

NORTHEAST OHIO CONFERENCE CONSTITUTION (8-31-2010)

ARTICLE I – NAME

The name of this organization shall be the Northeast Ohio Conference.

ARTICLE II – PURPOSE

The purpose of the Northeast Ohio Conference shall be to promote wholesome interscholastic competition and sportsmanship among its member schools and to participate in other co-curricular activities. In carrying out these objectives, the conference shall regulate, supervise, and administer interscholastic competition among its member schools to the end that the interscholastic program be an integral factor in the total educational process of the schools.

ARTICLE III – MEMBERSHIP

- Section 1: All members of the Conference must be members in good standing of the Ohio High School Athletic Association. Those schools are: Brunswick, Brush, Cuyahoga Falls, Elyria, Garfield Heights, Hudson, Lakewood, Mayfield, Medina, Nardon, Normandy, North Royalton, Parma, Solon, Stow, Strongsville, Twinsburg, and Valley Forge.
- Section 2: A member school may withdraw from the Conference when it notifies the Conference in writing two full school years in advance of its intention to withdraw. Any member school that withdraws from the Conference must still meet its financial obligations. Deadline for the request to withdraw is July 31st of a given year.
- Section 3: Early withdrawal is possible if a three-fourths (3/4) majority vote of all league members approve the withdrawal.
- Section 4: A school can apply for membership in the Conference by completing the following steps:
- A. File a letter of application with the Commissioner of the Conference.
 - B. The Commissioner will present the application to the Executive Committee. If the application is approved by the Executive Committee, it will be forwarded to the Voting Body.
 - C. Receive a three-fourths (3/4) majority affirmative vote of the Conference high school principals or their representatives at any regular or special meeting following the presentation of the letter of application. Each member school will have one vote.
 - D. Agree to participate in all Conference sponsored sports of the Middle and High School level in which the individual schools sponsor teams.

- E. Are members in good standing with the Ohio High School Athletic Association (grades 7-12).

Section 5: The acceptance criteria for admission to the NOC will be as follows: (4/6/09)

- A. Must be a Public School
- B. Location should be reasonable for league
- C. School meets minimum varsity sport standards of:
 1. Football
 2. Volleyball
 3. Boys and Girls Soccer
 4. Boys and Girls Basketball
 5. Baseball
 6. Softball
 7. Track and Field
- D. Applicants must make a formal presentation to League
- E. An on site visit will be conducted by the executive committee

Section 6: All dues and membership fees are to be determined annually at the May meeting.

Section 7: Special assessments will be made by the member schools if such funds are needed.

ARTICLE IV – GOVERNANCE

Section 1: Officers and Elections

- A. The officers of the Northeast Ohio Conference shall consist of a President and a Vice-President (President elect).
- B. The President and Vice-President shall be rotated alphabetically each year among the Conference schools and shall take office at the September meeting.
- C. A Principal or Athletic Director new to the Northeast Ohio Conference has the option to take office during his/her first year of service if it is the school's turn in the rotation. If they decide not to take office, their school will be placed in succession the following year.
- D. The President must be a high school Principal whose duties are as follows:
 - a. Prepare and circulate agendas.
 - b. Preside over all Principals meetings.
 - c. In addition, the Conference President, President elect, their Athletic Directors and the Conference Commissioner will be on the Executive Committee.

Section 2: Voting Body – Membership

- A. Each high school will have one vote, to be cast by the Principal or his/her designee.
- B. All Voting Body issues will be decided by a majority vote of the members present, except for votes taken on Conference membership and amendments.
- C. A quorum shall be established when 3/4ths (14) of the Voting Body is present.

