

CENTRAL LAKES CONFERENCE - HANDBOOK

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CENTRAL LAKES CONFERENCE

SPORTSMANSHIP CREED

Sportsmanship is expected in all activities. It is the responsibility of coaches/advisors, participants, cheerleaders, students, adult spectators, officials and media. Promotion of sportsmanship at activities should include a demonstration of respect for opponents and officials. Rules of the event should be respected and skill and performance should be recognized regardless of school affiliation. Sportsmanship is a cornerstone of any quality activity program.

The following rules will be adhered to:

- 1. No throwing of objects onto playing surface.**
- 2. All signs and locations for signs must be approved by the home site supervisor or administrator. Only signs of a positive nature will be permitted.**
- 3. No profane or abusive cheers, gestures, spitting, or chanting by individuals or groups.**
- 4. Fighting is prohibited.**
- 5. Use of drugs or alcohol is prohibited.**
- 6. Artificial noise makers (cowbells, sirens, whistles, thunder sticks, etc.) are not allowed.**
- 7. Band playing collectively or individually during the game is limited to time outs, intermissions and quarter breaks. This includes all musical instruments, i.e., drums, trumpets, etc.**
- 8. Official cheerleaders and a mascot only allowed on the floor. Mascot must stay in the area of the cheerleaders. No other leaders of cheers will be allowed on the floor.**
- 9. At all Conference events, where a public address is available, the rules for sportsmanship shall be summarized or read.**
- 10. Masks, or costumes that disguise identity, are not permitted.**
- 11. Students without shirts or students wearing shirts that are vulgar, obscene or demeaning will be removed.**
- 12. Laser lights are not allowed.**

CENTRAL LAKES CONFERENCE STRIKE POLICY

If a high school in the Central Lakes Conference is involved in a strike, any athletic contests that are scheduled and not played while that school is on strike will be forfeited to the school that the striking school would have played had there not been a strike. The forfeit will stand as a win for the non-striking school; a loss for the striking school. In the event that both schools in the scheduled contest are on strike and choose not to play, both will receive a loss. In the event one school is prepared to play, that school will receive a win, the other a loss. There will be no make-up of forfeited games caused by a strike.

A. INTERPRETATIONS:

1. On the date school A and B are contracted to play, school A is on strike and the activity program is discontinued. Result: Loss for A; win for B.
2. On the date school A and B are contracted to play, school A is on strike and continues to conduct the activity program. Result: The game is played as contracted and the score of the game determines the winner.
3. On the date school A and B are contracted to play, both schools are on strike, and both schools continue to conduct their activity programs. Result: The game is played as contracted & the score of the game determines the winner.
4. On the date school A and B are contracted to play, both schools are on strike and have discontinued their activity programs.
Result: Both A and B forfeit. A loss for A; Loss for B.
5. On the date school A and B are contracted to play, both schools are on strike, A continues to conduct their activity program, B does not: The game is not played. Result: Game is forfeited. Win for A; Loss for B.

B. COURTESIES AND NOTIFICATION

1. In the event a striking school will not be prepared to play, the opposing school should be notified by 3:00 p.m. of the day prior to the scheduled event, and no later than 9 a.m. the day of the event.
2. If a school has officially notified a Central Lakes Conference meet manager that they are on strike and/or not participating in the meet, the meet manager will not permit representatives of that school to participate.
3. Notification of intention will be handled by the superintendent or his designee - most likely the Athletic Director.
4. If both schools are on strike, the home school in a scheduled contest should contact the opposing school by 3:00 p.m. of the day prior to the scheduled event to determine status of game.

C. PAYMENT OF OFFICIALS

1. The Striking schools will pay for contracted officials. In the event both schools are on strike, home team pays.

GENERAL RULES AND POLICIES

- 1. Admission Charges:** For CLC Championships and music festivals, the charge for adults is \$8 and students \$5. Admission will be charged for CLC Championship Meets: boys and girls Swimming, Gymnastics, Dance Team, Music & Jazz Festival, boys and girls Track. A maximum of \$250 will be reimbursed to the host school for hospitality at Championship events.
- 2. Advance Ticket Sales:** May be sold through mutual agreement of the competing schools.
- 3. Awards:** An appropriate conference trophy will be awarded the conference champion, duplicate trophies in the event of ties. Individual awards will be an appropriate conference certificate or other designated award.
- 4. Bands:** Will not be permitted to perform at games away from home.
- 5. Cancellation of Events:** Conference activities shall not be canceled except by the superintendents of the schools involved or their designated representative.
- 6. Championships:** Conference championships shall be determined by dual meet competition in all activities except those where dual meets during the season are not standard practice. Conference meets will determine individual champions. Conference champion will be determined by the best won and loss record. Ties will count one-half win, one-half loss.
- 7. Custodial Charges:** The host school of conference meets will assume custodial costs.
- 8. Game Programs:** Home school will provide if programs are to be used.
- 9. Information to Media:** Each conference member will release information to their local press, radio and television.
- 10. Medical Aid:** It is recommended that a doctor or trained first aid person be provided by the home team at conference events.
- 11. Officials:** All conference events will be officiated by registered officials in good standing with the Minnesota State High School League.
- 12. Passes:** The executive secretary will issue eighteen passes to each conference school. Passes will admit the bearer and one guest.
- 13. Reporting of scores, games, matches, or meet results** shall be called in by a representative of the home school immediately after each event.

GENERAL RULES AND POLICIES (continued)

14. **Rules:** Conduct of conference events shall conform with those of the Minnesota State High School League.
15. **Towels:** Visiting school will provide their own towels.
16. **Uniforms:** The home team will wear colored uniforms and the visiting team will wear white or light uniforms. Hockey is an exception.
17. **Visiting School Valuables:** Each visiting school is entirely responsible for their own valuables, uniforms, and equipment. If assistance is needed each coach must seek aid from a host school official.
18. **Conference Meet Manager Honorariums:** When a CLC Championship event is canceled, the manager will receive 1/2 pay.

Leadership Day	Meet Manager	\$100.00
Baseball & Softball 9 th & JV tournaments:	Meet Manager	\$100.00
9 th A & B VB & B. Basketball Tournaments	Meet Manager	\$100.00
Girls and Boys Cross Country:	Meet Manager	\$100.00
Girls and Boys Swimming:	Meet Manager	\$175.00
Girls and Boys Indoor Track meet:	Meet Manager	\$100.00
Girls and Boys Track:	Meet Manager	\$175.00
Girls Gymnastics:	Meet Manager	\$175.00
Speech Tournament:	Meet Manager	\$100.00
Music Festival:	Meet Manager	\$180.00
Jazz Music:	Meet Manager	\$ 60.00
Dance Team:	Meet Manager	\$150.00
Nordic Ski:	Meet Manager	\$100.00

19. **Schedule Rotation:** Every two years rotate with the last scheduled contests becoming the first scheduled contests. During the off year, the home and away sites will be reversed. (Rotate Soccer/BB/SB - 4 groups, VB - 3 groups)
20. **Video Taping:** Video taping may be done by competing teams only. No scouting is to be done by video taping.
21. **All Conference/Ties in Standings:** In the event of ties in the conference standing, each team will receive the highest allotted number of All Conference players. Teams with conference forfeitures will be awarded All Conference recognition based on pre forfeiture contest results.
22. **All Conference ties in individual events:** Individual All Conference award ties will be recognized and all subsequent positions will be awarded.
23. **Scouting:** No CLC team shall provide scouting information or films to any other school, unless it is an approved CLC or Section policy.
Example: 1st--1 name, 2nd--2 names, 3rd--1 name.

