

COMMON TO ALL SPORTS

- I. National Federation and Illinois High School Association (IHSA) regulations will apply to all sports. This applies to rules for particular sports, as well as participation rules for students. Specific IHSA rules may supersede some National Federation rules.
- II. Contest Sites
 - A. The home team provides a site for all home games.
 - B. In the event the home team is unable to provide a site for a scheduled contest, the contest may be played at the visiting team's site if available.
 - C. League events (i.e.—tournaments) (5/20/03)
It is the responsibility of the host school to propose to the athletic directors, in a timely fashion, the venue (place and time) for any tournament. The venue must be approved by the athletic directors at a meeting.
- III. Officials—two register officials should be assigned to officiate varsity level contests. However, if for some reason, only one official is present at the beginning of the contest, the contest should be played with one official.
- IV. Postponements
 - A. Every effort must be made to play all scheduled League games in all sports on both Varsity and Frosh-Soph levels.
 - B. In the event an official or officials do not show up for a game, the game can be rescheduled or other arrangements can be made to officiate the game.
 - C. All postponed games must be made up on the first mutually agreed upon open date of both schools.
 - D. If a League-scheduled contest is to be played on a date when either school in question is not in session, rescheduling of the contest must be a mutual agreement by both schools.
- V. Protests
 - A. The executive secretary shall be notified of the protest in writing within 48 hours after the contest or revealed facts necessitating the protest.
 - B. A three-man committee of neutral athletic directors shall be appointed by the secretary to review the protest for legality. If the facts seem to indicate that it would be difficult to find three neutral athletic directors, an athletic directors meeting shall be called to serve as the protest committee.
 1. The executive secretary shall chair the meeting of the protest committee. If the executive secretary's school is directly involved in the protest, he/she may ask one of the athletic directors to chair the meeting.
 2. Only persons directly involved in the protest may attend the meeting.
 3. The protest committee shall decide whether or not the protest has merit.
 4. If the committee decides in favor of the protest, the schools and the officials involved shall be called into a meeting with the executive secretary to determine a replay or any other action recommended by the committee.

VI. Forfeits

- A. A visiting team has the responsibility to be ready to perform at the scheduled league starting time.
- B. A visiting team must notify the home team if for some reason it cannot comply with the standard time.
- C. The home team may call off a contest if the visiting team has not arrived within one (1) hour after the starting time. The officials may be discharged at this time. The offended team may enter a plea to have the game forfeited. This will be ruled on by the athletic directors.
- D. In the event the visiting team does appear before the starting time of the major contest, and the home team does not wish to forfeit the preliminary game, the schools shall decide when and at what time the game shall take place. The expenses of officials for the replayed or forfeited game will rest with the visiting school.

VII. Team Supervision

- A. A coach or faculty representative must supervise each team at a contest.
- B. The coach or faculty representative should arrive before or at the same time as the team and remain during the entire contest.
- C. The coaches or faculty representatives are responsible for leaving facilities in good order.

VIII. Spectator Control

- A. The host school has the responsibility of exercising appropriate control over all spectators.
- B. The visiting school is urged to exercise as much control as possible with visiting spectators.
- C. Each school should designate a person responsible for crowd control. In the absence of an administrator or other faculty person, the coach should be this person.

IX. Officials

- A. Each host school is responsible for providing and paying the officials for home contests.
- B. If there is an assignment chairperson for a particular sport, the assigner will be responsible for the assigning and possibly the paying of officials.
- C. In the event of a re-scheduled or postponed game, the school (host or visiting) requesting or causing the change is responsible for paying the officials assigned for the original date if they are unable to officiate the rescheduled game and if payment for the postponed game is warranted.

X. Awards

- A. League Competition—The league will not provide plaques or trophies for league champions. Instead, the league will provide each school with two large plaques (one for girls' sports and one for boys' sports) on which the individual school can engrave championship teams.

B. Individual Awards for Tournaments

1. Cross Country
 - a. Varsity: 10 medals.
 - b. Frosh-Soph: 1-10 ribbons.
 - c. Open Race: 1-5 ribbons.
2. Track
 - a. Varsity: 1st, 2nd, 3rd places--medals
 - b. Varsity: 4th, 5th, 6th places--ribbons
 - c. Frosh-Soph: 1-6 places--ribbons.
 - d. NAC Indoor Relays: 1-6 places--ribbons.
3. Golf 1-10 medals—All golfers who shoot the same score should receive a medal. The school in charge should notify the league secretary as soon as possible if there any tie scores. (9/9/03)
4. Medals: 1st—gold; 2nd—silver; 3rd—bronze
5. Ribbons: 1st—blue; 2nd—red; 3rd white; 4th—yellow; 5th—green, 6th—brown

- C. All-Conference Certificates—A certificate is awarded to each member of an all-conference team. The number of members of such a team shall be twice the number of players that make up a team in each sport. You can not nominate/vote for your own players. Example: 22 members on the all-conference football team. The total number of members may be increased by a unanimous vote of the coaches.

