



VS

**Constitution, By-Laws  
&  
Game Management Guidelines**

**2016-2017**

Revised 5/20/16

# Constitution, By-Laws & Game Management Guidelines

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# INTERVALLEY LEAGUE CONSTITUTION

## *Article I*

### **NAME**

- A. This conference shall be known as the Intervalley League.

## *Article II*

### **PURPOSE**

- A. The purpose of this organization shall be to provide joint promotion of:
  - 1. Interscholastic sports among the participating schools.
  - 2. Other in-school activities that the conference may select.
  - 3. The general welfare of students in the conference.
  - 4. Proper sportsmanship by all interested parties.

## *Article III*

### **MEMBERSHIP**

- A. The official name of the league will be the **Intervalley League**. The current membership is as follows:

**Emmett, Jefferson, Middleton, Syringa, Kuna, Mtn. Home,  
Nampa South, Treasure Valley Catholic Schools, Nampa West, East Valley, Lone  
Star, Sage Valley & Vallivue**

- A. Divisions may be adjusted to accommodate issues such as numbers, philosophy, or program changes as deemed necessary by the Board.
- B. Schools may become full members upon approval of the Intervalley League Board.
- C. Withdrawal from the conference is upon approval of the Intervalley League Board.

*Article IV*

**REPRESENTATION**

- A. The official representative of each conference school shall be the principal and/or their designated representative.
- B. There shall be one (1) vote per member school.
- C. A simple majority plus one (1) is needed for approval of voting issues.
- D. A quorum of one-half is needed for voting issues.
- E. In special circumstance an Executive Board may be called. In addition to the officers, the Executive Board must consist of at least one at large representative.

*Article V*

**BOARD**

- A. Membership of the board shall consist of the voting members as defined in Article IV.
- B. The officers shall be the President, the Executive Secretary and the Recorder. The term of office shall be two (2) years.
- C. Appeals/Interpretation Committee
  1. Membership shall consist of the President, Executive Secretary, an at large member and an alternate.
  2. The alternate shall be used in cases of conflict of interest or unavailability of a Committee member.
  3. The terms of the at large member and the alternate shall be one year.
  4. Duties consist of discussing and/or solving league problems that may arise between regularly scheduled meetings.
  5. Appeals concerning the outcome and/or placement of runners at the District Track Meet must be made at the meet, otherwise results will stand.

- D. Members may be elected for more than one (1) term.

*Article VI*

**DUTIES OF OFFICERS**

- A. It shall be duty of the President or his designee to:
  - 1. Preside at all meetings of the League.
  - 2. Represent the League at all public occasions.
  - 3. Appoint all necessary committees.
  - 4. Perform any other duties delegated to him by the board.
  - 5. Accumulate and disperse weekly record results. (This duty may be delegated to other member schools.)
  - 6. Act as the rules interpreter for the League.
  
- B. It shall be the duty of the Executive Secretary to:
  - 1. Send all schedules to member schools.
  - 2. Conduct all correspondence of the League, including notices of the meetings to all League schools.
  - 3. To disperse all monies collected by the League for its various activities.
  - 4. Keep the minutes of all conference meetings.
  - 5. Purchase and distribute all League awards to the proper members.
  
- C. It shall be the duty of the Recorder to:
  - 1. Record all changes in the League bylaws and game management guidelines.
  - 2. Send updates to member schools.
  - 3. Provide updated copy of the constitution, by-laws, and game management guidelines to each member school at the beginning of the school year.

*Article VII*

**FEES AND EXPENSES**

- A. Each member school shall pay an annual fee of \$200.00. This fee will be

reviewed and assessed annually.

- B. Official funds may be used to pay expenses approved by the League members for League business.
- C. Fees will be determined at the spring meeting.
- D. Schools participating in the Academic Bowl will submit a \$50.00 check to the league to cover the cost of question preparation. The League will pay an additional \$50 per school raising the amount paid for question preparation to \$800.
- E. A general secretary at the school of the League Executive Secretary will be paid an annual fee of \$75.00 for typing by-laws and schedules. The President and Recorder will be paid an annual fee of \$75.00.
- F. The Executive Secretary shall be compensated for telephone, paper, postage, and miscellaneous expenses upon submission of itemized billing.
- G. The tournament hosts will pay all officials and workers from the gate receipts. If there is money left over, it will be sent to the league. If the gate does not cover all expenses the league will cover the difference.

### *Article VIII*

### **AMENDMENTS**

- A. This constitution may be amended by member schools of the League if:
  - 1. Notice of the proposed amendment is received by the President in sufficient time to notify and be submitted to the member schools at least two (2) weeks prior to a regularly scheduled league meeting.
  - 2. The amendment is ratified by three-fourths of the League schools.

