.m.

SECTION II: In golf meets involving only conference schools:

- A. When possible six (6) golfers will be designated as varsity.
- B. Team score will be determined by the best four (4) of these six scores.
- C. The scoring for the junior varsity portion of the meet shall be agreed to by the coaches prior to the posting of scores.

SECTION III: No conference meets shall be scheduled on a Wednesday.

SECTION IV: All meets shall be run according to PGA rules unless local course conditions necessitate a change of these rules

CONFERENCE MEET - TRACK - BOYS AND GIRLS

SECTION I: The hiring of officials for conference track meets will be contracted by the conference commissioner.

SECTION II: The host school will be responsible for providing personnel to run the track meet and providing FAT timing for the meet.

SECTION III: Starting time will be 4:00 p.m. for field events and 4:30 for running events

SECTION IV: The starting height for boys' high jump will be five (5) feet and four (4) inches and for girls' high jump will be four (4) feet and four (4) inches.

SECTION V: Scoring will be to eight (8) places.

SECTION VI: The order of running events for the Conference Track Meet will be in be the same as the district/regional order of events for class 2A minus the scheduled breaks.

SECTION VII: The River Valley Conference Track Meet shall be rotated every third year between Monticello, West Liberty, and Tipton.

SECTION VII: In the shot put, discus, and long jump three (3) preliminary and three (3) final competitions will be held. Top 8 will advance to the finals.

SECTION IX: There will be a champion in both boys and girls.

SECTION X: All entries for all events need to be able to be verified on Bound. Inaccurate entries will be moved to the last seed.

SECTION XII: A Player of the year will be selected by a vote of the coaches for both boys and girls track at the conference meet. A coach of the year will also be selected for boys and girls teams.

CONFERENCE TOURNAMENT NIGHTS - VOLLEYBALL

SECTION I: Conference Tournament

- A. At the conclusion of the conference schedule, there will be a conference tournament. Night one will be 2 pools at 2 sites.

- B. Host for this will be rotated.

Seeding for the tournaments:

Seeding will be determined by the following criteria for pool play:

- A. Match record within division
- B. Head to Head competition within division
- C. Game record within division
- D. Average game point spread
- E. Alphabetical (even years start of alphabet, odd years end of alphabet)

Format will be a pool. This will be best 2 out of 3 to 21 and 15.

Site 1 (North): Pool A: N 1, S 8, N 5, S 4
Pool B: S 2, N 7, N 3, S 6

Site 2 (South): Pool A: S1, N 8, S 5, N 4
Pool B: N2, S7, S 3, N 6

For Thursday it will be Championship Bracket only:

Championship Bracket:

Bracket will be built based on night one results, and regular season seed position. We will seed the top 4 teams that won their pools on the first night. If any have the same regular season seed, the following tie-breakers will be used:

1. Pool record
2. Game record
3. Point differential in pool play

The 5-8 seeds will be seeded with the same process.

(seeds will be protected)

VOLLEYBALL REGULAR SEASON

SECTION I: Levels of competition are as follows:

- A. JH –begin at 4:00 and play until 5:10. A teams should play 2 out of 3 to 21/15. A teams will play 3 games regardless of outcome of first 2 games. B and C teams play after that games to 15 until 5:10.
- B. Fresh-Soph best two (2) out of three (3) to 25. 5:30 start.
Junior-varsity - best two (2) out of three (3) to 25. 5:30 start.
Varsity - best three (3) out of five (5) to 25 and 15

SECTION II: The fresh-soph / JV match-up will begin at 5:30 p.m.

- A. Warm up will consist of:
 - 1. 5 minutes of ball handling.
 - 2. 6 minutes of visitor's net.
 - 3. 6 minutes of home net.
- B. The fresh-soph / JV matches will begin at 5:30 p.m.
- C. Games will be played 2 out of 3 to 25 points.

SECTION III: Conference matches will be scheduled on Tuesdays and Thursdays. Varsity start times will be listed as 7:00 and should start no sooner than that.

SECTION IV: Warm-up will be per state guidelines. There will be no time limit on the varsity match. The winner of the Varsity Match will be determined as per state scoring guidelines.

SECTION V: Division winners will be named for the regular season. Ties will be broken with the same procedures we use for seeding the conference tournament.

CONFERENCE MEET - WRESTLING

SECTION I: Weigh-ins for the conference tournament will be held at the site of the tournament and will be held at 8:00 a.m. Scales will be available at 7:30 a.m. The seed meeting will be held after the weigh-ins are completed.

SECTION II: The tournament shall begin at 10:00 a.m. and run continuously with breaks as needed. The frequency and length of the breaks will be determined by the tournament director. Mats should be cleaned after each round.