Cross Country – 1-10 medals

Golf – 1-10 medals

Track & Field – winners

Volleyball – 12 (1st team) / 12 (2nd team) / 12 (honorable mention)

Basketball – 12 / 12 / 12

Baseball – 18 / 9 / 9

Softball – 18 / 9 / 9

Boys' Soccer - 10 & 1 / 10 & 1 / 5

Girls' Soccer - 10 & 1 / 10 & 1 / 5

Football – 22 / 22 / 11

- D. Male Sports/Female Sports Coach of the Year Award (COY) (Conference)

- E. NAC Student Athletic Conference Team - ADs vote for 1 male and 1 female player.

XI. Officials' Fees and Admission Fees

- A. Basketball Assigner Fee - Will be paid 10% of each official's fee.
- B. There will be a periodic review of officials' and admission fees. An appendix to the handbook with current fees will be sent to the athletic directors after approval by the principals.

XII. Mandatory Northeast Athletic Conference Coaches Meetings

A coach or school representative is required to attend a preseason and postseason meeting (when applicable). This requirement maintains the consistency of rules and regulations for each sport. The following league regulations are designed to encourage attendance at the various coaches' meetings. Meetings will be held prior to the beginning of each season. Each meeting will be determined at the May meeting.

- XIII. The league will have a trainer/medical service on site for the following NAC events: volleyball tournament, indoor track meet, outdoor track meets, cross-country meets, and football games.

- XIV. A standard amount of \$10 per hour may be paid to all adult workers who work in primary positions of responsibility at NAC tournaments with a maximum of 5 workers. The host school will keep the gate and the conference will pay for official's expenses.
- XV. In the event that the school "hosting" a league tournament for that particular seasonal sport is not fielding a team in that sport, the next school in line will become the host school.
- XVI. Videotaping of all events for scouting purposes is allowed.
- XVII. There shall be no sharing of information conference teams, in any form, with teams from outside the conference, during state playoff competition.
- XVIII. All coaches must follow IHSA requirements and must be ASEP certified.

BASEBALL

I. Rules

All players and coaches must be in complete uniform.

II. Game Operations

- A. Officials: two registered umpires for each Varsity game are to be assigned by the home team. At least one umpire with an approved IHSA rating, will be used for Frosh-Soph games.
- B. Scorers shall be assigned by individual teams with the home team's book as official.
- C. Scorers should be made aware of changes in lineups and should compare scores after each inning.
- D. Playing Time
 - 1. A regulation game will be seven (7) innings unless a tie; then the game is played until completed. If after five (5) innings a team is ahead by 10 or more runs, the game shall be terminated at that time.
 - 2. The starting time of weekday games shall be 4:30 PM and Saturday double-headers, 10:00 AM, unless different time is agreed upon by both schools.
 - 3. In the case of a double-header, the time between games shall be 20 minutes.
 - 4. If late arrival by either Varsity team or umpire (15 minutes or more) causes an incomplete game, it can be played to its conclusion at a later date.
 - 5. Double-headers scheduled for ACT date will begin at 1 PM or later.

III. League Operation—League coaches shall meet at season's end for the selection of an All-Conference team. Selection is to be made on the basis of League play only. Selection is made on batting, fielding, and pitching records supplied by the head coach.

IV. Awards and All-Conference selections - see Common to All Sports.

BOYS/GIRLS BASKETBALL

- I. League competition will be at the Varsity and Frosh/Soph levels. League standings are maintained for the Varsity and Frosh/Soph levels.
- II. All rules and regulations of the IHSA and National Federation will apply with IHSA taking priority where they differ, and except as specified otherwise in this handbook.
- III. Game Operation
 - A. Officials:
 1. All games should be officiated by a minimum of two IHSA registered officials.
 2. The League determines the amount that should be paid to the officials.
 - B. The timer and scorer of both the sophomore and varsity game must both be adults.
 - C. Playing time:
 1. League starting times: Frosh/Soph game—5:30 pm; Varsity game—7:00 pm
 2. Sophomore game quarters will be seven minutes each. Varsity quarters will be eight minutes each.
 3. The approved warm-up time for all basketball games is 15 minutes.
- IV. All-Conference Selection Criteria
 - A. Selection Procedure

Each coach or representative votes for a 12 man All-Conference Team and a 12 man All-Opponent Team. Coaches may include members of their own team on their All-Conference list but may not do so for the All-Opponent list. Each All-Conference vote counts as one point and each All-Opponent vote counts as two points. The 12 players accumulating the highest point totals from both lists combined are recognized as the NAC BASKETBALL ALL-CONFERENCE TEAM. The total number of All-Conference players may be increased by a unanimous vote of the coaches.
 - B. Most Valuable Player

Any player who receives All-Opponent votes from every coach in the conference is designated as UNANIMOUS ALL-CONFERENCE. If only one player is chosen as unanimous All-Conference that player is then designated as the conference MOST VALUABLE PLAYER. If more than one player is designated as unanimous All-Conference the coaches will then discuss and/or vote for a most valuable player or co-most valuable players.
 - C. A 12 team (2nd Team) all conference and a 12 team (3rd Team) all conference team shall be selected by the coaches.