GENERAL RULES AND POLICIES (continued)

- 24. Cooperative: To be in the CLC, the administration of the cooperative must be done by the CLC school.**
- 25. For conference competition, if you are scheduled to play only one time, it is two points, if you are scheduled to play twice it counts for one point each. Any game canceled - no points awarded. For Baseball & Softball, the 16/14 scheduled conference games will count as one point each.**
- 26. Forfeits are recognized as losses for team standings in determining conference champions.**
- 27. Each school in the conference can decide if they want to Live Stream a Championship event.**
- 28. Fees for lower level tournaments: 9th A & B VB, 9th B.Basketball & 9th Baseball. Tournaments: if you have to pay officials, each conference school that attends will pay \$100. A gate fee of \$3 & \$1 can be charged and host school keeps it. VB A & B tournaments must be run the same. Mgr. gets \$100 stipend.**
- 29. For CLC gym events, students must be in the bleachers and no feet allowed on the floor.**

SCHOLAR-ATHLETE HONOR ROLL

CRITERIA FOR MEMBERSHIP

- 1. Seniors only.**
- 2. Must be a letter winner.**
- 3. Minimum of a grade point average of 3.4 on a 4.0 scale or 3.65 on a 4.5 scale.**
- 4. Will be based on the accumulative grade point average.**
- 5. There is no limit as to numbers on the Honor Roll.**
- 6. Teams will be listed by each sport.**
- 7. A certificate similar to our All Conference award will be given to each individual on the select group.**
- 8. Each school will determine their eligible members to the Honor Roll. The executive secretary will send Honor Roll certificates to each conference school. Each school may release their members of the Honor Roll to their local news media.**

Jazz Festival

To be held the last Monday in October.

CLC costs: Clinician (\$450 + mileage), ticket takers, hospitality, mgr. and supplies. It should be cost neutral.

Gate fees: \$8 & \$5

Starting Times for Conference Activities

FB	7:00	9th & B start time to TBD 9th gr. = 12 min. qtr. B & JV = 12 min. qtr.
C. C.	3:00 CLC Meet	Varsity, JV (Junior High separate)
Soc	5:00	Varsity and JV. JV = minimum of 35 min. halves
G. Tn	4:30	Varsity and Junior Varsity
G. Sw	6:00	Varsity and Junior High
VB	7:00 or 20 min after JV 5:45	Varsity JV, B, 9th will play a 3rd set.
Bask	6:00 & 7:30 or 25 min. after JV 5:45 for 9th & 10th grades	B and Varsity Var: 18 min. halves 9, JV: 16 min. halves, 5 min. halftime
Hky	5:30 & 7:15 (DH's at 5:15)	JV - 15 min. per. Varsity - 17 min. per.
Gymn	6:00	Junior Varsity and Varsity
Wr	6:00 & 7:00 or 15 min. after JV Skin checks at 4:45. Tri - 5:00	Junior Varsity and Varsity
B. Sw	6:00	Varsity and Junior High
BB	5:00 (St. Cloud at 7 pm) Double headers at 4:00	Varsity & Junior Varsity. B & 9th plays 2 - 5 inn. games at opposite site of Varsity & JV.
SB	5:00 DH 4:00 in April, 4:30 in May	Varsity & Junior Varsity. 9th plays 2 - 5 inn. games. B & 9th - plays at 4:00 pm in April, 4:30 in May
Tk	Field Events (host decides) Track Events (host decides)	Varsity
B. Tn	4:30	Varsity and Junior Varsity
Golf	4:00 in April / 4:30 May	Girls' & Boys' Varsity

* Note: Any changes in starting times must be agreed upon by schools involved.

Coaches meetings: 7 pm in St. Cloud

	Fall		Winter		Spring
Soc	Wed. before Sec. at Alex	BB	1 st Wed. after B. CLC season	BB	Wed. after CLC season
Tn	after fall State Tourn.	G.Hky	1 st Wed. after State	SB	Wed. after CLC season
VB	1st Wed. before SF	B.Hky	1 st Wed. after State	BG	at last CLC event
CC/TK	6 pm - Monday prior to Dec. AD meeting	Gymn	at the Conf. meet	GG	at last CLC event
		Swim	1 st Wed. after Boys State		
		NS	in the spring		
		Wr	1 st Wed. after State		
		Dance	2 nd Wed. after State		

All Conference & Honorable Mention Guide

Baseball/Softball	1st (5), 2nd & 3rd (4), 4th through 6th (3), 7th (2), 8th (1)	25/25
Basketball	16 selected by coaches	16/16
Cross Country	Top 15 placers	15/15
Dance High Kick	1st (6), 2nd (5), 3rd (4), 4th (3), 5th (2), 6th & 7th (1)	22
Dance Jazz	1st & 2nd (4) 3rd & 4th (3), 5th - 6th (2), 7th (1)	19
Golf	First 14 lowest stroke ave. for 5 of the 7 conference scores	14/14
Gymnastics	Top 10 finishers combining duals and conference meet	50
Hockey	1st (4), 2nd thru 4th (3), 5th thru 7th (2), 8th (1)	20
Nordic Ski	Top 6 in 2 events	12/12
Soccer	1st (5), 2nd & 3rd (4), 4th - 6th (3), 7th (2) & 8th thru 9th (1)	26/26
Swimming	1st 3 places in 9 individual events & top 2 places in 3 relays 1 at large for any team not represented in selection process	51/51
Tennis	Girls: 1st (3), 2nd & 3rd (2) 4th – 8th (1) Boys: 1st (3), 2nd (2) 3rd – 7th (1)	12 10
Track	Top 3 in 14 individual events and top 2 in 3 relays	66/66
Volleyball	1st (4), 2nd & 3rd (3), 4th thru 6th (2), 7th thru 9th (1)	19
Wrestling	Each wrestler that won 5 conference matches	36 ?
Speech	Top 3 places in 13 categories + 6 extra for duo category	45

Honorable Mention

Baseball, Hockey, & Softball	4 picks
Basketball, Volleyball, Soccer	3 picks
Tennis, Dance	2 picks
Cross Country	Places 16-25
Golf	Places 15-20
Gymn.(combining duals & conf.)	Places 11 – 12
Nordic Ski (in 2 events)	Places 7 – 10
Track, Swimming	Places 4, 5, 6 (ind) 3 & 4 (relays)
Wrestling	Win 4 CLC matches

For the sports that determine Honorable Mention by place in conference championship, each of these schools can have up to two at large Honorable Mention athletes (not golf, CC only 1) if they did not earn them in the original placement.

BASEBALL

1. **Schedule:** Baseball will play a 14 game conference schedule with 2 double headers. Rotate schedule to eliminate consecutive rotations of playing a team one time (rotate + 4). Starting in 2012: 9th grade will play opposite of the varsity and JV.

In all double headers, host team will be home for the first game & away for the second. Home site will supply the baseballs for both games.

2. **Postponements:** The make-up date will be a mutually agreed upon date.
3. **Time:** Games shall start at 5:00 p.m. unless a time is mutually agreed upon. Games will be played at 5 pm whenever possible at lighted fields in April. Double headers start at 4:00 pm.

The home team shall have infield practice first. The visiting team shall take infield practice no later than 20 minutes prior to starting time.