Section 3: Voting Body – Meetings and Sessions

- A. Four regular meetings shall be held during the months of September, November, March and May unless favorable arrangements are made by the quorum to change the meeting dates.
- B. Special meetings of the Conference may be called by the President with the consent of three member schools. A member school may file a written request with the President. All members shall be given sufficient notice and shall be informed regarding the reasoning for the meeting.
- C. The rules contained in the current edition of “Robert’s Rules of Order” shall govern the Northeast Ohio Conference in all cases to which they are applicable and in which they are not inconsistent with these by-laws and the special rules of order the Northeast Ohio Conference may adopt.
- D. Principals shall attend these meetings, or a designee of principal with voting rights.

Section 4: Voting Body – Powers

- A. Establish by-laws for the operation of the Conference.
- B. Establish the cost and manner of payment of membership fees and assessments.
- C. Establish the amount and manner of remuneration for persons providing services and products for the Conference.
- D. Establish rules for the distribution of Conference passes.
- E. Establish job description, salaries, and qualifications for individuals employed by the Conference.

- F. Establish a schedule of rates for admissions and regulations pursuant to the conduct of interscholastic events.
- G. Designate which sports will be recognized as Conference sports.
- H. Determine the nature and extent of the Conference awards program and the scoring of contests and championships.
- I. Establish a procedure for dealing with complaints, problems and protests.
- J. Establish a procedure for canceling of contests.
- K. Establish rules governing the construction, conduct and scheduling of Conference interscholastic athletic contests, tournaments and officials.
- L. Establish rules governing facilities, equipment, crowd control, cheerleading, security, and videos.
- M. Establish standing committees, ad hoc committees and rules as are necessary to the conduct of Conference business.
- N. Establish procedures and regulations pursuant to non-athletic events and programs including their dissolution.
- O. Review and approve the yearly Conference budget.

Section 5: Executive Committee

- A. The purpose of this committee is to consider issues of membership, realignment, and other issues as requested by the Voting Body. Committee recommendations will, in all cases, be presented to the Voting Body for action.
- B. The Executive Committee will be composed of three Principals and their Athletic Directors, one from each group. In addition, the President of the Conference and the President-elect along with their Athletic Directors and the Conference Commissioner are also part of the Executive Committee (Eleven total members).
 - a. The Conference will be divided into three groups of six schools each.
 - b. Groups will be determined by the total enrollment of each school for grades 10-12 as reported by the OHSAA. The six largest schools form the first group, the next six the second group and the third six the final group.
 - c. The groups may be adjusted as enrollment changes.

- C. The three Principals and Athletic Directors from the groups based on enrollment will rotate tri-annually. This will be done alphabetically within each group.
 - a. To initiate the process during the first three years of the Conference's existence, the large school group will rotate after year one, the middle group after year two and the small group after year three. This rotation will then be maintained with each member serving a three-year term.
- D. Each school represented shall have one vote in the Executive Committee.

ARTICLE V – POLICIES

Section 1: All member schools must adhere to Conference regulations, policies, procedures and by-laws.

Section 2: Conference regulations, policies, procedures and by-laws may be changed by the majority vote at any regular meeting of the Voting Body.

Section 3: Operational Procedure or Policy will go into effect immediately unless an alternative date is specified.

Section 4: Division Alignment:

A. Divisions will be set up for each sport using the following criteria:

- a. competitive level of the schools in a particular sport
- b. geographic relationship of the schools

B. Division names will be the Valley, River and Lake.

Section 5: Division Realignment:

A. **Division realignment will only take place at the end of each two year cycle of conference play.**

1. Realignment requests will be considered at the conclusion of each sport season during the following years: 2008-09, 2010-11, 2012-13, 2014-15 etc.

2. Any Principal may submit a request to the Conference Commissioner asking to move to a different division.

- a. This must take place within the two-week period following the completion of the **regular season** .