CROSS COUNTRY

- I. Cross country will be a fall sport in the NAC consisting of a one “flight” meet, one “relay” meet and the “end-of-the-year” league meet.
- II. All rules and regulations of the IHSA and National Federation will apply with IHSA taking priority where they differ, and except as specified otherwise in this handbook.
- III. Conference standings in both boys and girls cross-country will be determined by final position after completion of the flight, relay, and end-of-the-season conference meets.
 - A. Flight meet will count for 25%
 - B. Relay meet will count for 25%
 - C. End-of-the-season meet will count for 50%
- IV. Distances:
 - A. Boys Varsity: 3.0 miles
 - B. Girls Varsity 3.0 miles
 - C. Open Division 2.5 miles
- V. There will be a final conference meet which will be conducted by the host school (the host school will be determined by the athletic directors). The host school will make arrangements for scheduling this meet at a course suitable for cross-country competition. It is important to gather information from the conference schools as to what courses they compete on.
 - A. Each school will be allowed 7 runners on each level in this race.
 - B. A school may enter less than 5 runners on each level in this race, but the school will not receive a team score.
 - C. The open race will be followed by the girl's Varsity and then the boy's Varsity races.
 - D. Advance entries will consist of 7 or less runners on each level, with substitutions possible on the day of the meet.
 - E. This end-of-the-season conference meet will begin at 10:00 A.M. on the Saturday as indicated by the conference schedule.
 - F. Each school must provide one school representative other than the coach to assist in conducting this meet.
- VI. Awards for Conference Champions and for individual race champions in each division will conform to the conference awards policy.
- VII. There needs to be a determination where the Flight Meet and where the Relay Meet will be held. These meets will be held on the dates as indicated by the conference schedule.
 - A. Flight Meet – will be held at Luther North
 - B. Relay Meet – to be determined

FOOTBALL

I. General Information

- A. The schedule will be set up by the conference secretary. This schedule must be approved by the athletic directors at the meeting that immediately follows each Football season. League members must comply with this schedule unless specific schools by mutual agreement select another date. These schools will play each other one game per year for a championship.
- B. Teams will alternate the location of their games, home and away, every other year.
- C. The League will have a two-year revolving schedule. The teams scheduled for the first game will exchange home and home dates for 2 years. This will become the last game for the following two years. All other games will be moved ahead one week.
- D. Videotaping
 - 1. All film exchange copies must be done on 1st generation tapes.
 - 2. Each team must have 2 films ready to exchange. The exchange must be done by 9:00 pm on Sunday of the week of the game. (Opponents may request a tape(s) via mail/ meeting as early as 12 days before the game.)
 - 3. Opponents may choose any game films they wish.
 - 4. If an opponent requests to tape a specific conference opponent's game, they are allowed to with the following specifications:
 - a. They must clearly communicate with that conference team's athletic director and head football coach.
 - b. They may not tape more than 2 games.
 - c. Each time they tape, it counts towards the total of 2 exchange tapes.
 - 5. The PSL does not allow member schools to provide film or scouting reports to opponents of other member schools during IHSA playoffs.

II. Rules

- A. Officials
 - 1. Five registered, state certified officials are to be assigned for each game.
 - 2. The home team should endeavor to assign experienced people to take charge of the sideline chain, down marker, and clock.
- B. Starting Time
 - 1. The starting time will be set by the home team; this will have been approved by the athletic directors following the previous football season. Suggested times are 10:45 for Frosh-Soph and 1:00 P.M. for Varsity. If a school has lights and wishes to play on Friday times will be 5:00 and 7:00 P.M.
 - 2. Any time that two teams cannot agree on a starting time, the time will be set by a majority vote of the athletic directors.
 - 3. Playing Time
 - Length of Periods
 - a. Frosh-Soph: four 10-minute periods.
 - b.. Varsity: four 12-minute periods.
 - c.. Length of time between periods:
 - i. One minute between quarters.
 - ii. 15 minutes between halves - this could be lengthened for Homecoming and Parents Day.