Play one game for 9th grade for 7 innings and 2nd game up to a maximum of 4 hours from the start of the first game. Extra communication must be made to inform coaches and fans what is happening.

4. **Officials:** Two officials shall be provided for all conference games.
5. **Championship:** The conference champion will be determined by record. Every effort must be made to play the complete conference schedule.
6. **All Conference Team:**
1st (5), 2nd & 3rd (4), 4th through 6th (3), 7th (2), 8th (1).
Honorable Mention: maximum of 4 picks per school.
7. **Baseball:** The CLC official baseball will be the official ball of the MSHSL.

AD Liaison: Ben Kvidt, Alexandria
320-762-2142 x 4302 bkvidt@alexschools.org

BASKETBALL

- 1. Schedule:** Teams can mutually agree to play once and game counts as 2 points.
- 2. Game Time:** Preliminary game on main floor shall start at 5:45 pm, and others to be at 5:45. 10th and JV games shall have two 16 minute halves (halftime will be 5 min.). Varsity games shall start at 7:15 p.m. or twenty five minutes following completion of the preliminary game and have two 18 min. halves. Varsity players are allowed to shoot before or at the half time of the JV games.
- 3. Officials:** To have three person basketball official crews for boys and girls varsity conference games only.
- 4. Rosters:** Rosters exchanged between schools shall include: team nickname, name, number, position, height and grade of players, coaches, school song, and cheerleaders.
- 5. Broken Backboard Policy:** The host school will be responsible for a backboard broken during a game. If a backboard is broken during warm-up, the player / school is responsible.
- 6. All Conference Team:** The team shall consist of sixteen (16) players to be selected by the coaches at a meeting held the first Wed. after the regular season ends for the boys. The meeting will be called by the athletic director serving as the liaison for basketball.

A maximum of five (5) players will be nominated from each team. Each coach must vote for 14 of the nominated players. A coach may not vote for any of his own players. The top 16 vote recipients are named All Conference.

Honorable Mention: maximum of 3 picks per school.
- 7. Official Basketball:** The Spalding Legacy basketball will be used starting with the 2008-09 season.
- 8. Game Tapes:** No CLC team will exchange game film of any conference team. Film exchange will take place in the CLC & managed by the two AD liaisons.
- 9. Ninth Grade:** Any defense at the ninth grade level may be used, however, the full court press must not be used if team is leading by 20 or more points. A & B games will be two 16 minute halves for both games.

AD Liaison: Derek Abrahams, Fergus Falls
218-998-0544 x 9801 dabrahams@fergusotters.org

CROSS COUNTRY

- 1. Schedule:** The conference championship will be determined by a cross country meet.
- 2. Participants:** To compete for the conference championship a team must consist of at least five members but not more than eight. If a school does not have enough runners for a team, individuals may compete for medalist honors.
- 3. Scoring:** The first five finishers for each school shall comprise the team score.
- 4. Time Schedule:** The conference meet shall follow the schedule listed below:
 - 3:00 Junior Varsity race**
 - 3:30 Junior Varsity race**
 - 4:00 Varsity race**
 - 4:30 Varsity race**

The boys' and girls' races will be alternated from year to year as to which comes first. The boys will be first on odd numbered years and girls first on even numbered years. Athletes must be able to run the course.

A separate junior high race (7th & 8th) may be run after the conclusion of the last varsity race. The host school will be responsible to provide details for that separate event.

- 5. Rules Committee:** A committee to decide on protests, rules interpretations, disqualifications and score verification, and times shall be at all meets. This committee shall consist of the coach of the host school, the coach of the previous year host school, and the coach of the succeeding host school. If a school of one of these three schools is involved in a dispute, the coach of the most recent host school not involved in the dispute will round out the committee.
- 6. Pre-Meet Information:** The host school will provide the information to all conference schools at least one week prior to the conference meet. This information will include: map of the course, time schedule, and location of the course.

Coaches/Schools are responsible to maintain accurate roster information on the MSHSL website. Rosters will either be downloaded from the MSHSL website or submitted to the timing vendor in the requested format.

- 7. Meet Management Procedures shall include:**
 - a) Someone to read mile and two mile splits.**
 - b) Lane size as indicated by the Minnesota State High School League**
 - c) Chute specifications to be determined by the host school and the needs of the timing company.**

CROSS COUNTRY (continued)

- d) A well-marked course with flags using the same colors as the State meet (red - left, yellow - right, blue - straight).
 - e) The chip system will be used for timing runners. The meet must have a backup timing system. Suggested is card system or camera.
 - f) The conference meet shall be held on a golf course or on an alternative site, provided prior approval has been given by the majority of the conference schools.
 - g) The top 15 JV individuals shall receive ribbons awarded in the chute as they finish their races or during the awards program (CLC does not pay for ribbons).
 - h) The 8th varsity runner from each school shall be eligible for all conference awards, but will not be counted in the scoring of the meet.
8. **Meet Results:** Results of the conference meet shall include all individual times in the varsity and junior varsity races, team scores, participants' school & grade.
9. **Awards:**
- a) Team trophies will be presented at the conference meet.
 - b) All Conference awards shall be presented to top 16 individuals in the girls and boys varsity races.
 - c) Honorable mention runners include finishers 17 through 25. Schools can have up to one (1) at large Honorable Mention athlete, if they did not earn them in the original placement.
 - d) Varsity Certificates are produced by the participant's school and not by the Cross Country meet host school. If host school needs more time between races, they must notify schools at least two weeks in advance.
10. CLC coaches' meeting will be held on the Monday preceding the December CLC A.D.'s meeting at 6:00 pm.

AD Liaison: Phillip Klaphake Sauk Rapids-Rice
320-258-1781 phillip.klaphake@isd47.org

DANCE TEAM

- 1. Schedule & Coaches meeting:** The first competition will be held during the 1st week of December, on a Friday. The Championship Competition will be held on the 3rd Friday in January (except when there are 5 Fridays in January). Competitions will start at 7:00 pm with the gym open no earlier than 5:45 pm. Assigned rooms will be available at 5:00 pm. Dance order for our two contests will be (#1 event) High Kick first, (#2 event) Jazz first. JV High Kick will dance at the first competition and JV Jazz will dance at the Championship.

Points will be earned at each of the competitions. The points are as follows:

1 st Place - 1 point	4 th Place - 4 points	7 th Place - 7 points
2 nd Place - 2 points	5 th Place - 5 points	
3 rd Place - 3 points	6 th Place - 6 points	

Use live results when possible and try to use the scoreboard. Two dancers and a Coach will represent each team for the National Anthem. Only parade in at the 2nd event (announce all dancers at once).

The host will be rotated between SRR, Sartell, Rocori, Brainerd and St. Cloud:

22-23 = Rocori, SRR	24-25 = Sartell, Rocori	26-27 = SC, Sartell
23-24 = Brd, SC	25-26 = SRR, Brd	27-28 = Rocori, SRR

Coaches meeting (every other year in a face to face meeting if needed) will be held the 2nd Wednesday after the State Tournament.

- 2. Rules:** The CLC Championship competition will follow all guidelines and rules of the MSHSL.
- 3. Host School:** The host school will provide dressing areas, a professional announcer (with their sound system hired in advance), and will provide concessions. Executive Secretary will hire 7 judges, 2 kick counters/timers and 2 people in the tabroom. Two weeks prior to the competitions, times and maps will be provided. If the host school chooses to sell t-shirts and programs, it will be their responsibility.
- 4. All Conference:** Announcements of All Conference Dancers (7th place to 1st) - all coaches will submit a list of their All Conference dancers, there will be separate JAZZ and KICK winners list, the lists must be listed from first choice to last choice. The competition host, must meet with the announcer to insure they know the correct procedure to announce All-Conference after the team placements have been announced. A new form has been set up, to be used at the Championship.