- b. The Commissioner will present the request to the **Athletic Directors at the close of the application window.**
- B. Athletic Directors will examine the applications to determine if there are any common requests. (EX. School A in the River Division wishes to move to the Lake Division and School B in the Lake Division wishes to move to the River Division.)**
- C. If no common requests for realignment can be found, the following process would then be used to determine if realignment is needed.**
- 1.. The team with the best/worst divisional record over the past two years in the division that is being requested to move will be chosen to present rationale for not being moved.**
 - 2. The team requesting the move will also be asked to present the Athletic Directors with the rationale for their request.**
 - 3. The Athletic Directors should consider both schools proposals and base their recommendation on the following:**
 - i. Level of competition (within the division)**
 - ii. Wins/losses (overall) at all levels**
 - iii. Geography**
 - iv. Rivalries**
 - v. Gate Receipts**
 - vi. Enrollment**
 - vii. Transportation**
 - 4. Recommendations for realignment moves from the Athletic Directors to the Executive Committee**
- D. The Executive Committee will then make a recommendation on a course of action to the Voting Body.**
- a. A sixty percent (11) vote of the Conference members is required for approval.
 - b. Following approval, realignment will take place at the earliest possible date as determined by the Voting Body.
 - c. This process will happen three times a year, at the end of the Fall, Winter and Spring seasons in the school years noted in Sec. 5-A-1.**

Section 5 Adding New Conference Sports

- A. Any sport that wishes to be added to the NOC must be officially recognized by the OHSAA with a state tournament sponsored by the OHSAA.
- B. A minimum 50% of the Conference schools have Board approved (non-club) programs in the sport.
- C. Must be approved by the Executive Committee and the Voting Body.

ARTICLE VI – AMENDMENTS

Section 1: Amendments must be presented at a regular meeting of the Voting Body. A three-fourths (3/4) majority of all Conference members vote is needed for adoption (14 votes in an 18 team Conference).

NOC BY-LAWS

Section 1: Athletic Directors' Meetings

- A. Conference Commissioner will chair the Athletic Directors' meetings.
- B. Coaches, athletic directors or principals may initiate recommendations for changes in the athletic program. These recommendations will be considered at a regularly scheduled meeting.
- C. Minutes of the Athletic Directors' meetings will be recorded and a recommended action will be a matter of record.
- D. The Voting Body has four (4) options in dealing with a recommendation:
 - 1. Approve the recommendation as policy.
 - 2. Open discussion of an item for further clarification
 - 3. Return the recommendation to the Athletic Directors for further study.
 - 4. Vote to defeat the recommendation. The President must be sure that a defeat of the item will not leave the Conference without a policy.

Section 2: Membership, Dues and Participation

- A. **All dues and membership fees must be paid in full by September 30th of each year to avoid a 10% late fee.**
- B. The member schools will pay special assessments if such funds are needed to remain financially solvent.
- C. The annual membership dues shall be determined at the final Voting Body meeting of the school year.
- D. All schools must declare the intent to participate in Conference sports for the following year at the annual September Voting Body meeting one (1) year in advance.
- E. The Conference may sponsor any sports that at least one-half the member schools have a team that is in accordance with the OHSAA regulations.

Section 3: Job Descriptions: Commissioner

I. Statement of Responsibilities

- a. The commissioner is directly responsible to member school principals regarding the performance of his/her duties.
- b. The commissioner shall attend all of the principals' meetings and athletic directors' meetings.
- c. The commissioner will work collaboratively with the President and President elect of the Conference to carry out his/her duties as assigned by the Conference.
- d. The commissioner will be the liaison between the Principals and Athletic Directors.
- e. In all matters the final decision is to be made by the Governing Body.

II. Duties of the Commissioner

- a. Assist and advise the league principals and athletic directors with all decisions.
- b. Schedule monthly meetings and determine their locations.
- c. Write and distribute the minutes of principals meetings and athletic directors meetings.
- d. Carry out all financial responsibilities with the approval of the league principals. These responsibilities will include:
 1. Set and collect league dues.
 2. Pay bills in a timely manner
 3. Prepare a monthly and annual financial report.
 4. Bill all assessments.
 5. Submit a written budget for the upcoming year.
- e. Will establish league deadlines and timelines pertaining to the *operation* of the league.
- f. Will oversee ad hoc committees to ensure completion of their tasks.
- g. Assist with the development of the league by-laws and the league constitution.
- h. Assist the league principals and athletic directors in the development of the league master calendar of events.
- i. Will create the league meeting agendas and distribute via e-mail one week prior to the meeting.