4. The length of time between games will be determined by mutual agreement of the opposing coaches (usually 20 minutes or the published starting time).
- C. Preparing the field for games—the playing field will be lined with minimal markings as indicated in the National Federation Rule Book.
- D. Uniforms—the home team will wear colored (dark) jerseys and the visiting team will wear white jerseys unless otherwise agreed upon by the athletic directors.
- E. Locker room and game facilities
1. The home team should be able to provide locker facilities for the visiting team. This means adequate space to dress before games, a place to go during half-time, and a place to shower after the game.
 2. There should be an adequate number of benches for the team's reserves to sit on during the game.
 3. The visiting team should leave the locker room in a clean condition following the game. There should be no damage to property or pilfering of articles from the locker room. Visiting coaches are not to leave the locker room until inspected by the home school.
 4. Only players, coaches, and officials directly associated with the team should be allowed in the locker rooms. Visiting teams should not allow their friends and spectators accompany them into the locker area.
- F. Medical Procedure
1. The home team must have a trained medical personnel available to give immediate attention to injured players from either team.
 2. The home team must have a stretcher available.
 3. The home team must have an immediate access to ambulance and hospital service. It is advisable to have the telephone numbers for those services tagged to the first aid kit.
- G. Awards - see Common to All Sports
- H. Exchange of Rosters and Eligibility Sheets
1. Teams will exchange rosters by mail one week prior to their scheduled game. The information on the roster should be as recommended by the IHSA.
 2. The following information should be on the roster: each player's name (first and last), his jersey in numerical order, and his height, weight, age, year in school, and position as recommended by the IHSA..
- I. Practice Sessions - follow IHSA rules on this matter.
- J. Ties---method should follow those of the IHSA.
- K. All-League Team
1. There will be a meeting of head Football coaches during the week immediately following the completion of the season to select an All-League champion team.
 2. The team will be composed of 22 players, the first place team will have 7 members, second place 5 members, third place 4 members, fourth place 3 members, fifth place 2 members, and sixth place 1 member. Voting would occur for punter and kicker. For publication in papers, players will be listed by school. If a coach does not feel he has enough quality players for his allotment, he may give his extra pick to another coach.

GOLF

- I. General Information—There will be a Conference Golf Tournament. (This is usually held on the Saturday before IHSA regional competition.)
- II. Rules—USGA rules will be followed, except in cases where local rules supersede. Before the golf season begins, it is of utmost importance that the coach stress proper golf etiquette to the players.
- III. Conference Golf Matches
 - A. In Conference play, each team may enter from four (4) to six (6) players (females can be used if the team does not have enough males). The lowest four (4) scores will count toward the team score, and total team score will determine the winner of the match.
 - B. Each golfer will keep the opponent's score as well as the individual's own score. Golfers should compare scores after each hole and at the end of the round. Upon agreement, each golfer should sign the opponent's card.
 - C. Ties
 1. The scores of the number 5 golfer are to be used.
 2. The scores of the number 6 golfer are to be used.
 3. If still tied, the meet shall be declared a tie.
- IV. Extra Players
 - A. Coaches should contact each other ahead of time if they wish to bring extra golfers. Also, if they want to have a JV match as well, this should be communicated before the match between both the schools and coaches.
 - B. By mutual consent, there can be exhibition competition, provided the cost for this is paid by the respective school. The six varsity golfers must be designated before the match begins.
- V. NAC Conference Golf Tournament
 - A. The tournament shall be 18 holes and shall be straight medal (stroke) play with the lowest team total winning the championship.
 - B. The NAC Golf Tournament shall be played on a course as determined by the host school. The host school will be determined by the NAC Athletic Directors. The host school will determine the course and will take care of all of the arrangements.
 - C. Each team may bring six (6) golfers and select the four (4) lowest scores. These scores will determine the team total
 - D. Ties for individual awards will be played off.
 - E. In the event that the NAC Golf Tournament is postponed, it shall be played on the next day that all teams and the course are available.
 - F. Each school is required to provide two (2) adults. These individuals will be used as spotters for the tournament. These individuals can be coaches, athletic directors, school administrators, other school personnel, etc...).
- VI. Awards for the Conference Champion and for individual champions will conform to the conference awards policy.

SOCCER

I. General Information

- A. Each school that fields a soccer team will play each member in their division who also fields a soccer team.
- B. The schedule will be set up by the League secretary. This schedule must be approved by the athletic directors at the meeting before each soccer season.

II. Rules

A. Officials

- 1. Two registered, state certified officials are to be assigned for each game.
- 2. The officials will be paid by the home team.
- 3. The home team must supply a time keeper, scorekeeper and ball boys.

B. Starting Time

- 1. The starting time will be 4:30 pm. (4:45 p.m. @ IMSA).
- 2. Varsity will play first.
Length of games
 - a. Varsity—two 40-minute halves
 - b. Frosh/Soph—two 35-minute halves
 - c. Freshman—two 30-minute halves
- 3. Overtime in varsity contests—IHSA procedures shall be followed in case of needed overtime. – See attached sheet.

C. Preparing the field for games

- 1. The playing field will be lined with non-caustic marking material prior to the game so that players, officials, and spectators will be able to identify the playing area.
- 2. Minimal marking according to National Federation guidelines.

D. Uniforms

The home team will wear white jerseys and the visiting team will wear colored (dark) jerseys unless otherwise agreed upon by the athletic directors.

- E. Awards = League Competition—The league will not provide plaques or trophies for league champions. Instead, the league will provide each school with two large plaques (one for girls' sports and one for boys' sports) on which the individual school can engrave championship teams.

- F. Practice Sessions - follow IHSA rules on this matter.

G. All-Conference Team

- 1. There will be a meeting of head soccer coaches during the week immediately following the completion of the season to select an All-Conference team.
- 2. See attached sheet for All-Conference criteria.

