

2017-18

**UPPER SNAKE
RIVER VALLEY
CONFERENCE
PACKET**

Eagle Rock Middle School
Madison Junior High School
Mountain View Middle School
Rigby Junior High School
Rocky Mountain Middle School
Sandcreek Middle School
Taylorview Middle School

Updated 11/2/17

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UPPER SNAKE RIVER VALLEY CONFERENCE CONSTITUTION

ARTICLE I - NAME

This organization shall be known as the Upper Snake River Valley Conference.

ARTICLE II - PREAMBLE

We, the members of the Upper Snake River Valley Conference, in order to form a junior high school/middle school activity organization, establish this constitution for the purpose of fostering wholesome interscholastic activity among the member schools and to facilitate all the interactions/activities of the member schools.

ARTICLE III – MEMBERSHIP

Membership of the Upper Snake River Valley Conference includes the seventh and eighth grades of the following schools:

Eagle Rock Middle School
Madison Junior High School
Mountain View Middle School
Rigby Middle School
Rocky Mountain Middle School
Sandcreek Middle School
Taylorview Middle School

The privilege of membership may be taken from any member school failing to uphold the regulations and commitments of the Conference. Denial of membership will be determined by a majority vote of Conference membership.

New members may be added to the Conference upon application and approval by a majority of the member schools.

ARTICLE IV – OFFICERS-EXECUTIVE

Section I: Officers

The officers of the organization will be the President, Vice President (President-Elect), Executive Secretary, and Treasurer. Each position will follow the Presidential rotation schedule with the exception of the Treasurer.

Presidential Rotation

2016-17	Rocky Mountain
2017-18	Eagle Rock
2018-19	Rigby
2019-20	Sandcreek
2020-21	Taylorview
2021-22	Madison
2022-23	Mountain View

Section II:

- A. The President of the Conference (or their representative) will preside over all Conference meetings and provide leadership in all of the business related to it. The President will be an administrator of the member school.
- B. In the absence of the President (or their representative), the Vice-President will preside over the Conference meetings.
- C. The Executive Secretary will take the minutes of the Conference meetings and e-mail the minutes to the school representatives.
- D. Treasurer will maintain the Conference funds, and make appropriate payments to satisfy its bills. A financial report will be made to the membership at the first and last meetings of each school year. Will also complete conference scheduling.
- E. Tournament/Championship Rotations (Rotations Changed 2/10/15) Changes dependent on facility availability

	<u>Volleyball</u>	<u>Wrestling</u>	<u>Basketball</u>	<u>Track</u>	<u>Cross Country</u>
17-18	Madison	Rocky Mt.	District 93	Taylorview	Rigby
18-19	Rigby	Taylorview	District 91	Madison	Eagle Rock
19-20	Mt. View	Eagle Rock	District 93	Rigby	Rocky Mt.
20-21	Taylorview	Mt. View	District 91	Eagle Rock	Mt. View
21-22	Sandcreek	Madison	District 93	Rocky Mt.	Sandcreek
22-23	Eagle Rock	Sandcreek	District 91	Mt. View	Madison
23-24	Rocky Mt.	Rigby	District 93	Sandcreek	Taylorview

- E. 2017-18 Meeting Schedule (dates chosen by members, location TBD)
 (These are the approximated dates that we have met in the past)
 September 12
 October 10
 December 5 - track schedule (current year)
 February 6 – preliminary schedules for next year
 March 13
 April 24 – finalized schedules

ARTICLE V – FINANCES

Section I: Conference Dues

All member schools are assessed annual dues by the Sixth District Board of Control. This amount is set at \$100.00 per school year by the Board of Control. It covers the cost of assigning officials and handling Junior High matters. Make check payable to Sixth District Activities Association. Please mail check to Glenn Romney at Ririe High School

USRVC dues will be \$100.00 per school, Scheduling Fee will be \$30.00 per school. Tournament dues will be \$200.00 per school. Make check for \$330.00 payable to Upper Snake River Valley Conference and mail to Kerry Martin, 601 S Holmes, Idaho Falls ID 83401. The deadline for Conference dues is October 1. Late dues will be assessed a 10% penalty.