- j. Assist Athletic Directors with divisional alignments and scheduling.
- k. Oversee high school and middle school official assignors.
- l. Assist and oversee the development of the Middle School league.
- m. See that the by-laws are updated yearly.
- n. Plan and coordinate award/conference meetings.
- o. *Oversee ordering* All-Division, Coach of the Year, Player of the Year plaques as well as the Honorable Mention and All-Academic certificates as needed.
- p. Prepare and submit press releases for All-Division selections, Player of the Year and Coach of the Year to the Media.

III. Evaluation of the League Commissioner

- a. The President of the League and the Vice President of the League with their respective Athletic Directors will evaluate the Commissioner.
- b. The evaluation team will meet with the Commissioner in May each year to review his annual evaluation.
- c. The evaluation team may request to meet with the Commissioner at any time.
- d. The Commissioner will be evaluated annually and the evaluation shall be based on the job description and year-end targets.

IV. Contract and Salary

- a. The Commissioner's contract shall be for one (1) or two (2) years and run from August 1st through June 30th.
- b. The Commissioner's Salary will be reviewed at the Principals' discretion, and is paid in four (4) equal quarterly payments on September 30, December 31, March 31 and June 30.
- c. The Commissioner's expenses, as defined by his job description, will be paid by the Conference upon approval of the Principals.

Job Description: Assignors

A. Job Responsibilities

1. Assigning all Conference and non-conference contest officials in the following sports: Football, Volleyball, Boys and Girls Basketball, Wrestling and Boys and Girls Track.
2. Division and Conference tournament officials will also be the responsibility of the assignor.
3. No sub-contracting is permitted.
4. Assignors will attend Athletic Directors' and Voting Body meetings and report as needed.

B. Contracts and Salary

1. The agreement will bind the Assignor to the Conference and the Conference to the Assignor for the period of two years.
2. The Assignors salary will be set by the Voting Body during the last scheduled meeting of the school year.
3. The salary will be paid in four (4) quarterly installments on September 30, December 31, March 31 and June 30.

C. Evaluation

1. In May of each year, the Assignors will be evaluated by the Commissioner and the President of the Conference.
2. Either party may opt out of the contract after the evaluation as long as there is mutual consent. However, enough notice must be given to keep the Conference assigning in good order.

Note: Outside assignors will be used for Soccer, Swimming, **Gymnastics**, Bowling, Baseball and Softball.

Section 4: NOC Conference Courtesy Passes

- A. Member schools will receive one hundred (100) Conference Passes to be issued at each school's discretion.
- B. Passes will be good at any Conference sponsored event at the high school/middle school level EXCEPT for Conference/Division championships.
- C. The NOC Commissioner and the Assignors will each receive a Conference pass.
- D. Conference Passes will be distributed at the August Athletic Directors' Meeting.

Section 5: Conference Tournament Manager's Fees

A.	Cross Country	150.00 per site
B.	Girls Tennis	150.00 per site
C.	Golf	150.00 one site
D.	Gymnastics	150.00 one site
E.	Wrestling	200.00 one site
F.	Swimming	150.00 one site
G.	Diving	150.00 per site
H.	Boys Tennis	150.00 per site
I.	Boys and Girls Track	200.00 per site

Section 6: Conference Awards

A. Teams

1. NOC Championship plaques will be presented to all Division Team Champions. In Baseball, Softball and Tennis, all schools must complete the Division schedule unless the games have no bearing on the championship and both schools mutually agree not to play.
2. In the event of a tie, co-championship plaques will be presented.

