

The Fall of 2023: Boyden-Hull, Central Lyon, MOC-FV, Okoboji, Rock Valley, Sheldon, Sibley-Ocheyedan, Sioux Center, Unity Christian and West Lyon.

In 2025, Sibley-Ocheyedan moved to the War Eagle Conference.

The Fall of 2025: Boyden-Hull, Central Lyon, MOC-FV, Okoboji, Rock Valley, Sheldon, Sioux Center, Unity Christian and West Lyon.

In 2026, Cherokee, Estherville-Lincoln Central, Spencer, Spirit Lake, Storm Lake and Western Christian were added.

The Fall of 2026: Boyden-Hull, Central Lyon, Cherokee, Estherville-Lincoln Central, MOC-FV, Okoboji, Rock Valley, Sheldon, Sioux Center, Spencer, Spirit Lake, Storm Lake, Unity Christian, West Lyon, and Western Christian.