The Conference Treasurer will send a check for \$400.00 to each school hosting a volleyball, wrestling and track tournament. This money will be combined with the gate money to pay tournament expenses. If expenses exceed the income, the host school is responsible to cover the cost. When tournament income exceeds the expenses, the host school will receive 50% of the profit. The remaining profit will go into the Conference account.

Any remaining monies, after costs, from the USRV basketball conference tournament will be split evenly amongst member schools. Host School will provide final financial statement of the event.

Section II: Admissions

Admission, when charged will be as follows:

A.	<u>Regular Season Events</u>	
	Adults	\$4.00
	Students (without activity cards)	\$3.00
	Students (with visiting cards)	\$3.00
	Home School Students (with card)	free
	Elementary Students	free
	Seniors (over 60)	\$3.00
B.	<u>Tournaments</u>	
	Adults	\$5.00
	Students (without activity cards)	\$5.00
	Students (with cards)	\$3.00
	Elementary Students	free
	Seniors (over 60)	\$2.00

ARTICLE VI

Section I: Activities

The Upper Snake River Valley Conference will sponsor, and every member school will participate in, activities accepted by the membership of the Conference. Schools eligible to participate in Conference activities that will not be participating must submit a written notification of such and state the reasons why they cannot participate.

Section II: Schedules

All schedules will be drafted and approved at the spring scheduling meeting.

The approximate season dates will be as follows: Actual dates of first practice is listed on conference schedules.

Aug. 14 – Oct. 14	Volleyball/Cross Country
Oct. 09 – Dec. 09	Wrestling
Jan. 2	Basketball Tryouts
Jan. 2 – Feb. 28	Boys' Basketball & Girls Basketball
March 5 – May 11	Track and Field

Open gyms following IHSAA out of season rules are permitted, meaning the rule of two is in effect.

All activities will begin at such time as to allow the visiting team travel, dressing, and warm-up time. Extenuating circumstances may cause changes by the mutual consent of the involved parties.

Section III: Rules and Regulations

The Conference will use the rules and regulations of the Idaho High School Activities Association as a guide to govern the conference. Any variances from such rules must be approved by the USRV conference and written into the conference **constitution**. All additional specific rules governing individual sports as established by the Conference shall appear in the bulletin in the proper sports area. Seventh and eighth graders will be governed under the same rules. (There will be a few minor exceptions.)

USRVC does not allow dual participation during any athletic season. Dual participation is defined as practice and/or competition with any group outside the school that involves scoring, timing, officiating. Athletic season is defined as the date of the first opportunity to practice through the end tournament date.

USRVC feels that dual participation allows an unfair advantage for those students who are allowed to participate with an outside group. This would be unfair to our own league members

who follow these guidelines. Students who violate this rule will be ineligible for the next regularly scheduled contest plus an additional regularly scheduled contest per infraction. Students who violate this rule a 2nd time will be ineligible the remainder of the students USRVC athletic tenure. (Contest is defined as but not limited to game, date, or event)

Rule 8-1: Academics

Rule 8-1: *To be academically eligible for athletics, a student must be enrolled full-time in his/her school.....and have received passing grades and earned credits in the required number of courses during the previous reporting period. Equivalency is determined by the following criteria:*

<i>4 classes available</i>	<i>must pass at least three</i>
<i>5 classes available</i>	<i>must pass at least four</i>
<i>6 classes available</i>	<i>must pass at least five</i>
<i>7 classes available</i>	<i>must pass at least five</i>
<i>8 classes available</i>	<i>must pass at least six</i>

Note: Schools may adopt stricter academic eligibility policies.