B. Coaches

1. The NOC will present a plaque to the Championship Coach(s) in each Division of each sport.

C. All Division Teams

1. Athletes will be named to their All-Division Team in one of four ways:
 - a. For sports that have a Division Championship Meet, the top two placers in each individual event or relay will be accorded All-Division status.
 - b. For sports that do not have a Championship Meet, All-Division status will be determined by the formula that is in place for that sport.
 - c. Best record in Division matches for a weight class. (Wrestling)
 - d. Coaches may opt to vote, the maximum number of all division does not change
2. Ties in the standings that result in an uneven number will be settled by adding one extra player. EX. 2nd = 6 players and 3rd = 5 players the total is 11. Add one so both receive six(6).
3. Coaches may choose their own Honorable Mentions. Each school may have up to two (2) selections per sport.

D. Player of the Year

1. Selection of the POY takes place before the rest of the All-Division team is selected.
2. Coaches may nominate one player for the POY award in their Division.
3. After the nominations are completed, each coach may speak about their nominee.
4. Each school present will have one (1) vote for the POY award.
5. If a tie results, a second vote of the tied players will take place after the coaches have again had an opportunity to discuss their athlete. If a tie remains after the 2nd ballot, the athletes will be co-POY's provided no more than two nominees are tied for the most votes. If there are more than two (2) players tied after the 3rd ballot, the following tie-breakers will be used in this order:
 - a. The two (2) players whose teams have the best Division records. If this still results in a more than a two-way tie, then:
 - b. The two (2) players whose teams have the best overall season records.
6. All voting will be done by written ballot that is signed by the coach. Ballots will be read including the coach's name. Coaches may vote for their own player.
7. The POY will be a member of the All-Division team that is released for publication.

Section 7: Cancellation and Re-scheduling contests

- A. When a contest is scheduled and questions concerning weather conditions arise, the decision to play or cancel rests on a mutual agreement between the scheduled schools principal, athletic director or a designee.
- B. Contests may be canceled and rescheduled should either school (home or away) be closed due to weather conditions.
- C. When a game is canceled, an attempt will be made at that time to decide on a make-up date.
- D. The Home School Athletic Director will call the officials to inform them and to re-schedule them if a new date is known.
- E. If an official cannot be reached or cannot accept the rescheduled assignment, the Conference Assignor is to be contacted and notified.
- F. The Conference Assignor is to assign officials for the rescheduled date when any of the original officials are unavailable.
- G. If the game can not be rescheduled immediately, contact and cancel the officials. Notify the Assignor as soon as the game has been rescheduled so that he can hire officials.

Section 8: Officials

- A. Officials for all NOC contests will be assigned by the Conference Assignor *or the specific sport assignor*.
- B. Athletic Directors will provide assignors with a schedule of all independent games.
- C. The responsible school compensates full contractual fees if the officials are not notified of a cancellation.
- D. If two officials are scheduled and only one works the game, that official receives his/her fee and one-half of the second official's fee.
- E. When three officials are scheduled for the game and only two work the game, the two officials will split the third official's fee.
- F. Officials will compensate the home school for full contractual fees when duties are not performed. Home school will bill the official and notify the assignor in writing.
- G. In case of postponement, follow the game cancellation procedure set by the NOC in the previous section.