The team shall consist of twenty nine (29) high kick dancers & twenty (20) jazz dancers to be selected by the coaches at a meeting to be held immediately following the Championship competition.

Dance (continued)

The All Conference High Kick team will consist of the following members:

1st (6), 2nd (5), 3rd (4), 4th (3), 5th (2), 6th & 7th (1).

The All Conference Jazz team will consist of the following members:

1st & 2nd (4) 3rd & 4th (3), 5th - 6th (2), 7th (1).

Honorable Mention: maximum of 2 picks per school.

- 5. Sound: Sound table must be located front and center. There will be only a 20 second sound check. During the announcement of placement, the song the team danced to should be played.**
- 6. Marking time: Must be in a regulation size gym.**
- 7. Order of Performance: Determined by a draw by the AD liaison and his/her Administrative Assistant. Rules for teams going first and last in multiple categories must be followed (See MSHSL rules book).**
- 8. Team placements: The points will accumulate separately for High Kick & Jazz.**
 - After the Championship Competition, the placement points for High Kick will be added together.**
 - After the Championship Competition, the placement points for Jazz will be added together.**
 - These points will then be combined naming one team the CLC Champion.**
 - Announce placement in this order: 4th place, 3rd place, 2nd place & 1st place.**

**AD Liaison: Jack Freeman, Brainerd
 218-454-6301 john.freeman@isd181.org**

GOLF

1. Schedule:

- a. 8 meets for varsity boys/girls and JV (every school has one of each). Minimum of 6 meets. When there are cancellations there will be no makeup meets planned until we reach 5 total. The first cancelled meet will have the option to remake first and then following order in schedule. We will only make up enough to total 6.
- b. Students need to make 4 of 6 (5 of 7, 6 of 8) contests to compete for CLC.
- c. Team must show up to all varsity events.
- d. Meets made up by unanimous approval.

JV schedule: 7 set weeks (for 8 dates), 1-2 JV matches per week, you can bring a total of 16 golfers, up to 8 girls and up to 8 boys.

- 2. Starting time: Varsity Meets will be 18 holes and JV meets will be 9 holes. All varsity meets start at 3:30 pm in April and 4 pm in May (JV at 4:30 pm).
- 3. Team Size: The varsity team shall consist of six (6) golfers.
- 4. Conference Championship: Scoring will be based upon the best four scores of the six golfers on each team. At each of the eight conference meets, team points will be given. The team with the lowest score will receive (based by the number of teams) 8, 7, 6, 5, 4, 3, 2, 1.

The team with the greatest point total shall be awarded the conference championship. In case of ties, teams remain as co-champions.

- 5. All Conference Team: The All Conference team shall consist of the fourteen golfers, plus ties, with the lowest stroke average for six of the eight individual scores (or 5 of 7) played during the regular season. Honorable Mention: 15 – 20/plus ties.

AD Liaison: Mitch Dorr, Rocori
320-685-4913 dorr@rocori.k12.mn.us

GYMNASTICS

1. **Schedule:** All Conference dual meets take priority in scheduling. When an event has been rescheduled as a Double Dual (at a host school with three teams, or the CLC Meet used as the dual scoring), the team score will be used for both purposes Duals / Championship and team points in the CLC Rankings, however, the individual score can be used only once in the All-Conference spreadsheet.
2. **Meet Times:** The JV squad meet shall start at 6:00 p.m. for dual meets unless mutually agreed upon. The event warm up time for dual meets must be 2 rotations of 24 minutes each. Both the Home Team's JV and Varsity squads will compete on the same event back to back while the Away Team's JV and Varsity will do the same on the other event (following the order of events in #3 in handbook). A three minute touch shall be given to both the JV squad and Varsity squad prior to their competition on each event.

In the event of a 3 judge panel,
competition rotations will be as follows:
1 judge for JV, 2 judges for Varsity,
3 Min touch between each rotation

In the event of a 4 judge panel,
competition rotations will be as follows:
2 judges at each event,
3 Min touch prior to JV / 3 Min touch prior to Var.

Home JV Vault / Away Varsity Bars
Home Varsity Vault / Away JV Bars

Home JV Vault / Home Varsity Vault
Away JV Bars / Away Varsity Bars

Away Varsity Vault / Home JV Bars
Away JV Vault / Home Varsity Bars

Home JV Bars / Home Varsity Bars
Away JV Vault / Away Varsity Vault

Home JV Beam / Away Varsity Floor
Home Varsity Beam / Away JV Floor

Home JV Beam / Home Varsity Beam
Away JV Floor / Away Varsity Floor

Home JV Floor / Away Varsity Beam
Home Varsity Floor / Away JV Beam

Home JV Floor / Home Varsity Floor
Away JV Beam / Away Varsity Beam

3. **Order of Events:** Vaulting and uneven bars shall be first, followed by balance beam exercises and the floor.
4. **Participation:** JV dual meet squad will be no more than 10 per school in the vault and bar's and no more than 8 per school in beam and floor. Varsity shall be permitted a maximum of five participants per event.
 - a) Contestants may participate in both the A and B squad meets but not in the same event.
 - b) No warm-up shall be permitted during competition, but exceptions may be made at the discretion of the head judge.
5. **Equipment:** The equipment meets the standards of equipment of the state meet from the year before. Two beams should be used for warm up when available. Host teams should have any equipment mandated by MSHSL.

GYMNASTICS (continued)

6. **Officials:** Four judges shall be provided for all conference meets. Two judges will be permitted using the open scoring method, if mutually agreed upon by the competing schools. For the CLC Championship meet, officials will (if possible) consist of nine judges (1 head referee and 8 judges for Championship. Head referee can settle scoring disputes and make judge assignments) from at least two different judging associations.
7. **Scoring:** A squad scores determine the meet results. There shall be 5 participants in each event. The top 4 scores for each school would count towards their team's total.
 - a) JV competition shall be scored using the top 4 scores to determine the team score
 - b) Minnesota State High School League recommended scoring shall be used.
 - c) In the event of a team tie, the tie will be broken by the fifth gymnast score.
8. **Conference Championship Meet:** Conference meet will be held where the entire competition can be in the same gym. A visitor letter will be mailed to each conference member including an equipment list that will be used by the host school. Conference will allow the entire competitive roster for that day to be allowed on the competitive floor with a maximum of 12, if facility allows.

All judging forms should be standardized for judges within the CLC Meets, using the same form for duals as is used for the CLC Championship Meet.

The host school will be responsible for conducting the conference meet. The conference will reimburse the host school. The conference trophy and all conference awards will be presented at the conclusion of the conference meet.