Rule 17-2-4: Use of Protective Equipment

IHSAA member schools should be aware of Rule 17-2-4 concerning the use of protective equipment at clinics/camps. The Board of Directors has amended the rule to allow schools to use their own protective equipment at camps and clinics upon a written request from the trustees of the school. The amended rule and interpretation is as follows:

Rule 17-2-4: *No school-owned uniforms and/or protective equipment may be used without written permission from the IHSAA. Permission will be granted for a school to use their own protective equipment in a camp or clinic for a period of one week upon written request from the trustees of the school. Schools are not allowed to rent protective equipment to students, camps or clinics without written permission from the trustees of the school. Included in the request shall be a statement of recognition that IHSAA sponsored catastrophic insurance provided no coverage for the activity and any liabilities rest solely with the school/camp/clinic.*

Section IV: Practice and Team Selection:

There is to be no practicing or team selection except during the outlined sport season when the team is to be selected and play will occur within the time frame outlined.

Section V: Emergency Closure Policy

When either a host or visiting school declares an emergency school closure due to inclement weather, participation in extra-curricular activities during the school closure will be in accordance to the participating schools' District Policies. 10 Day Practice rule may be amended for unforeseen circumstances. Conference members will be notified a situation arises.

ARTICLE VII – AWARDS

Trophies will be given for Conference Championships only.

Trophies will be presented to the winning teams in the following activities:

*7-8th Grade – Volleyball, Boys’ Basketball, Girls’ Basketball, Track, Cross Country, Wrestling

**Note: Medals will be awarded to the first place winners in wrestling and track. Ribbons will be presented to all other place winners. Top ten finishers in boys and girls cross country will receive medals.*

ARTICLE VIII – STANDARD OPERATING PROCEDURES

Section I: Standard Operating Procedures

- A. Rules governing Conference play will be those supplied by the National Federation, and the Idaho High School Activities Association, unless otherwise stipulated in the USRV Conference Constitution.
- B. USRV will work with the sports commissioners and/or BYUI to supply officials. It is the responsibility of the home team to assure officials for their contests.
- C. All game management personnel will be supplied by the host school and should be adults. The official book should be done by an adult. Students should not be used.
- D. Other Conference rulings will be printed in the bylaws and general information section of this document for each sport.
- E. Schools are required to send a representative to the rules clinic sponsored by the IHSAA. Rule changes for each sport will be discussed and coaches need to be present.
- F. When traveling to away games and in the case where the use of a locker room is required, the visiting team’s coaches and the host school’s supervisor will review the conditions of the visiting team locker room prior to the time that the visiting players use the room. This is to insure the locker room stays in the same condition as it was prior to use by the visiting.
- G. Coaches **CANNOT** make rule changes at Coaches Meetings. Rule changes are made by the conference only. This includes all sports.

Section II: Sportsmanship

The Upper Snake River Valley Conference considers athletics to be an extension of the classroom and that lessons are best learned when the proper respect is accorded to all. Please let your GOOD SPORTSMANSHIP show during the contests and unite with us in our efforts to promote good sportsmanship.

Good sportsmanship means supporting your team in a positive manner, cooperating enthusiastically with your cheerleaders, respecting the judgment of the officials and treating opposing players, coaches and fans with courtesy and respect.

There is absolutely no place in athletics for team members or coaches to use, obscene gestures or language, or other obnoxious behavior, and it will not be tolerated. If you choose to display this type of conduct, please expect to be asked to leave the game.

Section II: Penalties

Purposes:

To provide guidelines for the Upper Snake River Valley Conference to implement action against member schools or schools violating the Conference rules, standards, procedures and/or constitution.

Protest:

It shall be the policy of the conference not to recognize protests concerning contest decisions made by the sports officials. These decisions are final and may not be protested.

Any concerns from a coach or athletic director must be submitted by their principal.

When there is a genuine question or concern about an administrative decision, i.e., the use of a possible ineligible contestant, contest procedures, or items which have a direct bearing on the contest, these procedures are to be followed:

- A. The principal of the offended member school should conduct an investigation into the matter. It is recommended for the good will of the Conference membership) that this principal then visit with the principal of the school wherein the concern originated to seek an understanding/resolution to the concern.
- B. If no understandings/resolution results from this meeting, the principal of the offended school can refer the concern to the Conference membership in a special or regularly scheduled meeting of the Conference. Six or more member schools must be in attendance at this meeting. The action taken by the Conference members is final and the matter is deemed resolved.