# INTERVALLEY LEAGUE BY-LAWS

## I. League Alliance

A. The League shall participate in:

1. Football 7<sup>th</sup> and 8<sup>th</sup>
2. Volleyball 7<sup>th</sup> and 8<sup>th</sup>
3. Basketball 7<sup>th</sup> and 8<sup>th</sup>
4. Cross Country 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>
5. Wrestling 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>
6. Track 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup>
7. Tennis 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>
8. Academic Bowl 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup>

B. Schools may elect not to participate in all sports. However, every school should strive to participate in as many League activities as possible.

C. Any school that plans to not participate in a program must notify the Board in advance and prior to the spring scheduling meeting.

D. If a team is unable to participate according to their assigned schedule the contest will stand as a forfeit.

## II. Awards

A. There will be League tournaments/championships held in all sports. Gate receipts will be used to cover the expenses of the tournament including officials. Gate profits will be turned into the league. If expenses are more than the gate receipts, the league will cover the extra cost.

B. The Board will purchase all trophies and issue individual awards in wrestling, track, cross country, and tennis. In the cases of cross country and tennis where no gate is possible, the league will pay the hosting school the tournament director's fee as \$10 per participating school.

- C. Individual awards will be provided for cross country (1-9), tennis (1-4), wrestling (1-4) and track (1-6).
- D. The League will purchase championship, runner-up and 3<sup>rd</sup> place plaques for all activities. If less than half of member schools participate, only 1<sup>st</sup> and 2<sup>nd</sup> place plaques will be presented.

### **III. Game procedures for gyms or field areas**

- A. The Board of Control forbids schools sending rooster buses and/or cheerleaders to games with the exception of tournament play.
- B. Tournament Fees:
  - 1. Adults- \$5.00 Seniors \$2.00 Children K-5 \$1.00. Pre K-- Free
  - 2. Middle and High School Students- \$2.00 (w/ Activity Card)  
\$3.00 (w/o Activity Card)
  - 3. Cheerleaders in uniform will be admitted without charge.
  - 4. Bus drivers will be admitted free into games.
  - 5. Coaches with IHSA/SIC passes will be admitted free.
  - 6. Teachers and school staff, with member school ID badge, plus 1 guest get in for free
- C. A major goal of the League should be to maintain a high standard of sportsmanship.
  - 1. Every effort should be made to extend courtesy to opponents and officials by school personnel, students and the community.
  - 2. It is the responsibility of each school to see that all sports activities are well supervised and that good sportsmanship prevails at all times.

### **IV. Game procedures for administrators and coaches**

- A. Any game scheduled between two (2) schools must be played on the date scheduled or the game will be counted as a forfeit unless mutual agreement is reached by both schools.
- B. Athletic contracts are to be completed and sent in a timely manner.
- C. A player can play on no more than one team per day with the exception of the "C" teams.

**V. Intervalley League participation guidelines:**

- A. An athlete must be enrolled as a 6th, 7th, or 8th grader of a member school in order to compete, or meet the IHSAA rules of eligibility for attendance zone.
- B. "One grade level, one year participation. Students may only compete at each sport one season, one grade level, one time for maximum three years. i.e., a student may not play 7<sup>th</sup> grade basketball two years.
- C. Ineligible students, due to retention, may not practice or work out with the school teams.
- D. Students may not compete if they have changed schools for athletic purposes.
- E. The cap on age limit for middle school is 15, however if a student turns 16 during a sport they may finish that sport out.

**VI. Miscellaneous**

- A. Constitution and By-Laws shall be reviewed **in a spring meeting** and revised as needed.
- B. Vulgar and off-color cheers or gestures will not be tolerated.
- C. Compensation for destruction of property will come from the school district responsible.
- E. **The Intervalley League will follow the Idaho High School Activities Association (IHSAA) rules, regulations, and guidelines unless otherwise determined by the Intervalley League.**

**NON-SCHOOL PARTICIPATION**

**\*\*\*8-11-1** A student who participates in organized non-school sports "**Outside competition**" after the starting date of the season for that sport, except as provided in Rule 12, is ineligible for the school team for the remainder of that sport season. Students can **practice** with outside groups.

**Outside Competition** is organized non-school contests.

**PARTICIPATION IN SPECIAL EVENTS**

**12-1** Upon approval from the IVL Board, exceptional student-athletes may participate in a special event or an Olympic Development Program funded by the U.S. Olympic Committee, without loss of eligibility provided:

**12-1-1** The student has been chosen for an Olympic Development Program by the U.S Olympic Committee.

**12-1-2** The student has made prior arrangements to complete all missed academic obligations before the end of the grading period in which the absence will occur.

**12-1-3** The student will miss no school-sponsored or League-sponsored event in that sport without permission of the League.

**12-1-4** Approval by the School Principal and the League is obtained at least 30 days prior to the first contest for that sport.