SECTION III: All weigh-ins will be done using two scales, and must be conducted by an administrator/designee, as per state rule.

SECTION IV: The tournament will be wrestled on no less than 2 mats if at a conference school, more if possible if held at a neutral site.

SECTION V: The tournament will be scored using a 16 team bracket format. We will place the top 6. We will not wrestle for a true third place.

SECTION VI: The tournament will have four (4) registered officials, paid by the host school if there is one, by the conference if held at a neutral site.

SECTION VII: Championship matches will be held on one mat.

SECTION VII: The following seeding criteria will be used:
(Limit of 2 coaches per school at seed meeting)
1- Head to Head, current season (if split, skip this)
2- Common Opponents, current season
3- State Place winner Previous Season
4- State Qualifier Previous Season
5- Conference Place winner Previous Season
6- Draw- unseedable wrestlers will be drawn into bracket.

SECTION VIII: A JV division will be held at the Varsity tournament. This will start at 8:30. No team scores will be kept for JV. First place in each JV division will be awarded a medal. Brackets and format can be determined by the host school as numbers allow.

SECTION IX: A Wrestler of the year will be selected by a vote of the coaches at the conference meet. A coach of the year will also be

Boys Wrestling Regular Season

- SECTION I: There will be a Dual Mat Champion for each division. Standings will be determined by the overall season's conference records. The first time schools wrestle in conference competition, the results will be counted to establish the standings. Tie-breaker-Overall conference record. Then head to head. Then, multiple champions can be named.
- SECTION II: All preliminary matches are to begin at 5:30 p.m. with weigh-ins at 4:30
- SECTION III: Order of wrestling match-ups for Conference Duals will be:
Quads- all wrestle at same time on 2 mats
Triangulars- host vs. team who travels the farthest, then 2 travel teams, then host vs. nearest travel opponent
- SECTION IV: All meets will be conducted as per State Guidelines.

Girls Wrestling

The conference will provide a schedule for schools that have a team. At these events, it will be a team dual format. There will be a conference individual tournament at the end of the season, with no team scores kept.

CONFERENCE CROSS COUNTRY MEET

- SECTION I: A champion in girls' and boys' cross country will be determined each year.
- SECTION II: The champions will be determined according to the same scoring system used in district and state meets. Top 10 will be Elite All-Conference, next 10 will be All-Conference, and next 10 will be honorable mention.
- SECTION III: Course distances will be the same as in the Districts and State meets.
- SECTION IV: The Conference Cross Country Meet will be held on the Tuesday prior to the District Cross Country Meet at 4:00 p.m. Host schools will rotate yearly between the North and South divisions, but the meet will always be held at Kicker's Park in Iowa City.
- SECTION V: The meet will run a Girls JH race at 4:00, followed by a Boys JH race at 4:20, HS Girls at 4:50, and HS Boys at 5:25 with awards to follow. There will be no breakdown for JV/V races. All races will be timed and scored.
- SECTION VI: A Runner of the year will be selected by a vote of the coaches for both boys and girls XC at the conference meet. A coach of the year will also be selected for boys and girls teams.

JUNIOR HIGH GENERAL POLICIES

SECTION I: Rules for athletic contests shall follow the rules of the Iowa Girls' High School Athletic Union and the Iowa High School Athletic Association.

SECTION II: Admission for junior high events will be \$5 for adults, students are free.

SECTION III: The conference will operate teams on both the seventh and eighth grade levels for football, volleyball, basketball, softball, baseball, and track.

SECTION IV: Combined teams of seventh and eighth graders shall compete only against other combined teams, or other eighth grade teams or by the mutual consent of the schools involved.

SECTION V: Junior high contests will start at 4:00 p.m.

JUNIOR HIGH BASKETBALL - BOYS AND GIRLS

SECTION I: The games will be played on a home-and-home divisional basis. Adjustments of the Conference Schedule may be made by mutual agreement.

SECTION II: General rules:

JH/MS Basketball Rules

1. The seventh grade game will be held first consisting of four (4) six (6) minute quarters.
2. The eighth grade game will follow the seventh grade game and will consist of four (4) six (6) minute quarters.
3. If a B game is played, there will be no pressing or playing zone during the B game. Each team will play man-to-man. The A game will be played first followed by the B game. All games will be four (4) six (6) minute quarters, unless numbers require the B games to be two (2) ten (10) minute quarters. All quarters will play with regular clock stoppages.
4. Boys and girls basketball can press until they are ahead by 15 or more points.
5. Boys and girls basketball can play any defense they prefer in the half court.

JUNIOR HIGH CONFERENCE TRACK MEET - BOYS AND GIRLS

SECTION I: The hiring of officials for Conference Track Meets will be the responsibility of the host schools.