Section 9: General Criteria

- A. The Commissioner shall handle all Conference funds including the depositing of all revenue from Conference Championships.
- B. All communications from the Commissioner that pertain to athletics shall be sent to the Athletic Director as well as the Principal of the member school.
- C. All releases and information pertaining to conference business is to be conducted only through the Conference President. Any derogatory or critical comments made to the media by any conference school individual pertaining to a conference activity is strictly prohibited.
- D. Live radio broadcast and both live and delayed televising of Conference events are permitted in accordance with OHSAA regulations.
- E. An administrator or his/her representative must be in attendance at all Varsity Football and Boys Basketball games both home and away. The visiting school person is requested to make their presence known to the home school personnel. Coverage of all other sports is on an "as need" basis unless the home school requests that a visiting school administrator or his/her representative attend a specific contest.
- F. Artificial noisemakers used by spectators are prohibited from indoor conference contests. Air horns are prohibited from all athletic events. Hand-held signs are not permitted at any athletic event. Appropriate music may be played before the game, during time-outs and at the end of the quarter. Unsportsmanlike conduct shall not be tolerated. Small promotional megaphones are permitted at games. All stomping cheers are prohibited for the safety of the spectators. School officials are asked to stop this action immediately. Shirts must be worn at all indoor contests.
- G. Senior participation in a JV contest is strongly discouraged, but is permitted by mutual consent of the competing schools.

- H. National Federation Rules with OHSAA modifications are in effect for all sports.
- I. Any National Federation or OHSAA approved ball may be used.
- J. The home school provides the ball in all sports with the exception of Football, Golf and Tennis.
- K. Only positive signs may be displayed at Conference events.
- L. The **HOME SCHOOL** shall call the designated newspapers following the game.
- M. Crossover games will NOT count toward the Divisional Championship.
- N. Home school will provide water, coolers, ice and cups. Visiting team must provide all training supplies need.
- O. Home school will inform the visiting school of any activities that will affect the warm-up or start time of a contest (EX. Senior Night, Homecoming, Parents Night, etc.). This must be done at least 24 hours before the start of the game.
- P. Standard OHSAA format should be used for pre-game introductions.
1. Sportsmanship Announcement
 2. Anthem
 3. Officials
 4. Player Introductions
- Q. Scholar-Athlete Award Criteria**
- 1. 3.4 GPA**
 - 2. Varsity letter winner**
 - 3. May be any grade level 9-12**

NOC REGULAR SEASON TICKET PRICE POLICY

- A. Football is the only sport that will have student pre-sale. (\$4.00)
- B. Varsity Football – All tickets \$6.00
 - 1. There is no charge for pre-school age children.
 - 2. Senior Citizens are free with a pass from their home school district.
- C. Soccer, Volleyball, Wrestling, Basketball, Swimming and Gymnastics:
 - 1. Adults: \$6.00
 - 2. Students (K-12): \$4.00
 - 3. There is no charge for pre-school age children
 - 4. Senior Citizens are free with a pass from their home school district
- D. JV or Freshmen alone:
 - 1. Adults: \$3.00
 - 2. Students: \$2.00
- E. Triple header prices change:
 - 1. Volleyball – from Freshmen to Varsity prices after game one of the Freshmen match
 - 2. Basketball – from Freshmen to Varsity prices at half time of the Freshmen game
- F. Conference Passes:
 - 1. limited to 100 per school
 - 2. each pass is good for one (1) adult admission

CONFERENCE /DIVISION TOURNAMENT TICKET PRICES

- A. **No pre-sale tickets for any sport**
- B. Gate admission prices:
 - 1. Adults: \$6.00
 - 2. Students (K-12): \$4.00
 - 3. No charge for pre-school age children
- C. **NO** Conference passes will be accepted
- D. **NO** Senior Citizen passes accepted: student price will be charged
- E. Sign-in sheet will be used for school officials

NORTHEAST OHIO CONFERENCE APPROVED STARTING TIMES

Note: Contest may not start before the approved time.

SPORT	LEVEL	WEEKDAY	SATURDAY
Football	Freshmen	4:30	
	JV	4:30	10:00
	Varsity	7:30	7:00
Volleyball	Freshmen	4:30 or 5:00	
	JV	5:30	
	Varsity	After JV	
Golf	All	Set by the home course	
Girls Tennis	All	4:30	
Cross Country	All	4:30	
Soccer	All	Set by the home site	Set by the home site
Basketball	Freshmen	4:30	11:15 or 4:15
	JV	6:00	1:00 or 6:00
	Varsity	7:30	2:30 or 7:30
Wrestling	JV	Tri 5:00	Dual 6:00
	Varsity	Tri 6:00	Dual 7:00 (JV also if both teams agree)
Swimming	Varsity	Set by home site	Set by home site
Boys Tennis	All	4:30	
Baseball	All	4:30	
Softball	All	4:30	
Track	All	4:30	