- C. A concern/protest must be made during the sport season wherein the concern originated, i.e. it cannot be carried from one sport or school year to the next.

Section III: Types of Penalties

Only three (3) penalties or combination of penalties may be imposed by the Conference:

- Verbal Warning
- Monetary fine levied against the offending school.
- Forfeiture of the contest, awards to the opponents, and forfeiture of Conference Championship

It should not be the intention of the Conference to remove a member school from association with the conference. This type of action would be discussed only in the most serious action.

It is the purpose of this Conference to promote good will, sportsmanship, and harmony between the member schools, athletes, cheerleaders, and patrons. We are in the business of providing a format for friendly competition between schools.

ARTICLE IX - BYLAWS

Section I: Volleyball

- A. Rules governing Conference play will be those supplied by the National Federation and the Idaho High School Activities Association.
- B. Seventh/Eighth grade teams will be divided into the following divisions:

Match Division – This division will consist of the team’s top players and will compete on a 2 of 3 format with win/loss to determine conference standing and conference tournament seeding. 3rd game is to 15 points. The winning team must win by 2 points. Players from the competition division may play on the conference tournament team.

Competition Division – This division will allow all team members to compete. A starting player from the match division may not play in the competition division. Match division players may play in the competition division. The intent is to give all players quality playing time. These players will play 2 of 3 games. 3rd game is to 15 points. The winning team must win by 2 points.

Match division = 2 of 3 format = A Team
Competition division = 2 of 3 format = B Team

All matches will be played on one net, with one official. With this change teams should only need one coach and schools will only pay one official. (12/2011)

- C. Teams may play 16 dates total, not to exceed 4 tournaments. (2/2012)
- D. Conference championship of each division will be determined by a tournament at the end of the season. Seeding will be determined by conference match division win/loss. Conference tournament games will use the 2 of 3 format with 25 point games, the deciding game being 15 points.
- E. All non-playing team members must remain on the bench during the entire match.
- F. 7/8 grade teams will play with the 7’4” net.

Section II: Cross Country

- A. Coaches will adhere to the Fall Practice guidelines as outlined in the IHSAA Rules and Regulations.
- B. Cross country runners are not permitted to participate in road races, fun runs, marathons, etc. during the season, which is from the official start date of the

season though the second Friday in October. (Refer to Dual Participation Rule).

- C. Cross country will include 7th and 8th grade competition only. (Sixth grade students will be allowed to practice with the team but are not allowed to compete).
- D. The winning team and the top 10 individuals (boys and girls) will be recognized at the conference meet.

Section III: Wrestling

- A. 6th/7th/8th grade weights: 75, 82, 89, 95, 100, 105, 110, 115, 121, 127, 134, 142, 150, 160, 175, HW (250 maximum)

Note – by Conference rules, wrestlers will be allowed an additional pound after Thanksgiving.

- B. Football practice time will not count for wrestling practice time.
- C. Weigh-ins will be conducted before 9:00 a.m. at the individual schools. An Administrator must be present and sign off on the form.
- D. USRVC teams may allow 6th grade participants. The inclusion of 6th grade students was ratified September 2014. Note for 6th grade participants: Must live in residential area of school if considered a non-traditional student. Other issue was they cannot participate in school and club programs simultaneously.
- E. Seeding criteria
 - 1. Head-to-head competition
 - 2. Overall varsity record at the weight
 - a. 3 scratch weigh-ins minimum
 - b. 5 varsity matches at that weight are required to use this criterion for seeding.
 - 3. Common opponent
 - 4. Overall varsity record
 - 5. Coin flip
- F. Rules governing Conference competition will be those supplied by the national Federation, the Idaho High School Activities Association, and adjustments made by the Conference.
- G. All wrestlers must have 10 days of wrestling practice before they can compete in a match. All wrestlers competing in the conference tournament must have three weigh-ins at the weight they will compete in at conference. All three weigh-ins must be at the scratch weight, i.e. a 125 lb. wrestler must weigh in three times at

125 pounds, not 126. Any wrestler competing in the conference tournament must have begun practice before Thanksgiving.