### **SUMMER RULES**

**17-2-4** Pre-Season Coaching- Coaches are not allowed to coach students of the school competitively (during competition) from August 1 to the start of that sport season during the school year.

**17-2-5** Summer Programs- Summer programs must be voluntary and must be terminated by the last day of July. Conditioning programs such as weightlifting and running may continue.

**17-2-7** Summer Camps- Students will only be allowed to attend team camps from the last day of IHSAA state competition to the last day of July.

**17-2-8** Summer Moratorium- Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. Coaches from member schools are prohibited from working in or hosting athletic camps involving students from IHSAA member schools during the month of August.

## **Hazing Policy:**

The IHSAA Board of Directors' position on Hazing in Idaho

Schools is:

1. Hazing is defined as “any humiliating, potentially dangerous, or illegal activity expected of a student in order to belong to a group, regardless of his/her willingness to participate.”
2. Hazing obstructs the development of good citizens, escalates the risks of participation, negates positive contributions, and destroys respect for self, others and environment.
3. Students participating in school-related activities have a right to be safe and to be free from intimidation and unreasonable embarrassment.
4. Schools should take steps to eliminate hazing from their activities by adopting and enforcing strict anti-hazing rules and written policies, in accordance with Idaho’s anti-hazing law. **Idaho - § 18-917**

Misdemeanor - prohibits members of student organizations, on or near campuses, from engaging or conspiring to intentionally haze. Hazing is defined as physical harm or danger, as well as the likelihood of the same.

## **TITLE 18: CRIMES AND PUNISHMENTS; CHAPTER 9, ASSAULT AND BATTERY**

### **18-917. HAZING.**

(1) No member of a fraternity, sorority or other living or social student organization organized or operating on or near a college or university campus for purposes of participating in student activities of the college or university, shall intentionally haze or conspire to haze any member, potential member or person pledged to be a member of the organization, as a condition or precondition of attaining membership in the organization or of attaining any office or status therein.

(2) As used in this section, "haze" means to subject a person to bodily danger or physical harm or a likelihood of bodily danger or physical harm, or to require, encourage, authorize or permit that the person be subjected to any of the following:

- (a) Total or substantial nudity on the part of the person;
- (b) Compelled ingestion of any substance by the person;
- (c) Wearing or carrying of any obscene or physically burdensome

- article by the person;
- (d) Physical assaults upon or offensive physical contact with the person;
  - (e) Participation by the person in boxing matches, excessive number of calisthenics, or other physical contests;
  - (f) Transportation and abandonment of the person;
  - (g) Confinement of the person to unreasonably small, unventilated, unsanitary or unlighted areas;
  - (h) Sleep deprivation; or
  - (i) Assignment of pranks to be performed by the person.

(3) Subsection (1) of this section does not apply to curricular activities or to athletic teams of or within the college or university.

(4) A member of a fraternity, sorority or other student organization, who personally violates any provision of this section shall be guilty of a misdemeanor.

## **Game Management Guidelines 2013-2014**

### **FOOTBALL**

1. No practice prior to each year's starting date.
2. The Kansas City playoff will be used to determine the winner of all games that are tied at the end of regulation. Ball starts on the 10 yard line.
3. State certified officials should be used in all games.
4. Recommended that there are at least two (2) officials for games.
5. Games will consist of four (4), eight (8) minute quarters.
6. Teams will use the intermediate ball. It may be rubber, synthetic, or leather.
7. It will be the responsibility of the home school to check with the visiting school

to determine the color of the game uniform being used. Typically the home school will wear a dark colored uniform and the visiting school will wear a light or white colored uniform.

8. The home school should prepare a contract and send it to the visiting school. The contract should be signed and returned. If the contract is not signed and returned it will be assumed that the information on the contract is correct. When an e-mail is sent you will respond to confirm contract.
9. Traveling teams will come dressed and ready to play.
10. If for some reason jersey number regulations cannot be met, coaches and officials must be notified before game time.
11. Team configuration will be 7<sup>th</sup> grade and 8<sup>th</sup> grade teams. Players may not play up or down IE: 7<sup>th</sup> grader on the 8<sup>th</sup> grade team, or 8<sup>th</sup> grader on the 7<sup>th</sup> grade team. If a school has only one team, that school will play the 8<sup>th</sup> grade schedule.
12. Starting times will be no earlier than 4:00pm.
13. Conversion Scoring: 2 point will be awarded for kicking a point after touchdown, 1 point for a running or passing play.

### **VOLLEYBALL**

1. No practice prior to each years starting date.
2. Home teams will provide warm-up and game balls.
3. State certified officials should be used in all games.
4. The "B" match will be played first and will consist of the best two (2) out of three (3) games.
5. The "A" match will start approximately 12 minutes after conclusion of the "B" game.
6. The "C" matches will consist of three (3) games regardless of the outcome of the first two games.