NOC OFFICIALS FEES

FOOTBALL	VARSITY	60 X 5 4/14/10
	JV	40 X 4
	FRESHMEN	35 X 4
VOLLEYBALL	VARSITY	55 X 2
	JV	40 X 2
	FRESHMEN	35 X 1 or 2
	VAR/JV	65 X 2
	VAR/JV/FR	100 X 2
	VAR TRI	105 X 2
	JV TRI	90 X 2
	FR TRI	75 X 2
	VAR QUAD (two courts)	105 X 4
	JV QUAD (two courts)	90 X 4
	FR QUAD (two courts)	90 X 2
XC DIVISION MEETS		75 X 1
TRACK	B/G DUAL	85 X 1 - NO SHELLS
TRACK LEAGUE MEET		TBA BASED ON SITE NEEDS
SWIMMING	B/G DUAL	55 X 2 swim assignor in place
LEAGUE MEET		TBA BASED ON SITE NEEDS
GYMNASTICS		PER ASSOCIATION
LEAGUE MEET		75 X ? BASED ON NUMBERS
BASKETBALL	VARSITY	55 X 3
	JV	40 X 2
	FRESHMEN	35 X 2
WRESTLING	VAR DUAL	55 X 1
	JV DUAL	40 X 1
	VAR TRI	85 X 2
	JV TRI	65 X 2
	EXTRA MATCHES	\$4 Per Match
LEAGUE MEET	VAR	Site Needs
	JV	Site Needs
SOCCER	VARSITY	55 X 1 (CENTER) + 35 X 2
	JV	40 X 2
	JV/VAR	75 X 2
	FRESHMEN	35 X 2
BASEBALL		PER ASSOCIATION
SOFTBALL		PER ASSOCIATION

NOTE: Each school will pay their own assignor's fee for Soccer, Baseball, Softball and Gymnastics.

NOC SPECTATOR EXPECTATIONS

- Respect Athletes, Coaches, Officials, Fans and the Anthem
- Respect decisions made by contest and school officials
- Recognize and acknowledge outstanding performances by both teams
- Refrain from taunting, booing, heckling and inappropriate language
- Remember to leave noisemakers, hand-held signs and other irritants at home

BE A FAN.....NOT A FANATIC

PARTICIPANT CODE OF CONDUCT

- I WILL ALWAYS PLAY HARD, BUT ACCORDING TO THE RULES
- I WILL RESPECTFULLY ABIDE BY THE OFFICIALS DECISIONS EVEN WHEN I DO NOT AGREE
- I WILL RESPECT MY OPPONENTS
- I WILL ALWAYS CONDUCT MYSELF SO AS TO BRING PRIDE TO MYSELF, MY FAMILY, MY SCHOOL AND COMMUNITY
- I WILL REMEMBER THE PRINCIPLES OF GOOD SPORTSMANSHIP:

COURTESY

HUMILITY

SELF-ESTEEM

CROSS COUNTRY

A. DIVISIONAL CHAMPIONSHIPS

1. The Division championships will be determined on the basis of the schools' finish in the Division championship meet.
2. The division championship meets will be held the week before the District competition. The school in charge of each meet will be notified the spring prior to the next Cross Country season. **Start time for the meet will be 10:00 am. If there is a conflict with a national testing date then the races will begin at 3:00 pm.**
3. Number of entries in each race of the division championships is as follows:
 - a. Varsity Boys 7
 - b. Varsity Girls 7
 - c. Open Boys unlimited
 - d. Open Girls unlimited
4. Boys' and Girls events will be rotated on a yearly basis. Boys will be scheduled first in the even numbered years and Girls in the odd numbered years.
5. The All-Division team will be comprised of the 1-14 finishers in the division championship meet. All awards are covered on p. 11-12 of the By-Laws.
6. There must be a registered official for each of the division championship meets.