CLC Championship Meet Schedule:

9:30 – 10:30 am	School Doors Open and arrival time.
10:00 – 10:50 am	General Stretch and Bar Settings
10:54 – 12:30 pm	Warm-up Rotations (8 rotations total, each 12 minutes long)

2020 Rotation below:

TIME	VAULT	BARS	BEAM	FLOOR
10:00-10:50	STRETCH	STRETCH	STRETCH	STRETCH
10:54-11:06	Willmar	Alexandria	Fergus Falls	SRR
11:08-11:20	Brainerd	Tech	Alexandria	Sartell
11:22-11:34	SRR	Willmar	Tech	Fergus Falls
11:36-11:48	Sartell	Brainerd	Willmar	Alexandria
11:50-12:02	Fergus Falls	SRR	Brainerd	Tech
12:04-12:16	Alexandria	Sartell	SRR	Willmar
12:18-12:30	Tech	Fergus Falls	Sartell	Brainerd

12:35 pm	Coaches and Officials meeting in the hospitality room.
12:45 pm	March-in and Introductions
1:00 pm	Competition Begins

Touch Warm-Ups: A timed three minute touch warm-up will be held at the beginning of each competitive rotation.

GYMNASTICS (continued)

Meet Entries: Five entries per event; one of the five must be an all-arounder. Only competitors and alternates will be allowed in the competitive area during the CLC Championships. Those gymnasts must remain in the designated seats/area located next to each event. Conference will allow competitors and alternates on the competitive floor in designated areas as long as facility dictates.

9. **Conference Team Champion:** The champion shall be determined by a point total combination of season record vs. conference schools and the order of finish at the annual conference meet. Member schools will receive one (1) point for each dual meet win.

The points, awarded at the conference meet, will be determined by the total number of conference schools competing in gymnastics. Usually 8 teams compete so 1st place receives 8 pts, 2nd gets 7 pts, 3rd gets 6 and so on. The team with the highest point total will be the conference champion; the second highest total - second, etc.

Five participants will be allowed in each event at the conference meets. The top 4 scores for each school would count towards their team's total.

10. **All Conference Team (Individuals):** The All Conference Team shall be comprised of the top ten (10) gymnasts determined by their top four (4) score average on each event (vault, bars, beam, floor and all around). The four scores can be taken from CLC dual meets and/or the CLC Championship Meet for that given season. Coaches are responsible for reporting each of their gymnast's best four score average on each event to the host school prior to the CLC Championship Meet

Honorable Mention: places 11-12 and up to two at-large, if they did not earn them in the first 12 places.

Placement certificates awarded to top 10 finalists in the CLC Championship meet.

AD Liaison: Ryan Blahosky, Willmar
320-231-8331 blahoskyr@willmar.k12.mn.us

HOCKEY

- 1. Schedule:** Hockey will play two rounds.
- 2. Officials:** Three (3) officials for all conference games. Qualified adults shall be responsible for timing, scoring and the two goal judges. Issues with minor officials must be reported to coach's AD in a timely fashion. Use of goal judges will be optional, but strongly recommended.
- 3. Uniforms:** Varsity teams will wear white uniforms at home and dark uniforms when playing away from home. Junior Varsity teams will wear white at home and dark when playing away from home.
- 4. Rosters:** Rosters exchanged between schools shall include name, number, grade, position, coaches and cheerleaders.
- 5. Score Sheets:** Official score sheets are to be provided to the visitor at each site.
- 6. Hockey Pucks:** Hockey pucks for warm-up will be furnished by the home school.
- 7. Postponements:** Postponements will be made up by mutual agreement as to date and time.
- 8. Game Times:** The Junior Varsity start at 5:30 p.m. and Varsity at 7:15 p.m. and double headers at 5:15. Recommend that the varsity warm up be 12 minutes whenever possible. Entertainment/fund raising activities between periods should be limited to one per game between the 2nd & 3rd periods. Five minute overtime for JV (boys & girls).
- 9. All Conference:** 1st (4), 2nd thru 4th (3), 5th thru 7th (2), 8th (1). (20 members)
All Conference are nominated by schools and approved by the conference coaches.
Honorable Mention: maximum of 4 picks per team.
- 10. Head Coaches' Meeting:** The boys' and girls' head hockey coaches will either meet in person or via email on the Wednesday following their state hockey tournament. In person meeting will be held in St. Cloud at 7 pm.

AD Liaison: Jack Freeman, Brainerd
218-454-6301 john.freeman@isd181.org

MUSIC FESTIVAL

- 1. Participants:** The top large ensembles (Band, Orchestra & Choir) from each of the Central Lakes Conference schools will participate in the CLC Music Festival. Select students from each participating school will participate in the All-Conference Band, Orchestra and Choir. All Conference participants must attend mandatory rehearsals to participate in the evening performance.
- 2. Schedule:** The Festival will be scheduled on the first Friday, following the MN Boys State Basketball Tournament, except when Easter conflicts with this date. All Conference rehearsals will be scheduled for the Monday preceding the Music Festival or at a time established by the music directors at the annual CLC Music Director's Meeting. There should be nothing scheduled on this day within the conference that would conflict with this festival. The other specifics concerning scheduling will be worked out at the AD's Meeting.
- 3. Judging:** Each ensemble will perform for comments only administered to the ensemble by the guest clinician. Clinicians are expected to provide recorded or verbal critiques of each performance. Clinicians will also work with each performing group for the remaining portion of the allotted time. Clinician fees of \$595 plus 1 night lodging, mileage and meals.
- 4. Rules:** The rules will be established at the CLC Music Director's Meeting. Currently, each ensemble is granted a minimum of 35 minutes. During this time, the ensemble will perform for the clinician and the clinician will then work with this ensemble.
- 5. Fee:** The entry fee to participate will be included in the dues of each conference school. The host school will send a financial report to the CLC Executive Secretary within one month following the festival. Each conference school would be responsible for their transportation.
- 6. Pre-Festival Information:** The host school will provide all conference schools with all details concerning the festival at least one month prior to the festival. This information will include a map, a schedule and other relevant information. Schools should be notified of the honors repertoire no later than October 1st. The All Conference members will be selected at the January Directors Meeting.
- 7. Festival Management:** The music directors of the host school (band, orchestra and choir) will manage the festival within their own discipline. One of these directors will serve as festival chair and will oversee the entire festival. There is a \$180 manager fee to the host school. There will be a charge of \$8 for adults and \$5 for students.
- 8. Evening Performance:** Each honors group will perform a maximum 20 minutes of music for the evening concert.
- 9. Student Accountability:** Students will be required to complete CLC Listening/Evaluation forms and return them to their directors. MSHSL rules apply.

AD Liaison: Ben Kvidt, Alexandria
320-762-2142 x 4302 bkvidt@alexschools.org

Nordic Skiing

1. **Schedule:** The conference championship will be determined by a Nordic ski meet that will be held within two weeks preceding the section meet.
2. **Participants:** To compete for the conference championship, a team must consist of seven members competing in the pursuit race. If a school does not have enough for a team, individuals may compete for medalist honors.
3. **Scoring:** The top 4 skiers will comprise the team score.
4. **Conf. Time Schedule:** (approximate) Varsity Pursuit
1:00 Varsity Classic Boys
1:45 Girls
2:45 JV Skate Boys
3:30 Girls
4:15 Varsity Skate Boys
5:00 Girls
5:45 Awards
5. **Rules Committee:** A committee to decide on protests, rules interpretations, and disqualifications at the meet. This committee shall consist of the coach of the host school, the coach of the previous year host and the coach of the succeeding host school.
6. **Pre-Meet Information:** The host school will provide the information to all schools one week prior to the conference meet. This information will include: map of the course, time schedule, and location of the course.
7. **Meet Management Procedures:**
 - a. Provide well groomed skate and classic trails.
 - b. Lane size as indicated by MSHSL guidelines
 - c. A clearly marked, safe finish line.
 - d. A well marked course.
 - e. Follow MSHSL cold index.
 - f. If postponed will host within two days of event.
8. **Meet Results:** Results shall include all individual times in the varsity and junior varsity races, team scores, participants' school and grade.
9. **Awards:**
 - a. A team trophy will be presented at the conference meet.
 - b. All Conference awards shall be presented to the top (6) individuals.
 - c. Honorable mention: places 7-10.