7. Rally scoring will be used for all levels. "A" and "B" games will be scored to 25 with a cap of 30. The third game will be played to 15 with no cap. Teams must win by two. For "C" games all games will be played to 21 with a 25 point cap.
8. Teams may choose to use a "Libero" in accordance to the High school rule.  
***Teams using the Libero are responsible to track the rotation of the Libero.***
9. Visiting teams will be awarded a 13 minute warm up time upon arrival. Warm up time between games will be agreed upon between coaches.
10. ***Traveling teams will come dressed in game uniform with the exception of teams traveling to Mountain Home.***
11. Starting times will be no earlier than 4:00pm.
12. If a school has one "C" team while playing a school with two "C" teams, two "C" matches will be played.
13. Each team will have two (2) one (1) minute time outs per game.
14. All schools will have a 12 game regular season schedule. Teams may add one(1) additional event if they wish.

### **CROSS COUNTRY**

1. There will be a JV and Varsity team for Girls and Boys. Varsity consists of top 7 runners, everyone else in JV.
2. Girls and boys will run separately.
3. The distance for the middle school level JV and Varsity runners will be approximately 3k.
4. All runners must be in their school uniform.
5. All runners must come dressed for competition.
6. Individual times and places will be recorded for ALL participating athletes.

7. Team scores will be kept at each meet.
8. Team scores shall be determined by totaling the places of the first five (5) finishers of a team. Teams with less than five (5) runners will be disregarded. Ties are determined by the 6<sup>th</sup> place runner.

Team Scoring shall be as shown:

Place:	First	Second	Third	Fourth	Fifth	Sixth, etc.
Points:	1	2	3	4	5	6 etc.

When scoring a cross country meet, the first seven team members (of each full participating team) **retain** their order of finish. Any team members beyond seven (or less than 5) *shall be disregarded* (for team scoring) and shall not displace any opposing runners when tallying team scores. The team score then shall be determined by totaling the points scored by the first five finishers of each complete team. The team which scores the fewest number of points is the winner.

9. The host schools will provide a map of the course which will be emailed out at least two (2) days prior to the meet. The host school will also provide complete results and team results, the day following the meet either by email or Internet.
10. Starting times will be no earlier than 4:00pm.

### **BASKETBALL**

1. Games will consist of four (4), seven (7) minute quarters.
2. The "B" game will be played first with the "A" game starting approximately 15 minutes after the conclusion of the "B" game. There will be a minimum of 10 minutes for warm ups between games.
3. Overtime periods will consist of three (3) minute quarters. The "A" games will be the only games in which more than one overtime period shall exist if needed. The "B" games could end in a tie after one (1) overtime period if an official has another assignment. This will be discussed with both coaches before the first overtime so there is no disagreement.
4. State certified officials should be used.

5. Board of Control recommends that adult timers and scorekeepers be used.
6. The home team will furnish all basketballs.
7. Traveling teams will be provided a locker room.
8. Ball size:
  - a. All 7<sup>th</sup> and 8<sup>th</sup> girls' teams will use a ball with at least a circumference of 28 1/2 inches.
  - b. All 7<sup>th</sup> and 8<sup>th</sup> boys' teams will use a ball with a circumference of at least 29 1/2 inches.
9. Back court pressure is allowed at any time during an "A" game. Backcourt pressure will only be allowed during the last two (2) minutes of the 4th quarter of the "B" games, and the last two (2) minutes of an overtime period.
10. A player can play on no more than one team per day with the exception of the "C" teams. (A player may not play 1/2 of the "B" game and then play in 1/2 of the "A" game)
11. Starting times will be no earlier than 4:00pm.
12. C games will consist of two 20 minutes running clock halves. Clock will stop last 2 minutes of the game and at time outs. There will be no back court press at all in the "C" games
13. With 20 pt. spread in 4<sup>th</sup> quarter there will be a running clock except for time outs. Once running clock is in effect, it stays in effect for rest of the game.

### **WRESTLING**

1. Wrestlers must make weight at three (3) official weigh-ins and at tournaments.
2. The time of rounds will be three (3), one (1) minute rounds.
3. The Twenty (**20**) weight classes will be divided according to the following weights: **68, 75, 82, 88, 94, 101, 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285**
4. The AD.'s, or a designee (coach), at each school may conduct regular season

wrestler weigh-ins. The schools will be given the option of weighing in the wrestlers before practice the night before a match or before 1:00pm the day of a match.

5. To expedite the pairing of matches, every attempt should be made by visiting schools to fax their wrestling roster to the home school site by 1:00pm the day of a match.
6. Headgear is mandatory for all wrestlers.
7. Hair length must abide by the federation governed rules.
8. All wrestlers must wear a singlet.
9. All wrestlers must wear wrestling shoes.
10. Failure to wear head gear, wrestling shoes, singlet or failure to have the proper hair cut will result in a forfeiture of the match.
11. Mouth guards must be worn if a wrestler has braces.
12. All exhibition matches follow the same rules as all other matches.