SOFTBALL

I. General Information

- A. Games will be played on weekdays beginning at 4:30 pm unless otherwise arranged by the involved schools.
- B. There will be a double round robin schedule. Games will be played on Tuesdays, Thursdays and double headers on Saturdays.

II. Rules

- A. The rules of the IHSA and the National High School Federation will be followed.
- B. The type of softball to be played will be 12 inch, fast pitch.
- C. Field ground rules of each school must be accepted and discussed before each game.
- D. The game must be officiated by at least one IHSA registered official (2 varsity, 1 F/S).
- E. The 10-run rule will apply after 5 innings if the home team is ahead.
- F. The game will stand 4½ innings if the home team is ahead and the game must be called due to rain.
- G. All games must be completed. Non-league games scheduled for after the start of the season must be dropped in order to play the NAC rescheduled games.
- H. Each team will have a minimum of 10 minutes infield practice to warm-up. The home team will warm up first.

III. All-Conference

A post-season meeting must occur by the coaches in order to select an All-Conference team.

TENNIS

I. General Information

- A. There will be a regular League schedule of home or away matches each year.
- B. There will be a varsity League Tournament held on the weekend preceding the IHSA Sectional tournament.
- C. The visiting coach should call the home coach on the day of their match to finalize playing times and number of participants to be involved in the Varsity and Frosh-Soph matches.
- D. All participants must wear shirts.
- E. The home coach should fax a copy of results to the league tennis chairman.
- F. All rules of the USTA will govern play unless otherwise specified by the PSL handbook.
- G. There will be 5 divisions of play:
 - 1. #1 Singles
 - 2. #2 Singles
 - 3. #1 Doubles
 - 4. #2 Doubles
 - 5. #3 Doubles
- H. Coaches must play their players according to ability in both the Singles division and the Doubles division. (No stacking allowed.)

II. Match Play

- A. The home team will provide at least 2 new USTA approved balls for each match. Yellow Penn or Wilson balls are to be used.
- B. There will be a maximum warm-up period of 10 minutes including serves for all competitors so that play will be continuous when it begins. The home team coach shall be responsible for the observation of this time period.
- C. In case of injury during play, a ten-minute maximum time-out shall be granted. Play should be resumed without any warm-up time. Failure to be able to continue shall result in a forfeit.
- D. Varsity matches will consist of the best of three sets. A ten-minute break may be taken between the second and third sets. When the game score of a set is tied 6-6, a 12-point Wimbledon tiebreaker will be used in all League and tournament matches.
- E. Line ups will be exchanged by the coaches on the day of the match.
- F. The host school should make an effort to provide a minimum of three courts.
- G. Disputed Line Calls - If a player feels he/she is being repeatedly cheated by his/her opponent on line calls or foot faults, his/her first step is to bring this to the attention of his own coach. The plaintiff's coach should inform the opponent's coach of the situation. Both coaches will talk to their respective players in an effort to clear up any problems. If the situation does not improve, one of the two coaches will stand at the net and judge on line calls only if asked by one of the other players. In tournament play, a neutral coach will be assigned this job. Coaches and players should practice sportsmanship and make every effort possible to avoid this situation.

H. Postponements In case of a rainout while a match is in progress:

1. All matches completed will be counted.
2. A match in progress will be continued later at the exact point at which play was interrupted.
3. There will be no substitutions for any match in progress. If a player is missing on the day of a make-up, that individual match will be forfeited. Substitutions in matches not in progress may be made but only with players not appearing on the original line-up card. Players be must be played in order of ability.

III. Tournament Procedure

- A. The tournament director is the PSL Tennis chairman of the tennis committee. The site will be arranged by the chairman of the Tennis committee. A centrally located site with a minimum of 10 (optimum 20) courts is ideal.
- B. The League tournament will consist of 3 singles and 2 doubles, the same as League play.
- C. Four players will be seeded; the remaining players will be drawn by a blind draw. The seeded players shall be bracketed with 1 and 4 in the upper half of the draw and 2 and 3 in the lower half of the draw.
- D. The tournament shall be a closed tournament. This means that Varsity players must play at the tournament position at which they have played a majority of league matches during the season. The coach has the option in the case of equal numbers.
- E. Seeding procedures:
 1. A seed meeting will be held Thursday evening before the tournament at 7:30 pm at the home school of the tournament director.
 2. In singles: A player will receive one point for each regular match victory at the position he/she is entered in the tournament, or at any higher position than his tournament entry. Example: A player is entered at #3 singles. At #3, his/her record is 4 wins and 2 losses. At #2, his/her record is 1 win and 0 losses. For seeding purposes at #3 in the tournament he/she would have 5 points. The player with the highest number of points at each position will receive the #1 seed, and so on through the fourth seed. Other players will be drawn, with the first one drawn going in the upper half of the bracket, and the rest filling in until the draw is completed. Seeding points for a player entered in singles may be earned in singles only. Wins or losses by that player in doubles would not be used in seeding.
 3. In doubles: Each player who plays in a winning doubles match will receive one point for each victory at the position he/she is entered in the tournament, or at any higher position than his/her tournament entry. Doubles play only counts. To seed the team entered in the tournament, add the points of the two entrants. Their combined total shall be used for seeding, with the team receiving the highest point total to be seeded in the #1 position. The rest of the draw shall be completed as previously described in singles.
 4. If two players or two doubles teams have equal records, the most recent winner between the two shall receive the higher seed. If they haven't met, draw for the higher seed.
 5. A team not having its coach or representative at the seeding meeting may result in its team members forfeiting their seed.
 6. All League matches played by the seed meeting date shall be considered for the tournament seeding.