AD Liaison: Hillary Johnson, St. Cloud Tech

SOCCER

- 1. Schedule: Boys & Girls will play 11 games.**
- 2. Time: Games shall start at 5:00 p.m. or by mutual agreement. JVI and JV2 games should be a minimum of 35 minute halves with stoppages according to NHSF rules.**
- 3. Officials: Recommended that three officials shall be scheduled for all conference games.**
- 4. Championship: The conference champion will be determined by points earned: For CLC competition, if you play only one time - 2 pts, if you play twice - 1 point, and ties = 1/2 point. Ties can be broken by head to head competition. If the head to head is a tie, then we have co-champions.**
- 5. All Conference Team:
1st (5), 2nd & 3rd (4), 4th - 6th (3), 7th (2), 8th (1).
Honorable Mention: maximum of 3 picks per team.
All Conference team announced to media on November 1.**
- 6. Post Season meeting:
Wednesday, prior to the first section playoff game at 7:00 in Alexandria.**

AD Liaison: Karl Heine, Apollo
320-253-1600 x 2010 karl.heine@isd742.org

SOFTBALL

1. **Schedule:** Softball (Varsity & JV) will play 16 games in conference, with game time at 5:00. All games that have a bearing on the conference championship shall be played. Two point games are allowed if AD's agree before the season. All B & 9th grade games in April will begin at 4:00 pm, games in May will begin at 4:30 pm.

In all double headers, host team will be home for the first game and away for the second. Home site will supply the softballs for both games.

2. **Postponements:** The make-up date shall be the day following the scheduled game whenever possible. In other situations the game may be made up by mutual agreement.
3. **Suspended Game:** The Federation rule on suspended games will be used for all Central Lakes Conference softball games. Suspended games will be resumed from the point of suspension. If the suspended game is a first round game, it will be completed at the second round game site.
4. **Practice Time:** The home team shall have infield practice first.
5. **Officials:** Two officials shall be provided for all conference games. The home plate umpire must be certified by the Minnesota State High School League.
6. **Ball:** The official ball shall be the Dudley yellow ball with red stitch (SB 1211). The host team shall provide two (2) new balls for each game.
7. **Championship:** The conference champion will be determined by points. Every effort must be made to play the complete conference schedule.
8. **All Conference Team:** 1st (5), 2nd & 3rd (4), 4th through 6th (3), 7th (2), 8th (1).
Honorable Mention: maximum of 4 picks per school.

AD Liaison: Phillip Klaphake, Sauk Rapids/Rice
320-258-1781 phillip.klaphake@isd47.org

SPEECH CONTEST

- 1. Schedule:** The Contest will be scheduled the third Tuesday in March. The make-up date for any postponement will be the third (3rd) Thursday in March. There should be nothing scheduled on this day, within the conference, that would conflict with this contest. The other specifics concerning scheduling will be worked out at the CLC Coaches' Meeting.
- 2. Rules:** All MSHSL rules will apply.
- 3. Fee:** The entry fee, to participate, will be included in the dues of each conference school (\$350 per school x 9 + 100 = \$3,150). The host school will send a financial report to the CLC Executive Secretary (within one month of the tournament.) Each conference school will be responsible for their own transportation.
- 4. Host School:** Each school will be responsible for providing judges at a ratio of 6:1 (six participants to one judge). Coaches will get the number of judges to the Meet Manager. Judges will be paid a fee of \$100 and no mileage. Every attempt will be made to hire unaffiliated judges, however assistant coaches and volunteers from participating schools are allowed to judge.
- 5. Certificates:** Eighty-four certificates are needed (6 times 13 categories + six extra for the two student dramatic duo category) and each school will be responsible to complete the certificates with names and categories at a later date.
- 6. Pre-Tournament Information:** The host school will provide all conference schools with tournament details at least one month before the tournament.
- 7. Scoring system:** 1st - 10 pts, 2nd - 8, 3rd - 6, 4th - 5, 5th - 4, 6th - 3, 7th - 2, 8th - 1. All rank ties are broken first by reciprocal, then rate, and finally head to head. In the event a tie still exists, both the individual and school will be awarded that placing and team points will be divided accordingly.
- 8. Students may be double entered.** The tournament will have a cap of 52 competitors per school and no more than six per category. Drops will be allowed through "Speechwire" until 3 pm, the day of the meet.
- 9. Use "Speech Wire" software for entries and tabulation.**

AD Liaison: Ben Kvidt, Alexandria
320-762-2142 x 4302 bkvidt@alexschools.org

SWIMMING & DIVING

- 1. Schedule:** A single round robin schedule for conference dual meets.
- 2. Competition:** Conference dual meets will consist of both varsity and junior varsity competition. Junior varsity squad events will be run alternately with scoring optional. Junior Varsity may include swimmers from any grade. Swimmers may compete on both squads in the same meet, but they may not compete in a total of more than four events between the two meets. At least two of the events must be relays. By mutual consent, schools may also include junior high teams on the same night. For purpose of competition, junior high will be defined as 7th and 8th grade.

Dual meets will start promptly at 6:00 p.m. on school days. Each diver will be allowed a maximum of 2 water entries, prior to the start of diving competition. Diving competition will consist of 36 dives per team for a total of 72 total dives.
- 3. Facilities:** The pool shall be available for warm-up one hour prior to the start of the meet. The host school shall provide at least one stop watch per lane—preferably two or three watches per lane. Each school is encouraged to have an automatic timing device. Six lane scoring will be used for all CLC meets regardless of the host schools pool configuration.
- 4. Officials:** At least two officials shall be used for conference dual meets. One official is acceptable in 6 lane pools.
- 5. Performance enhancing solutions:** All oil based rubdown solutions are disallowed at all conference dual and championship meets.
- 6. Conference Championship Meet:** A conference meet shall be held two weeks prior to the MN State High School League region meets to determine the team champion each school year:
 - a) The meet will be held as a timed final swim meet. All dives will take place on Saturday. Dive warm-ups at 8:00 am, diving prelims will begin at 10:00 am. Each team will have up to four divers, they will do five dives and cut to 20, then do 3 more dives and cut to 16. The top 16 divers will advance to the finals for their final 3 dives. The finals for swimming and diving will begin at 2:00 p.m. on Saturday. A 75 minute warm up for swimmers only (no diving) will begin at 12:15 pm or immediately following the conclusion of the dive prelims if that portion concludes after 12:15 pm.
 - b) All schools will provide a diving judge for the championship meet. A panel of seven (7) will be selected to judge all of the divers. The meet referee will serve as the diving referee.
 - c) Team entries shall consist of four in individual events and two in the relays. All schools are required to enter entries into Hy-tech for duals and Championship. If deadlines are not met for the Championship, a fee will be charged to the school. Each relay team will be scored according to their finish in the race. B relays are the alternates for A relays and roster swimmers alternates for B relays. An additional C relay may be raced to add opportunities for athletes.