## **TRACK AND FIELD**

1. **Participation** -- Each individual may enter a maximum of **four (4)** events.
2. **Uniforms** --
  - A. All team members shall wear the school issued uniform.
  - B. In relay races, each member shall wear identical uniforms. When other apparel is worn under the jersey by more than one team member, that apparel must be the same color.

C. Team members need not wear school issued shorts or leotards. If leotards are worn then shorts must be worn over the leotards.

3. **Order of Events** -- The girls will run all events first followed by the boys.

Running Events

1600 meter Run  
100 meter Hurdles  
800 meter Relay  
100 meter Dash  
400 meter Dash  
400 meter Relay  
800 meter Run  
200 meter Hurdles  
Sprint Medley Relay  
200 meter Dash  
1600 meter Relay

Field Events (Order of events will be determined by the Meet Director)  
**Suggested order is as follows:**

First 40 minutes:

Boys Shot Put	Girls Discus
Boys Triple Jump	Girls Long Jump
Boys Pole Vault	Girls High Jump

Second 40 Minutes:

Boys High Jump	Girls Pole Vault
Boys Discus	Girls Shot Put
Boys Long Jump	Girls Triple Jump

4. **Lane assignments** -- Lane assignments will be drawn at random by the meet director for the first race and then rotated for each subsequent race.

5. **Starts** --

- A. 800 meter Run will be started with a one-turn stagger or on the international International curve.
- B. 1600 meter Run may be started with a one-turn stagger or on the international curve.
- C. One false start will disqualify the participant or relay team from that race.

**STARTING HEIGHTS AND MEASUREMENTS**

**100 METER HURDLES**

	<u>Boys &amp; Girls</u>	
Height:	30"	
Spacing:	Ten (10) flights of hurdles 8.5 meters apart Start to first hurdle-- 13.0 meters Last hurdle to finish-- 10.5 meters	

**200 METER HURDLES**

	<u>Girls</u>	<u>Boys</u>
Height:	30"	30"
Spacing:	Five (5) flights of hurdles 35 meters apart Start to first hurdle-- 50 meters Last hurdle to finish-- 10 meters	

**HIGH JUMP**

	<u>Girls</u>	<u>Boys</u>
Height:	3'9"	4'3"
The bar will be raised at 2" intervals until one competitor remains.		

**STARTING HEIGHTS AND MEASUREMENTS**

**LONG JUMP**

	<u>Girls</u>	<u>Boys</u>
Board Distance:	8'0"	8'0"

**TRIPLE JUMP**

	<u>Girls</u>	<u>Boys</u>
Board Distance:	20'0"	30'0"

**POLE VAULT**

	<u>Girls</u>	<u>Boys</u>
Height:	6'0"	6'0"

### **SHOT PUT**

	<u>Girls</u>	<u>Boys</u>
Weight:	4 kilo.	4 kilo.

### **DISCUS**

	<u>Girls</u>	<u>Boys</u>
Weight:	Jr. High Regulation	Jr. High Regulation

**The number of participants are not limited in weekly meets. However, in the cases of high jump and pole vault athletes should clear opening height at practice to participate in that event at the meet.**

If host school does not have pole vault at meet, schools with pole vaulters will jump the day before and bring the results to the meet director. If results are not turned in, they will not be counted.

## **TENNIS**

### **“A Team”**

1. Each team match will consist of three (3) boys singles, three (3) girls singles, two (2) boys doubles, two (2) girls doubles, and two (2) mixed doubles.
2. Each match will be one (1) set. The winner of a match will be declared by the first player to win six (6) games, and leading the other player by two (2) games. In the case of a tie at 6-6, a twelve (12) point tie-breaker will be used. A 12 point tie breaker is where they play until one player has 7 points and is ahead by 2.
3. Each boy or girl is allowed to play only once during a match. If a player participates in singles match they are not allowed to play in any of the double matches. If a player is found to be in violation of this rule that match will result in a forfeit and will be so indicated when scoring the match to determine a winner.
4. Forfeiting matches will be from the bottom seeds up.
5. Coaching will be allowed during the switching of court ends.

6. The coach will be allowed to play their #1 player at any #1 spot.
7. Any items not covered in our Bi-Laws will follow USTA rules.

### **“B Team”**

1. B team matches will consist of doubles matches only.  
In B matches mixed teams may play non-mixed teams

## **Intervalley League Tournament/Meet Guidelines 2013-2014**

### **Tournament Seeding Guidelines**

The following procedure will be used to break ties for the purpose of tournament seeding:

1. Overall number of division wins.
2. Head-to-head record.
3. Division win-loss percentage.
4. Record versus divisional opponents ranked in a top-down manner.
5. Coin toss.