- H. The hair length rule and high-top shoes rule will be enforced.
- I. A wrestler may have 12 dates. Example:
 - dual meet = one date
 - tri-meet = one date
 - double dual = one date
 - 1 day tournament = one date
 - 2 day tournament = two date
- J. Wrestlers are limited to 5 matches per day maximum.

Section IV: Basketball (Boys and Girls)

- A. Players are limited to a 7 week regular season of 16 games. An end of season conference tournament will not count as part of the 16 allowed games.
- B. Conference championships will be determined by Conference Tournament
- C. Eighth grade teams will play four eight-minute quarters.
- D. Rules governing play will be those supplied by the National Federation and the Idaho High School Activities Association.
- E. Coaches boxes should be clearly marked, and shall have a length of 14 feet. An X should be placed in front of the scorers' table indicating where players should check in.

Section V: Track

- A. Team – each member school will sponsor a seventh/eighth grade team.
- B. Teams may have a total of 7 dates plus the conference meet. (2/12)
- C. Order of Events

The boys and girls are combined with the 7/8th girls running first, then 7/8th boys.

- 1. **Running Events**
 - a. Hurdles – 100 meters, 30” girls, 100 meter, 33” boys
 - b. 800 meter relay (4 x 200)
 - c. 100 meter dash
 - d. 800 meter run

- e. 400 meter relay (4 x 100)
- f. 400 meter dash
- g. medley relay (girls: 100-100-200-400 meters)
(boys: 200-200-400-800 meters)
- h. 200 meter dash
- i. 1600 meter run
- j. 1600 relay (4 x 400)

2. **Field events**

- a. shot put (girls than boys)
- b. discus (boys than girls)
- c. long jump (boys than girls)
- d. high jump (girls than boys)

Regular meets will be for 4 attempts with the exception of the high jump which gets 3 per height. For Conference meet only athletes will only get 3 attempts in field events.

D. Running a meet

1. Assign a coach or knowledgeable person the task of Clerk of the Course. This person should have contact with the athletes two events ahead of the starter. The clerk will call the contestants for a particular event together, decide how many heats need to be run, give lane assignments, general instructions, and information for that event.
2. For most meets, limit the number of heats to three per event, per grade level, per boy/girl divisions. The number of lanes the track has will determine the amount of entries. Distance events can generally handle unlimited entries.
3. Utilize coaches and adults from visiting teams to help officiate. Let them know in advance so that they can be prepared to do the job you would like them to perform.
4. Assign an adult the task of scoring the meet. The person should be somewhat away from the hassle of the finish line. The results of events should go immediately to the scorer upon the conclusion of the event, with names, places, time/distances, and schools listed in a manner that the scorer can easily record the results.
5. In most meets, give all competitors four attempts in throwing and jumping events (high jump get three tries per height). This will cut instruction time in half. In the high jump, the younger jumpers can start at a lower height and the better jumpers can enter as the bar is raised.

6. Track shoes with $\frac{1}{4}$ " or less, spikes will be allowed.
Football/soccer/turf-style shoes will not be allowed on all weather tracks for junior high meets.

E. Size of Implements To Be Used

Shot Put: Boys = 8 lbs.
Girls = 6 lbs.
A 7-foot circle with a 40 degree sector

Discus: Boys & Girls = 2 lbs. or 3.724 oz. (1kg)
An 8-foot 2 $\frac{1}{2}$ inch circle with a 40 degree sector is used.
(changed to a 40 degree in 1992)

F. Minimum Standards (to measure for the conference track meet)

Girls' shot	25 feet
Boys' shot	33 feet
Girls' discus	60 feet
Boys' discus	80 feet
Girls' long jump	13 feet
Boys' long jump	15 feet
Girls' high jump	3' 10"
Boys' high jump	4' 4"