SWIMMING - DIVING (continued)

- d) **Diving:** Divers will be allowed 15 minutes to warm up prior to the final 3 dives in the CLC Championship meet.
- e) **Scoring:** The conference meet will be scored with sixteen (16) places.
- f) **Automatic timing:** Will be used at the conference meet. The rental fee to be paid by the conference.
- g) **All Conference awards** to first three places in individual events and top two places in relays. There can be one (1) at large All Conf. for any team not represented in the selection process. Honorable Mention: places 4, 5 & 6 (individual) and 3rd and 4th place (relays). Schools can have up to two (2) at large Honorable Mention athletes if they did not earn them in the original placement. Seventh and eighth place finishers will receive conference placement certificates in each event and relays forth through eighth.
- h) **Determining the CLC Final Standings:** Scheduling will continue to include a single round robin dual meet season and the CLC championship meet.
Scoring: Dual meet points plus conference championship meet points.
Dual Meet Points:
 - a. each dual meet win equals 2 points.
 - b. each dual meet tie equals 1 point.
 - c. each dual meet loss equals 0 points.

CLC Championship Meet Points:

1st place = 16 pts	4th place = 10 pts	7th place = 4 pts
2nd place = 14 pts	5th place = 8 pts	8th place = 2 pts
3rd place = 12 pts	6th place = 6 pts	9th place = 0 pts

Rotation of the Championship sites will be at schools that have 8 lanes.

- i) The team CLC Sportsmanship award for swimming will be voted upon and announced at the championship meet.
7. **Scouting and Films:** Swimming meets may be filmed or televised if such action does not interfere with contestants or officials. No flash bulbs or flood lights are to be used during starts or diving events.
8. **Meeting Time:** The CLC swimming meeting will be held on the first Wednesday after the boys State Meet.

AD Liaison: Ryan Blahosky, Willmar
320-231-8331 blahoskyr@willmar.k12.mn.us

TENNIS

RULES

1. U.S. Tennis Association Rules govern play in all tennis matches.
2. Special emphasis should be placed on teaching and adherence to the foot-faulting rule.
3. Procedure to handle questions on scoring; foot-faulting, line calls:
 - A. It is recommended that players **not** call foot faults.
 - B. Call coaches to discuss.
 - C. Use line judge as last resort.
4. Coaching between sets and change of side should not interfere with continuous play rule. Reminder that coaches are not allowed to coach after the first game of each set or during the tie break. Coaching should not last longer than 120 seconds after change over's.
5. Repeated unsportsmanlike conduct can result in disqualification by mutual consent of coaches.
6. 5-10 minute break between second and third set is optional.

Point Penalty: The point penalty system will be used (point/game/match).

SCHEDULING

1. Girls' = 8 teams, Reduced Double round robin = 11 matches. No Conference Tourn.
2. Boys' = 7 teams, Double round robin = 12 matches
3. Schedule for a 2 year cycle: Year 1, the sequence will be randomly drawn, second round with reverse sites. For the second year, sites will be reversed. Year 1: the last group of each round will move to the front of the schedule.

EVENT MANAGEMENT

Tennis Policies:

A copy of these policies are to be available at the Home site during each tennis match.

Match Scoring for Varsity:

1. Two out of three sets, regular scoring.
2. The approved MSHSL twelve point tie break system for matches will be implemented when matches reach 6-6 score.
3. Coaches may not agree to play a pro set for Varsity matches because of bad weather or not enough light. The pro set has not been approved by the MSHSL. It can be decided to play no-add games due to lack of time/daylight.
4. Coach remind players that it is server's responsibility to call out game and point scores throughout the match. Use scoring "flip cards."

Match Scoring for JV:

Mutual agreement on format to be used prior to the match is desired, but the home team coach will have the final say if such agreement is not achieved. A 12 point tie-breaker will decide the set if tied at 6-6 for regular or 7-7 for pro set. Recommended use of scoring "flip cards".

Team Scoring:

1. One point per match.
2. A total of seven (7) points are played to determine a winning team.
3. 2 out of 3 sets are expected until the match has been decided point wise, then mutual consent is needed to shorten a match.

Game Balls:

1. The official ball is any U.S. Tennis Association approved yellow ball.
2. Game balls to be furnished by the host school, two balls for each match. If a third set is required two new balls must be issued upon request of either player.

Tennis (continued)

Starting Time:

1. 4:30 pm start time; starting times may be adjusted with mutual agreement of both schools.
2. 4:10 pm warm-up; maximum of 15 minutes on court (10 minute strokes, 5 minute serve).

Rain-outs and Postponements:

1. In the event of cancellation, the host school will initiate the call. This call is preferred to be made by 12:30 p.m when the visiting team is traveling great distances. Re-scheduling the CLC match will be of highest priority.
2. In case the matches must be stopped because of rain or inclement weather, we will follow the USTA rules for suspended games. We will start at the point of cessation (same place with the same players as long as 1 team point has been completed) at a time mutually agreed upon by the Athletic Directors.

ROSTERS

Team Composition:

1. Four singles players, three doubles team - there will be no duplication of players of the team
2. If the team is missing a player or players (in other words, they show up for the match with only eight or nine players), the coach must move all singles players up and forfeit number four singles or must move all doubles up and forfeit number three doubles. In no case if a team has five or more players may they forfeit number one or number two or three singles or number one doubles.
3. Ethical consideration must be given to placement of players in lineup. All coaches must play the best singles player at #1, the second best singles player at #2 and the third best singles player at #3. The best doubles team must play #1 doubles in CLC team competition. A number one singles player can play number one doubles.
4. The "JV" squad shall constitute the school's second best team.

Uniforms:

1. MSHSL uniform rules are in effect for all CLC matches. Similar school uniforms required for all participants during Varsity matches. Similar colored school identified tennis shirts required as well as an appropriate tennis bottom (shorts/skirts). Improper attire constitutes forfeiture of the point unless proper attire can be found and worn.
2. Similar school identified uniform tops recommended for JV matches.

CENTRAL LAKE CONFERENCE AWARDS

Conference Champions: Team Champions will be determined by total points of the season's conference matches. Duplicate trophies will be given for ties in Conference championships

All Conference:

1. All-Conference teams: Girls: Twelve (12) players: 1st (3), 2nd & 3rd (2), 4th – 8th (1).
 Boys: Ten (10) players: 1st (3), 2nd (2), 3rd – 7th (1).
2. Coaches will submit their All-Conference selections on Tuesday following the regular season via the electronic post-season coaches' meeting. The Tennis conference coordinator will compile the selections and distribute copies to all schools in the CLC.
3. All-Conf. Hon. Mention certificates will be awarded with a maximum of two (2) per school.

COACHES MEETINGS

Post-season meetings will be conducted via email.