### **IVL Volleyball Tournament:**

1. Tournament format will follow an eight-team double elimination bracket seeding based on regular season standings. Only the top 8 teams will qualify for the tournament.
2. All games will be played on the same day usually the Saturday following the end of the regular season.
3. Tournament start time will be determined by the host school.
4. Each team will receive the full 13-minute warm-up time before their first contest. Games will follow in a timely manner after the first round.

### **IVL Basketball Tournament:**

1. Tournament will follow an eight-team bracket with single elimination in the first round and a consolation game.
2. The top 8 teams as determined by regular season records will participate in the league tournament. The first round will consist of the following match-ups.  
Game 1--- 1 vs 8  
Game 2--- 4 vs 5  
Game 3--- 3 vs 6  
Game 4--- 2 vs 7
3. The higher ranked team will be the home team on the scoreboard for the first round. After the first round the team on the top of the bracket will be home team on the scoreboard.
4. Tournament will be set for the soonest available dates following the end of league play

**IVL Tennis Tournament:**

1. Tournament will follow a single elimination format.
2. 6th, 7th and 8th graders are allowed to compete for points in the Intervalley League Tournament.
3. Each team will consist of three (3) boys singles, three (3) girls singles, two (2) boys doubles, two (2) girls doubles, and two (2) mixed doubles.
4. Each match will be one (1) set. The winner of a match will be declared by the first player to win six (6) games, and leading the other player by two (2) games. In the case of a tie at 6-6, a twelve (12) point tiebreaker will be used.
5. Each boy or girl is allowed to play only once during a match. If a player participates in singles match they are not allowed to play in any of the double matches. If a player is found to be in violation of this rule that match will result in a forfeit and will be so indicated when scoring the match to determine a winner.
6. Forfeiting matches will be from the bottom seeds up.

7. Coaching will be allowed during the switching of court ends.
8. The coach will be allowed to play their #1 player at any #1 spot.
9. Tournament formatting will follow the regular season guidelines for the number of participants allowed to compete.
10. A break between matches will be determined by player, coach, tournament official with a maximum time of 30 minutes.
11. Each school will bring 2 cans of balls to each site for singles and doubles.

### **IVL Wrestling Tournament:**

**Tournament will be held on the Friday & Saturday following the end of the regular season.**

The following guidelines will be followed:

1. Failure to make weight at the league tournament will result in disqualification. There will be no bumping.
2. Weigh-in will take place at the host school starting at 3:30 p.m. IHSAA guidelines will be used to govern weigh-in procedures. (detailed in appendix)
3. Participants will weigh-in once.
4. Weigh-ins will be monitored by the Activities Director or Administrator at each league school.
5. Tournament will proceed with lightest weights wrestling first and proceed to the Heavyweight classification.
6. Seeding procedure: each school will identify one (1) wrestler per weight class to be seeded into a sixteen (16) place bracket.
7. If remaining wrestlers exist, they will be pig-tailed into the tournament with a random draw to identify opponents and matches.

8. Opponents for the winners of the pig-tailed matches will be from the initial seeding procedure, and selected with a random draw.
9. All byes will be randomly selected for all rounds of the bracketing.
10. No team scoring will be allowed in the pig-tailed matches.
11. Team scoring will begin in the round of sixteen (16) or the first possible round of the bracket.
12. Ribbons or medals will be awarded for the first four (4) places. Plaques awarded for 1<sup>st</sup> and 2<sup>nd</sup> place teams.

### **IVL Track and Field League Meet:**

1. **Number of Participants** – For the League Meet, each school may enter one (1) team in each relay, two (2) participants will be allowed in the 100m, 200m, 400m and both Hurdle events. Three (3) participants will be allowed in the 1600m, 800m, and all Field events.
2. **Participation** -- Each individual may enter a maximum of four events.
3. **Uniforms** --
  - A. All team members shall wear the school issued uniform.
  - B. In relay races, each member shall wear identical uniforms. When other apparel is worn under the jersey by more than one team member, that apparel must be the same color.
  - C. Team members need not wear school issued shorts or leotards. If leotards are worn then shorts must be worn over the leotards.
4. **Order of Events** -- The girls will run all events first followed by the boys.
5. **Awards** – Team plaques awarded to the 1<sup>st</sup> and 2<sup>nd</sup> and 3rd place teams in both Girls and Boys. Ribbons or medals will be awarded to the first 6 places in each event.