- F. Injuries/Substitutions - If a player is absent or injured at the time of the tournament, the coach may substitute a lesser player at the vacant position, rather than move all players up. For example: If a 1st singles player is injured or fails to show up, you may substitute a poorer player at 1st singles and allow 2nd and 3rd singles to play at their regular positions. If, however, a coach wishes to move players up and substitute at the lower position; that is acceptable also.
- G. The warm-up period for the tournament play will be 10 minutes, including serving time. The Tournament Director shall be responsible to see that this is observed.
- H. Postponement Procedure:
- The Tournament Director and the Tennis Committee will make decisions regarding play in consultation with the other coaches. The Tournament Director should attempt, safety conditions allowing, to play the tournament to its conclusion as scheduled. In case of overnight postponement, all completed matches shall count. All matches in progress will be continued from the point at which they left off. In case of a short delay, matches will resume at the point that play was stopped (after a 10-minute warm-up period). In case of postponement, the rain date will be the Monday following the scheduled Saturday of PSL finals. In case of continued postponement, the PSL will sanction and underwrite indoor tournament play for the Varsity tournament in the event of a rainout on the official rain date. Expenses will be covered by the League.
- I. Tournament Standings:
- The tournament will be a 3-round tournament if 8 schools participate. If the league adds additional tennis teams, rat tail matches will be inserted in the tournament draw, with the first rat tail being a playoff to play the # 4 seed, the second rat tail would be a playoff to play the # 3 seed, etc. The players in the rat-tail match will be chosen by the blind draw from among the non-seeded players. 1/2 point will be awarded for a win in the rat-tail match, and if the rat-tail winner also wins in the first round, his/her team will receive an additional 1/2 point. If the number four seed defeats the rat-tail winner, his/her team will receive 1 point, as do all the other first round winners. Second round and championship round wins will be worth 1 point. First place will be awarded the team with the greatest number of points. Other places are awarded accordingly. 1/2 point should be given for third place in each division.
- IV. Awards - see Common to All Sports
- V. PSL Frosh/Soph Tennis Tournament
- A. A Frosh/Soph tournament will be held two Saturdays before the PSL Varsity tournament. A rain date one Saturday before is optional.
- B. The first committee member (not the tennis chairman) will be tournament director. He/she is responsible to reserve a site with 10 –15 courts and make all tournament arrangements.
- C. The tournament will normally have five divisions (3 singles, 2 doubles) and will be arranged so that there is at least double elimination before a player is through for the day. At the discretion of the tournament director and by vote of the coaches attending, alternate formats for this tournament are permitted as long as each participating school has the guarantee of being able to enter 3 singles players and 2 doubles teams. The primary goal of the tournament should be to give participants as much tournament experience as possible and to give as many players as possible the experience of playing competitive tennis all day. Since not all schools can provide full teams of 7 players, this tournament may be too short and championships meaningless if everyone gets a bye in the first round. Alternate formats may be to play a round robin in a division with only 3, 4, or 5 entrants. With extremely small numbers, it may be wise to combine one or more divisions. In this less rigid format, all individual wins contribute to team points, and within divisions players with the best personal record at the end of the day would receive the

division ribbons. Pro sets and/or no-ad scoring may be used at any point to control the pace of the tournament. An attempt should be made to provide players of championship matches with Team points: 1 point per win in singles, 2 points per win in doubles, ½ point for a win in a third place match. Under the guidance of the director, coaches may decide by vote at the beginning of the day to adjust this around the numbers of participants. A good option is to award 2 points only for an individual's first win in doubles with 1 point awarded for subsequent wins. Coaches must try to develop what is fair since points awarded are greatly skewed when there are small or odd numbers of tournament participants.

- D. Individual ribbons will be awarded for first, second, third, and fourth places.
- E. A player must play in either singles or doubles, not both.
- F. All players must be freshmen or sophomores. Regular varsity players may not participate. Coaches must place their players according to ability.
- G. A meeting to determine the tournament format and to conduct a blind draw, will be conducted by the tournament director on the morning of the tournament.
- H. Two, three or four singles players may be seeded only in the first singles division of the tournament. Two, three or four doubles teams may be seeded only in the first doubles division of the tournament. All seeds are determined by majority vote of the coaches in attendance (one vote per school) and should be based only on head-to-head competition.
- I. Each school will provide 1 can of new tennis balls for each tournament entry. The site director will collect all balls and distribute 2 balls per match.