G. Scoring

Two teams = 5-3-1 points	relays 5
Three teams = 5-3-2-1 points	relays 5-3
Four teams = 6-4-3-2-1 points	relays 6-4-2
Five teams = 8-6-4-2-1 points	relays 8-6-4-2
Six teams = 10-8-6-4-2-1 points	relays 10-8-6-4-2
Seven or more (6 scoring) = 10-8-6-4-2-1	relays 10-8-6-4-2-1

H. Relays

- 400 meter relay (4x100 meters) is run in assigned lanes the entire race. No "cutting for the pole" is allowed as the race uses a two turn staggered start. Runners may use the acceleration zone to establish their starting marks. The baton must be passed within the exchange zone.
- 800 meter relay (4x200 meters)
If lanes are marked for this race all runners will stay in their lanes. Thunder, Ravsten, Skyline, Madison and Rigby have marked lanes.

If lanes are not marked the first two runners must run in their assigned

lane and may not “cut for the pole”. Third and fourth runners may “cut” to the inside lane after they have received the baton and are clear of any other runners. Runners may use the acceleration zone to establish their starting marks. The baton must be passed within the exchange zone.

3. Medley Relay Girls (100-100-200-400 meters) the first three runners must stay in their lanes. The fourth runner may cut for the pole after receiving the baton and can do so without interfering with another runner. Runners are allowed to use the acceleration zone.

Medley Relay Boys (200-200-400-800 meters) the first runners must run in their lanes. The third and fourth runners may cut for the pole after receiving the baton and clearing other runners. Lane assignments for the starting of the third and fourth runner are determined by the place the team is in at that point. (1st place = land one, 2nd place = land two, etc.) The 800 meter runner may not use the acceleration zone, all other runners may.

4. 1600 Meter Relay (4x400) is the first runner must run in the assigned lane. Second, third and fourth runners may cut for the pole after receiving the baton and clearing other runners. Lane assignments for the starting of these runners is determined by the place the team is in at that point as described in the boys’ medley relay.

I. Hurdles

1. Girls: The girl’s race is 100 meters in length with 10 hurdles 30” in height. From starting line to the first hurdle is 42’8” (13 meters), 27’ 10 ¾” (8.5 meters) between hurdles and 34’ 5 1/2 “ (10.5 meters from the last hurdle to the finish line. These are the same spacing’s used by the High School girls.
2. Boys: The boy’s race is 110 meters in length with 10 hurdles 33” in height. From the starting line to the first hurdle is 15 yards, 10 yards between hurdles and 15 yards from the last hurdle to the finish line. These are the same spacing’s used by the High School boys.

J. Conference Championship Track Meets

1. The Conference Championship track meet should rotate among Conference schools and be conducted on an 8-lane track.
2. The Conference meet will be scheduled on a Wednesday and Thursday with preliminary heats run on Wednesday and finals run on Thursday. Field events will be completed on Wednesday.
3. Sprinting Events: Limit of four athletes per school per event (hurdles,

100, 200, 400)

4. Distance Events: Limit of top 4 from each school (800 and 1600)
 - a. The final heat in both events will consist of the top 16 times.
 - b. The first (and possibly second) heat(s) will contain the rest of the entries regardless of time. If more than 32 runners the heats will be evenly divided into two heats.
5. Field Events: Limit of four athletes per school per event
6. Relays: One entry per school
7. Format:
 - a. Athlete names and times should be sent to the host school after the final track meet for preliminary work on the seeding of athletes.
 - b. Seeding meeting will be held no later than the night before the meet where substitutions can be made.
 - c. Another athlete for the same school may replace athletes from that school.
 - d. **NO SUBSTITUTIONS ON THE DAY OF THE MEET**

8. **Preliminaries – on Wednesday**

Hurdles
100 Meter Dash
Final – 1600 Meter
200 Meter Dash
Final – Medley Relay
Final – All Field Events

Finals – on Thursday

Hurdles
4x200 relay
800 meter run
100 Meter Dash
15 minute Break
4x100 meter Relay
400 Meter Dash
200 Meter Dash
4x400 Meter Relay

Awarding of Trophies

Updated 10/1/17