Running Events

1600 meter Run  
100 meter Hurdles  
800 meter Relay  
100 meter Dash  
400 meter Dash  
400 meter Relay  
800 meter Run  
200 meter Hurdles  
Sprint Medley Relay  
200 meter Dash  
1600 meter Relay

Field Events (Order of events will be determined by the Meet Director)

**Suggested order is as follows:**

First 40 minutes:

Boys Shot Put	Girls Discus
Boys Triple Jump	Girls Long Jump
Boys Pole Vault	Girls High Jump

Second 40 Minutes:

Boys Discus	Girls Shot Put
Boys Long Jump	Girls Triple Jump
Boys High Jump	Girls Pole Vault

5. **Lane assignments**-- Lanes will be assigned based on times from regular season meets. Coaches will provide a list of entrants along with times to league meet host school at least 2 days prior to the start of the league meet.

6. **Starts** --

- A. 800-meter Run will be started with a one-turn stagger or on the international Curve.
- B. 1600 meter Run may be started with a one-turn stagger or on the international curve.
- C. One false start will disqualify the participant or relay team from that race.

**STARTING HEIGHTS AND MEASUREMENTS**

**100 METER HURDLES**

	<u>Boys &amp; Girls</u>
Height:	30"
Spacing:	Ten (10) flights of hurdles 8.5 meters apart Start to first hurdle-- 13.0 meters Last hurdle to finish-- 10.5 meters

**200 METER HURDLES**

	<u>Girls</u>	<u>Boys</u>
Height:	30"	30"
Spacing:	Five (5) flights of hurdles 35 meters apart Start to first hurdle-- 50 meters Last hurdle to finish-- 10 meters	

**STARTING HEIGHTS AND MEASUREMENTS**

**HIGH JUMP**

	<u>Girls</u>	<u>Boys</u>
Height:	3'9"	4'3"
The bar will be raised at 2" intervals until one competitor remains.		

**LONG JUMP**

	<u>Girls</u>	<u>Boys</u>
Board Distance:	8'0"	8'0"

**TRIPLE JUMP**

	<u>Girls</u>	<u>Boys</u>
Board Distance:	20'0"	30'0"

## **POLE VAULT**

	<u>Girls</u>	<u>Boys</u>
Height:	6'0"	6'0"

## **SHOT PUT**

	<u>Girls</u>	<u>Boys</u>
Weight:	4 kilo.	4 kilo.

## **DISCUS**

	<u>Girls</u>	<u>Boys</u>
Weight:	Jr. High Regulation	Jr. High Regulation

**Preliminaries and Finals will be used in accordance with NFHS Track and Field Guidelines.**

**Any appeals concerning the outcome of a race must be made at the District meet. If no appeal is made the results will stand.**

## **CROSS COUNTRY LEAGUE MEET**

1. There will be a JV and Varsity team for Girls and Boys. Varsity consists of top 7 runners, everyone else in JV.
2. Girls and boys will run separately.
3. The distance for the middle school level JV and Varsity runners will be approximately 3K.
4. All runners must be in their school uniform.
5. All runners must come dressed for competition.
6. Individual times will be recorded.
7. There will be separate girls and boys team scores.
8. Team scores shall be determined by totaling the places of the first five (5) finishers of a team. Teams with less than five (5) runners will be disregarded. Ties are determined by the 6<sup>th</sup> place runner.
9. The host schools will provide a map of the course which will be mailed out at

least two (2) days prior to the meet. The host school will also mail out the results the day following the meet.

10. Awards will be given for the 1<sup>st</sup> and 2<sup>nd</sup> and 3<sup>rd</sup> place teams in both boys and girls. Individual ribbons or medals will be presented to the top 9 finishers in both boys and girls

## Intervalley League Tournament Worker Fees

\* revised December 2008

### Cross Country (1 day event)

Manager	\$125.00
Scorer	\$40.00
Helpers (2 max.)	\$25.00
Course Supervision (3 max)	\$25.00
Crowd Control	\$25.00

### Volleyball (Per 2 games)

Manager	\$125.00	entire tournament
Head Scorer/ Official Book 2)	\$30.00	
Ticket seller/Taker	\$25.00	
Helpers (2)	\$25.00	
Crowd Control (2)	\$25.00	

### Wrestling (2 day event)

Manager	\$125.00	entire tournament
Head Scorer/ Official Book (1)	\$100.00	“
Scorekeepers/Table Help	\$75.00	“
Ticket Seller/ Taker	\$75.00	“
Helper (2 max)	\$60.00	“
Crowd Control (2 max)	\$60.00	“

### Basketball (Per 2 games)

Manager	\$125.00	entire tournament
Scorers/Official Book (2 max)	\$30.00	
Ticket Seller/Taker (2 max)	\$25.00	
Helpers (2 max)	\$25.00	
Crowd Control (2 max)	\$25.00	

### Track (2 day event)

Manager	\$125.00	entire meet
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Starter (1 max)	\$60.00
Clerk of the course	\$40.00
Announcer	\$30.00 (per day)
Head Scorer	\$60.00 (entire meet)
Assistant Scorer	\$40.00 (entire meet)
Head Timer	\$50.00 (entire meet)
Ticket Sellers/Takers (2 max)	\$25.00 (per day)
Helpers (2 max)	\$25.00 (per day)
Crown Control (2 max)	\$25.00 (per day)
Tennis	
Manager	\$125.00
Helpers (2 max)	\$30.00 each

## APPENDIX

### 1. WRESTLING MEET ADMINISTRATION: WEIGH-IN PROCEDURES

To facilitate weigh-in procedures for dual meets, regular season tournaments, and post-season tournaments, the following information is to be used by all Intervalley league schools.