PSL TENNIS COMMITTEE

The committee for a tennis season consists of three coaches from schools listed alphabetically in order. A coach serves for three years, his/her second year as Frosh-Soph season and tournament coordinator and his third year as Varsity season and tournament chairman. There is a separate committee for boys and girls tennis.

Varsity Tennis Chairman

1. Serves as chairman of the two required tennis coaches meetings: Spring/Fall PSL meeting and seeding meeting. Serves as Varsity Tournament site director.
2. Along with the other two members of the committee rules on disputes concerning season and tournament play.
3. Keeps the official standings of League play and reports the results to the Athletic Directors at the conclusion of the season.
4. Reports the PSL tournament results to the Athletic Directors.
5. Submits proposals by the tennis coaches to change PSL procedures to the Athletic Directors.
6. Reports the results of the tennis season and tournament at the end-of-season athletic banquet of the PSL.
7. Updates the handbook and passes it along to the next chairman.

Frosh-Soph Coordinator

1. Along with the other two members of the committee, rules on disputes concerning season play and tournament play.
2. Serves as coordinator of the Frosh/Soph tournament.
3. Reports tournament results to the Varsity Chairman to be included in the report to the Athletic Directors and for inclusion in the handbook.

Tournament Director Job Description

1. Secure courts and site for tournament
 - a. Reserving courts nine months in advance is not too soon.
 - b. Some sites to consider: Eisenhower, Aurora, Richards, Shepard & Chicago Christian, York, Proviso, etc.
 - c. Make arrangements for rain date for the following Monday for Varsity and the next Saturday for Frosh-Soph.
 - d. 10 courts minimum and 20 courts optimum.
2. Call and chair the seed & draw meeting prior to the tournament. The Varsity tournament seed meeting should be held on Thursday before the tournament at 7:30 PM. F/S tournament seed meeting is conducted the morning of the tournament.
3. Provide draw sheets for the seeding, posters and point sheets for the tournament.
4. Obtain the trophies and awards for presentation on the day of the tournament.
5. Provide directions to coaches and players regarding court assignments, line judging, ball usage, and sportsmanship prior to the tournament.
6. Serve as official scorer for the tournament.
7. Make presentation of awards and trophies at the conclusion of the tournament.
8. Write up the tournament and season summary for the Athletic Directors report and for the handbook.
9. Call the committee to rule on action concerning delay or postponement of the tournament in case of rain.

TRACK

- I. The League champion will be determined by the NAC championship finals only.
- II. The rules of the IHSA and the National High School Federation will be followed.
- III. NAC Finals
 - A. The NAC Finals will take place Friday prior to State Sectionals. In the event of cancellation, the NAC Final will be held the following day, the Saturday prior to the State Sectional. The host school will make the decision of cancellation and will notify the schools of the NAC.
 - B. NAC Finals will score 6 places for all events with the points being ten through one (10-8-6-4-2-1). See National Federation Handbook for scoring.
 - C. Each school is expected to supply two adult helpers for the conference meet.
- IV. NAC Indoor Meet
 - A. These are the traditional events that are held at the NAC indoor track meet. Individual event distances and the order of the events may change based on the venue.

Field events begin (relays consist of best performances of three team members)

 - Shot Put (Girls, Boys)
 - Long Jump (Girls, Boys)
 - High Jump (Girls, Boys)
 - Triple Jump (Girls, Boys)

Girls Frosh-Soph Sprint Medley (400 x 200 x 200 x 800m)

Boys Frosh-Soph Sprint Medley (440 x 200 x 200 x 800m)

Girls Frosh-Soph 1600m Relay (4x400)

Boys Frosh-Soph 1600m Relay (4 x 400)

Girls Shuttle Hurdle Relay (3 x 55m)

Boys Shuttle Hurdle Relay (3 x 55m)

Girls 800m Relay (4 x 200)

Boys 800m Relay (4 x 200)

Girls Distance Medley (800 x 400 x 1200 x 1600m)

Boys Distance Medley (800 x 400 x 1200 x 1600m)

Girls Shuttle Sprint Relay (3 x 55m)

Boys Shuttle Sprint Relay (3 x 55m)

Girls 3200m Relay (4 x 800)

Boys 3200m Relay (4 x 800)

Girls Varsity Sprint Medley (400 x 200 x 200 x 800m)

Boys Varsity Sprint Medley (400 x 200 x 200 x 800m)

Girls Varsity 1600m Relay (4 x 400)

Boys Varsity 1600m Relay (4 x 400)
 - B. Awards - See Common to All Sports
 - C. No team standings will be kept.

Outdoor League Meets—events

Girls

Discus
Long Jump
Shot Put
Triple Jump
High Jump
Pole Vault
3200m relay
400m relay
3200m
100m high hurdles
100m
800m
800m relay
400m
300 low hurdles
1600m
200m
1600m relay

Boys

High jump
Pole vault
Discus
Long jump
Shot put
Triple jump
3200m relay
400m relay
3200m
110m high hurdles
100m
800m
800m relay
400m
300m low hurdles
1600m
200m
1600m relay

VOLLEYBALL

I. General Information

- A. Pre-season conference meeting will be held to confirm matches, freshman team status, and upcoming tournament procedures. Each school must send a coach or valid representative.
- B. Matches will be played on Tuesday and Thursday nights with the JV match beginning at 5:00 pm, unless otherwise agreed upon. Varsity match will follow after the conclusion of the underclass match.
- C. NAC athletic directors will determine the conference schedule.
- D. The regular season schedule will consist of a single round robin.