AD Liaison: Hillary Johnson, St. Cloud Tech

TRACK and FIELD

- 1. Schedule:** Starting in 2006, the track schedule will consist of an indoor and outdoor championship. The annual CLC coaches' meeting will be held on the Monday prior to the CLC AD's December meeting.
- 2. CLC Indoor Track Meet:**
 - a) The preferred time is 9 am. (9 - 4 pm, sell tickets from 8 am to 12 pm, charge \$8 & \$5.)
 - b) Entries will be limited to 5 per school with one relay team for each school. Note the following exceptions: 800 & 3200 = 4 entries. 60 m dash = 6 entries, 60 m Hurdles = 6 entries, 4x200 m relay = 2 entries (only one will score). Shot Put = 6 entries, 4 throws & no finals. High, Long & Triple jumps = 4 entries, 3 jumps. No blocks in the 400 m. Pole Vault = 4 entries. 1600 m Run = 2 sections or heats, the clerk will determine the number of entries per section based on the number of entries for the event. If time allows, a JV 4x400 relay will be run at the conclusion of the event.
 - c) Run the Fast Heat last.
 - d) The CLC Indoor Meet shall be scored and the results distributed to the schools.
 - e) A seeded meet through athletic.net. Coaches will seed to the best of their ability.
- 3. CLC Championship Meet:**
 - a) Date: Will be on Tues. the week prior to the Section Meet. Make-up date on Thurs.
 - b) Site: The site of the meet will be rotated among the schools whose facility is available. The host school will be determined at the annual meeting (1 yr. in advance).
 - c) Officials: The host school is responsible for hiring a MSHSL registered starter, assistant starter, and referee as separate positions. Starter will provide a sound system. If a make-up date is used, CLC schools may be given an assignment to run an event with adult judges.
 - d) Meet Information:
 1. An automatic timing system will be used for the meet.
 2. 3 entries per school. 1 relay team per school.
 3. Individual scoring 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1. Relays 10 - 8 - 6 - 5 - 4 - 3 - 2 - 1.
 4. National Federation Rules and MSHSL modifications will govern the meets.
- 4. Coaching Reminders:**
 - a. Meet information will be communicated electronically prior to the meet.
 - b. Coaches scratch meeting will take place before the meet. Nonparticipating replacements may be entered on the day of the meet at the coaches meeting.
 - c. Only officials, coaches & participating contestants are permitted on the track/field.
 - d. No team camps allowed on the infield.
 - e. Seeding will be done by the meet manager according to MSHSL procedures.
 - f. Results: Copies of final results will be available at the conclusion of the meet.
 - g. All submitted times for seed purposes shall be FAT times or hand held time converted to FAT time.
 - h. Athletes who place in the top 8 in an individual event or in the top 4 in a relay event at the CLC Championship, are not eligible to participate in the CLC JV track meet.

Track (continued)

5. Advancement to finals:

- a. **Running Events:** All running events are considered timed finals.
- b. **Field:** Three jumps or throws in flighted prelims. With 3 additional attempts in finals. Top 9 individuals plus ties will advance.

6. Running Events:

- a. Running events take preference over field events--athletes must check out with field event judge before leaving. Athletes should return within ten (10) minutes following completion of the running event.
- b. Lanes will be seeded according to NFHS rules.
- c. Races run in heats with timed finals - top times will be placed in the last heat.
- d. Whistle commands for 2 turn stagger or more.
- e. The 800 will be run in two heats. The top 12 runners will run in the fast heat. One runner in each lane, with the remainder on the scratch line. Each runner remains in their lane for one turn.
- f. The 1600 and 3200 will use a super alley. The 1600 will be run in two heats with a maximum of 14 runners in the fast heat.
- g. The 4 x 400 relay will use a 3 turn stagger (2nd runner cuts after the first turn).
- h. The 4 x 800 will use a 1 turn stagger.

7. Field Events:

- a. **Pole Vault:**
 - 1. Girls will move up by 8" increments until 8 or fewer participants. The height will then be raised by 4" increments.
 - 2. Boys will move up by 9" increments until 8 or fewer participants. The height will then be raised by 6" increments.
 - 3. The starting height for boys/girls will be established at 12" below the 8th seed for each respective gender.
- b. **High Jump:**

The starting height for both girls and boys will be set at 4'6" for girls, and 5'4" for boys. The height will be raised by 2" to 8 or fewer participants. The height will then be raised by 1".
- c. **Long and triple jump:**
 - 1. There will be 3 preliminary jumps in flights.
 - 2. The top 9 performers plus ties will advance to finals & have 3 additional jumps.
 - 3. There will be separate landing pits for the long jump and triple jumps.
- d. **Shot and Discus:**
 - 1. The shot and discus will be weighed and checked, prior to the meet.
 - 2. There will be 3 preliminary throws -- flighted.
 - 3. The top 9 performers plus ties will advance with 3 additional throws.

Track (continued)

8. Awards:

- a. The CLC track champion for the boys' and girls' will be determined by the results of the championship meet and trophies will be awarded.**
 - b. All Conference awards shall be given to the first, second, and third place individual finishers and top two relays.**
 - c. Honorable Mention: places 4, 5, 6 (ind.) and 3 & 4 (relays). Schools can have up to two (2) at large Hon. Mention if they did not earn them in the original placement.**
 - d. Placement Certificates will be completed by home school after the event: places 7 through 8th place (individual) and 5th through 8th place (relays) finishers.**
- No individual receives more than one certificate.**

9. Rules:

A "rules committee" shall consist of the head coach from last year's host school, current year's host school, and next year's host school. The boys' head coach from these schools will rule on boys' meet questions and the girls' head coaches will rule on girls' questions.

**AD Liaison: Phil Klaphake
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VOLLEYBALL

1. Schedule: A modified double round robin.

a) Teams will be referred to as Varsity, JVI, JVII, and Freshman.

b) The JVI, JVII and Freshman matches will start at 5:45 pm and play a third set.

The varsity match will begin at 7 pm or twenty (20) minutes after the JV matches

2. Officials: The host school will provide two adult and/or trained line judges for JVI and Varsity matches. The varsity official or officials will officiate the JV1 match.

3. Game Ball: The ball to be used shall be the one recommended by the Minnesota State High School League.

4. Rosters: Each school should enter rosters on the MSHSL web page that include name, number, grade in school, height and position.

5. Conference Meeting of Coaches: The meeting will be held on the first Wednesday before the section finals.

6. Standings: The conference champion and All Conference selection numbers will be determine the CLC point system of wins counting two points if you play once and one point each if you play twice.

7. All conference Team: Each school's coach shall nominate their own players for the All Conference team. The All Conference team will be composed of nineteen (19) members. The basis for selection will be: Champion will receive four (4) members, second and third place will receive three (3) members, and fourth, fifth, and sixth will each receive two (2) members and seventh through ninth place finishers will receive one (1) member.

Honorable Mention: maximum of 3 picks per team.

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WRESTLING

- 1. Schedule:** A single round robin schedule shall be in effect for the conference. There shall be no conference tournament. Matches shall be (13) weight classes. Matches could be scheduled with three or more CLC schools by mutual agreement. Conference matches will take place first in any triangular that includes non conference schools.
- 2. Weigh-In:** Weigh-in will be one hour before start time shoulder to shoulder. The weigh-in must be certified by the athletic director or his designee. Exception would be a member of the wrestling coaching staff. Skin checks will begin 15 minutes prior to weigh-ins.
- 3. Match Times:** The B squad matches shall start at 6:00 pm. The varsity matches start at 7:00 pm or 15 minutes after the "B" match ends. Triangulars and Quads will start at 5:00 pm. Junior High matches will end 15 minutes after completion of the "JV" match unless held at a separate site. This will be a point of emphasis for AD's and coaches.
- 4. Championship:** The conference championship shall be awarded to the school with the highest percentage of victories. In the event schools wrestle each other more than once during the season, the officially scheduled conference match shall be used in determining conference standings.
- 5. All Conference Team:** The selection of the all conference team shall be made by the conference coaches at the conclusion of the season. Wrestler must win 5 matches in conference meets to be named All Conference.

Honorable Mention: wrestler must win 4 CLC matches.
- 6. Coaches meeting,** if necessary, will take place the first Wednesday after the State Tournament at 6 pm in the St. Cloud area.

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