#### **Weigh-In Procedures: For all IVL duals and tournaments unless otherwise stated in the IVL Wrestling Guidelines**

##### ***Article 1***

Contestants of the same gender shall have the opportunity to weigh in, shoulder-to-shoulder, a maximum of 1 hour before the time a dual meet or a team's first competition in a multiple dual meet is scheduled to begin. When a preliminary meet is followed by a varsity meet, weigh-ins may, by mutual consent, precede the preliminary meet.

##### ***Article 2***

Contestants of the same gender shall have the opportunity to weigh in shoulder-to-shoulder at the tournament site a maximum of two hours before the first session of each day.

##### ***Article 3***

For any event, all contestants shall be present in and remain in the designated weigh-in area at the time established by the meet administration. Contestants shall not leave the designated weigh-in area unless permission is granted by the meet administration. The

weigh-in shall proceed through the weight classes beginning with the lowest weight class and end immediately upon the completion of the highest weight class. A contestant shall weigh in for only one weight class during the weigh-in period. If only one scale is available, a contestant may step on and off that scale two times to allow for mechanical inconsistencies in the scale. If multiple scales are available, a contestant may step on and off the first scale two times to allow for mechanical inconsistencies in that scale. If the contestant fails to make weight on the first scale, the contestant shall immediately step on each available scale one time in an attempt to make weight. During time off the scale(s), activities that promote dehydration are prohibited.

**Article 4**

The referee, or other authorized person of the same gender, shall supervise the weigh-ins.

**Article 5**

When there are consecutive days of team competition, there shall be a 1-pound additional allowance granted each day for all wrestlers up to a maximum of two pounds. In order to be granted this 1-pound additional allowance, a minimum of 48 hours advance notice is required for the opponent(s).

**Article 6**

A contestant representing a school in a tournament shall be named by weight class prior to the conclusion of the weigh-in.

**Article 7**

All contestants shall weigh in wearing no more than a suitable undergarment. Any contestant who has been authorized to wear an artificial limb, shall weigh in with the artificial limb.

**Article 8**

Any contestant failing to make weight during the weigh-in period shall be ineligible for that weight class.

**Comments/Recommendations:**

When considering weigh-in areas, per Article 3, try to utilize facilities that can accommodate ALL the contestants. This is especially important for big tournaments. The only reasons a contestant should be allowed to leave a weigh-in area are sickness (vomiting, diarrhea) and extreme emergency.

In dual meets, if the host team desires the official to conduct weigh-ins, the official should be notified of that responsibility prior to the event day. In tournaments, an attempt should be made to have adequately trained and authorized individuals – other than the officials working the tournament – conducting weigh-ins.

Note that any contestant failing to make weight – per Article 8 – for a certain weight class can be weighed in at a higher weight class. All weigh-ins start with the lowest weight and progress to the highest.

Meet managers should carefully consider time frames for seeding at tournaments.

## **Idaho's Concussion Law:**

According to Section 33-1625 of Idaho Code, the Idaho State Board of Education and the Idaho High School Activities Association are required to provide access to appropriate concussion identification and management guidelines to all member schools that administer or promote organized athletic leagues (which includes club sport programs and intramural programs) and sport programs. Those guidelines must be consistent with the current standards of the U.S. Centers for Disease Control and Prevention. Further, each school that sponsors such athletic and/or sport activities must provide athletes and their parents with a copy of those guidelines prior to any athlete being allowed to participate in any organized practice or game. While Idaho's law does not require a concussion acknowledgement form signed by a parent or guardian, it is highly recommended that school and sport administrators include such documentation prior to allowing athletes to participate in any organized athletic practice or game activity. An example of such an acknowledgement form is included in this guidebook. Coaches, officials and athletic trainers are also required to review such guidelines upon employment and every two years thereafter.

If during any practice or game situation, an athlete sustains a concussion or exhibits the signs, symptoms or behaviors consistent with the injury, he/she must be immediately removed from all athletic participation. That athlete may only return to physical activity if/when he/she receives a written clearance from an appropriate health care provider who is specially trained in the evaluation and management of sports related concussion. This can include a physician, a

physician assistant, a nurse practitioner, a licensed athletic trainer, a sport certified physical therapist, or other health care professional trained in concussion management who is supervised by a directing physician.