II. Levels of Play

- A. JV: open to freshman, sophomores, juniors, or seniors.
 - a. Because of low numbers, there could possibly be occasions when some less skilled juniors and seniors could be participating.
- B. Player limitations
 - a. Per IHSA rules; there is no limit on a single night, however there is a season individual limitation; page 78, by-law 5.293. See explanation below.
- C. Varsity: open to all athletes.
 - a. If numbers are low, the coaches will let one another know before the match that the use of players from the underclass game is a possibility.

III. Match Play

- A. No other team may practice during a match.
- B. A (4-4-4-4) warm-up period will be used. This follows the IHSA rules.
- C. There will be a break between the JV and Varsity match. This will be used for warm-ups. The visiting team uses the first 4 minutes; see (B) above.
- D. All JV and Varsity matches will be officiated by two registered officials.
- E. All timers and scorers should be faculty members or responsible adults/students. There must be a visible scoreboard for each match.

IV. Tournament Procedure

- A. The tournament will take place on one day, Saturday.
- B. For the NAC Tournament teams will be seeded with the conference season records to be used as guidelines. In case of tie, head to head competition will determine ranking.
- C. Tournament format:
 - a. To be determined

- V. All-Conference Team Selection
- A. Coaches are to note exceptional players throughout the season.
- B. At the NAC tournament, coaches give to the chairperson lists of two twelve-women teams as follows:
1. All-conference - twelve players not on your team. Each player receives two points. Twelve players including your own. Each player receives one point (1 pt.)
 2. Special Mention - anyone receiving an All-opponent and All-conference vote.
 3. Honorable Mention - to others nominated only for honorable mention.

Explanation of Player Limitations for Volleyball Season:

- Students who participate on a school squad in Girls Volleyball may participate in:
 - Seventy-two (72) games and no tournaments, exclusive of the IHSA series; or
 - Sixty-six (66) games plus one (1) tournament, exclusive of the IHSA series; or
 - Sixty-three (63) games plus two (2) tournaments, exclusive of the IHSA series; or
 - Fifty-seven (57) games plus (3) tournaments, exclusive of the IHSA series; or
 - Fifty-four (54) games plus (4) tournaments, exclusive of the IHSA series.

Note: Participation in a game or tournament shall mean that a student actually competes (regardless of the length of time) in the contest.

OFFICIALS' FEES

- I. Football
 - A. \$100 per official Varsity and Sophomore game--5 man crew
 - B. \$60 per official One Varsity game
 - C. \$50 per official Single Freshman game—3 man crew (each school will pay on their own)

- II. Volleyball
 - A. \$50 Varsity, one match, two officials
 - B. \$75 Varsity plus Sophomore, two matches, two officials
 - C. Tournament:
 - \$90 3 matches
 - \$120 4 matches

- III. Basketball—per official
 - A. \$60 Varsity (2 officials)
 - B. \$55 Varsity (3 officials)
 - C. \$50 Preliminary game, Frosh/Soph or JV
 - D. \$80 2 games, Varsity and Sophomore

- IV. Baseball
 - A. \$100 Varsity, single game, one umpire
 - B. \$50 Varsity, single game, two umpires
 - C. \$100 Varsity, double header, two umpires
 - D. \$55 Lower level, single game, one umpire
 - E. \$45 Lower level, single game, two umpires
 - F. \$110 Lower level, double header, one umpire
 - G. \$90 Lower level, double header, two umpires

- V. Softball
 - A. \$100 Varsity, single game, one umpire
 - B. \$50 Varsity, single game, two umpires
 - C. \$100 Varsity, double header, two umpires
 - D. \$55 Lower level, one game, one umpire
 - E. \$45 Lower level, one game, two umpires
 - F. \$110 Lower level, doubleheader, one umpire
 - G. \$90 Lower level, doubleheader, two umpires

- VI. Track
 - A. Starter: Indoor meet, \$150; outdoor meets \$150 per meet
Clerk of Course = \$50.00

- VII. Soccer
 - A. \$60 Varsity, single game, two officials
 - B. \$55 Frosh/Soph or JV, single game, one official

ADMISSION FEES

- I. Football Left up to individual schools
- II. Soccer Left up to individual schools
- III. Boys' Basketball Left up to individual schools
- IV. Girls' Basketball Left up to individual schools
- V. Girls' Volleyball
 - A. Regular season Left up to individual schools
 - B. Tournament \$5 for adults and \$3 for students - \$15 for family (2 adults/3 students)
 - C. Attendance at just the finals of tournament
- VI. Track and PSL Relays \$5 for adults and \$3 for students - \$15 for family (2 adults/3 students)