SECTION II: The host schools will be responsible for providing personnel to run the track meets.

SECTION III: The seventh and eighth grade track teams will participate as separate teams for both the boys and the girls Conference Junior High Track Meet. The two (2) girls teams will be at one site and the two (2) boys teams at another site.

SECTION IV: The starting time for the two (2) sites shall be 4:00 p.m.

SECTION V: Scoring will be to six (6) places. Only 2 per school may score.
Scoring is 10, 8, 6, 4, 2, 1
Ribbons will be top 3 relays and top 5 ind.

SECTION VI: Starting heights for junior high track meets are to be as follows:
A. Seventh grade girls' high jump - three feet-six inches (3'6")
B. Seventh grade boys' high jump - three feet-ten inches (3'10")
C. Eighth grade girls' high jump - three feet-eight inches (3'8")
D. Eighth grade boys' high jump - four feet-two inches (4'2")

SECTION VII: The events shall be in compliance with the Iowa High School Girls' Athletic Union and the Boys' Iowa High School Athletic Association.

SECTION VIII: The River Valley Junior High Track Meets will be rotated to schools with all weather tracks.

SECTION IX: The Host School will seed the Conference Meet.

SECTION X: The entry limits for the JH meets will be 2 per individual running event, 2 per field event, and 1 relay.

JUNIOR HIGH FOOTBALL

SECTION I: The seventh grade game will precede the eighth grade game and both will be four (4), eight (8) minute quarters.

SECTION II: In junior high football games all ties are considered final scores.

SECTION III: Junior high football games will be played using an intermediate size football.

SECTION IV: If both teams are unable to field both seventh and eighth grade teams the schools will communicate and agree to the composition of the competing teams. This will be done at least one week in advance of the game.

SECTION V: Adjustments to the conference schedule may be made by mutual agreement.

JUNIOR HIGH WRESTLING

SECTION I: Team scores will not be kept, but match scores will be kept.

SECTION II: Schools will attempt to match up so that all participants get at least 2 matches. Coaches will send out rosters with weights and rankings from 1-5, with 1 being the best and 5 the worst.

JUNIOR HIGH SOFTBALL

SECTION I: The official high school softball rules book will govern the play of the conference, with the exception of the changes listed in the following sections.

SECTION II: All dates scheduled will be played as 5 inning double headers unless that is not possible. In this event, it is the responsibility of the coach initiating the deviation from the adopted schedule to notify the opposition coach in advance.

SECTION III: The school where the games are played will be responsible to provide officials. The Girls Union requires one certified official.

SECTION IV: The host school will be the "Home Team" for both games and will provide game balls.

SECTION V: Start times for all games will be 10:00 am unless mutually agreed upon.

SECTION VI: All games will be 5 inning games with no new inning after 75 minutes, with a 5 run per inning limit for all innings.

SECTION VII: Only students who have completed 6th or 7th, or 8th grade during the current school year are eligible for junior high softball.

SECTION VIII: Recommended dimensions of the field of play: Softball: Regulation high school distances are in effect.

SECTION IX: The home team will be responsible for notifying the opposing head coach in case of cancellation for inclement weather. It will be the home team coach's responsibility to initiate the rescheduling of the "make-up" game.

JUNIOR HIGH TROPHIES AND AWARDS

SECTION I: No first place trophies will be awarded to member schools for first place finishes in football, boys' and girls' basketball, wrestling, baseball, softball, or volleyball.

SECTION II: Track:

- A. First - third place relay winners – ribbons.
- B. First - fifth place individual winners - ribbons

MUSIC – RIVER VALLEY MIDDLE AND HIGH SCHOOL BAND FESTIVAL

SECTION I: The school conference directors will meet by division in September of each school year. The festival will be held Friday of Week 19.

SECTION II: A band of balanced instrumentation will be selected by the conference directors. The directors will determine a number not greater than 20 per school, and students must be nominated 2 months prior to the performance.

SECTION III: Band directors will meet in September to decide on music and a guest director.

SECTION IV: Rehearsal will begin Friday of Week 19 at 12:30 p.m. lasting until 6:00 p.m. Breaks may be taken at the discretion of the director. The concert will begin at 7:00 p.m.

SECTION V: Selected participants will wear their band uniforms or their formal concert attire for the performance.

SECTION VI: Each school must provide supervision for areas students will be using.

SECTION VII: Supper will be provided by the host school. Participating students will be responsible for payment of their meals. Directors, festival director, chaperones, and transportation personnel will have their meals provided to them by the host school.

SECTION VIII: Music will be sent to the host school to be copied and distributed out. Nearby schools will be asked to provide extra equipment. Each school will provide stands for their students.

SECTION IX: Admission will be \$5 for adults and \$3 for students and seniors. The host school will pay any bills associated with this event, and will also be allowed to keep all gate receipts. The director will be paid \$350 plus mileage one way from the host school.

MUSIC – RIVER VALLEY MIDDLE AND HIGH SCHOOL VOCAL FESTIVAL

- SECTION I: The 15 conference directors will select students to participate in an Honor Choir that will take place annually on Monday of Week 13 of the unified calendar.
- SECTION II: Vocal directors will meet at the March AD meeting to decide upon a guest director and music.
- SECTION III: Music will be purchased by each school to keep for their own library.
- SECTION IV: Each school may select up to 12 high school and 9 middle school participants for the event.
- SECTION V: Rehearsals will begin at 10:00 a.m. lasting until 6:00 p.m. Breaks may be taken at the discretion of the director. The concert will begin at 7:00 p.m.
- SECTION VI: The program will consist of four or five songs. All music performed will be only as directed by the composer. Each participating school may provide a soloist or ensemble to perform as representation of their choral program.
- SECTION VII: Each school must provide a director/chaperone. Supper will be provided by the host school. Students, directors, chaperones, and transportation personnel will pay for their meals. Guest director will have their meal provided to them by the host school.
- Section VIII: Admission will be \$5 for adults and \$3 for students and seniors. The host school will pay any bills associated with this event, and will also be allowed to keep all gate receipts. The director will be paid \$350 plus mileage one way from the host school. The accompanist will be paid \$100 from the host school.

CONFERENCE SPEECH CONTEST

RIVER VALLEY CONFERENCE SPEECH BY-LAWS

SECTION I: RULES

All rules for areas of competition are governed by the Iowa High School Speech Association (IHSSA) manual.

SECTION II: JUDGES

Judges for the contest shall be certified in the IHSSA. Non-certified judges who are qualified may be used in emergency situations (i.e. speech coaches).

One judge will be hired for each center (this includes One Act Play). Fees for judging will correspond with the regulation or standard of the IHSSA (\$150 for a full day and \$75 for a half day). The judges (including their meals) will be paid for through school entry fees and monies earned at the concession stand and at the door with a suggested donations being asked of each attendant (the suggested donation is what IHSSA uses).

SECTION III: AWARDS

Certificates will be awarded at the end of the contest in an award assembly as detailed below:

- **Large Group**
 - A 1st, 2nd, and 3rd place certificate will be awarded for each large group event as determined by the judges.
 - Certificates for “Best Actor”, “Best Actress”, “Best Supporting Actor” and “Best Supporting Actress” will also be given in the One Act Play category as determined by the judge.
 - Schools may choose to create a conference plaque for display in their own school at their own expense.
- **Individual Events**
 - A “Best of Center” certificate will be awarded for each category in each center at the individual conference contest as determined by the judges.
 - Conference medals will be awarded for first, second, and third place in each category.

SECTION IV: ENTRIES

All speech entry forms shall be in the hands of the director of the host school TWO WEEKS prior to the contest or before that date as requested by the host school. Entries not received by the deadline may be subject to a \$25.00 fine. A copy of the official IHSSA green cards on white paper should be submitted in the format requested by the host school.

FEES – Fees for conference festival will be paid by each participating school to the host school at the time of registration and will be one-half of the fees assessed by the IHSSA for district events. After costs, profits from the contest will stay with the host school.

SECTION V: CONTEST

HOSTING ROTATION – The River Valley Conference Activity Directors will establish a rotation for the large group and individual conference speech contest.

DATE – Conference contest will be held prior to the district contest. If inclement weather results in a cancellation and an evening contest cannot be held prior to districts, the conference contest will be cancelled.

IMPROVISATION, RADIO NEWS, and SPONTANEOUS SPEAKING – Draws for these events will be provided by the host from the previous year and should be submitted electronically one week prior to the contest.

JUDGES MEETING – The host school for the following year should be in attendance at the judges meeting and should use the conference contest as an opportunity to observe the contest operations of the hosting school.

CERTIFICATES and FORMS – The conference secretary will order, collect, and distribute conference certificates, medals, and forms for contest from/to the hosting schools.

RESULTS – The host school will provide a digital copy (email) of the conference medalists in each event for media distribution.

AWARDS – The conference contest will conclude with an assembly of all participants and a presentation of awards.

HOSPITALITY – A portion of the entry fees will be used to provide a meal or hospitality room for all judges and coaches.

SECTION VI: CONFERENCE COACHES

All head speech coaches in the conference should attend an annual meeting to be held after the IHSSA speech coach convention at the same time as the November AD meeting. The purpose of this meeting is to discuss rules, rule changes, and share best practices to support all teams in the conference and to plan for the upcoming conference contests.