FOOTBALL

A. GENERAL RULES

1. Division Alignments for Football are determined every two years based on a five year computer point average. The addendum for this process and the resulting schedule will be located in the documents page in the back of the bylaws.
2. Final standings will be determined by won/loss record.
3. It is recommended that medical personnel be present at all Varsity, JV and Freshmen games.
4. Film exchange:
 - a. Video exchanges, both scrimmages and games, will consist of the previous three (3) games or scrimmages. Example: For game four (4), schools will exchange game one (1) and two (2) and three (3). The exchange will take place the morning after the two teams previous week's games have been completed. **Team rosters are also to be exchanged at this time.** Videos are to be returned to the appropriate NOC school the night of the game.
 - b. Only first generation video recordings are to be used in a video exchange.
 - c. No video exchanges can take place between an NOC school and an independent opponent of another NOC school.
 - d. It is the responsibility of the home team to initiate the call to affect the video exchange the week before the game.
 - e. It is the responsibility of the member schools to provide a video of the highest quality for the exchange.
 - f. The camera should start when the center breaks from the huddle and is requested that the camera continue to run at the end of the game in the event that a problem occurs on the field between the two (2) competing schools.

B. VARSITY GAME PROCEDURES

1. Each team must furnish their headsets.
2. The home team should provide adults for the chain crew.
3. The scoreboard clock should be the official time for conference games and the home school should provide an adult operator. In case the scoreboard clock fails to operate the Field Judge will continue to keep time with a stopwatch.
4. A varsity game shall consist of four (4) twelve minute quarters with a twenty minute half time.

5. All varsity officials will be notified to report at least one hour and fifteen minutes before game time.

6. Jersey colors:

a. The visiting team wears the light jerseys. NOTE: As of the 2010 season the visiting team must wear a white jersey.

b. JV teams wear the same color as the varsity.

c. Freshmen teams wear dark at home and light as the visitors.

7. Example Pre-Game Schedule:

6:15-7:00	Field is available for warm-up. Home team will designate warm-up area.
7:00	Officials conference with the coaches, timer and announcer. Coin toss.
7:10	Both teams leave the field.
7:10-7:25	Pre-game activities by the home band and cheering section.
7:25	“Star Spangled Banner played by the band.
7:28	Introduction of both line-ups is optional.
7:30	Kick-off

8. Bands are limited to ten (10) minutes each for their half time performance.

C. FRESHMEN AND JUNIOR VARSITY PROCEDURES

1. Freshmen and JV follow the varsity schedule for cross over and divisional games.

2. Freshmen games are at the opposite site of the varsity and will be played on Thursday of that week. Quarters are to be nine minutes.

3. JV games are also at the opposite site of the varsity and will normally be played on Saturday. If the varsity game is played on Saturday, the JV game then moves to Monday. Quarters are to be ten (10) minutes. **Freshmen and JV games are to be play week 10 unless there is a mutual opt-out agreement.**

4. Freshmen and JV scouting is not permitted.

5. The OHSAA tie-breaker rule will not used in Freshmen and JV games.

D. ALL-DIVISION SELECTION

1. There will be a Player of the Year for both Offense and Defense. The same selection process will be used to determine one (1) punter and one (1) kicker for the All-Division team.
2. The remaining All-Division players will be selected by their coaches based on the following formula:

PLACE FINISH	NUMBER OF PLAYERS
First	7
Second	6
Third	5
Fourth	5
Fifth	3
Sixth	2

3. All other awards are covered on pages 11-12 of the By-Laws.

GOLF

A. IN SEASON PLAY

1. Double round of dual and triangular matches consisting of nine (9) holes for each match. If adding a non-conference school to a Conference match there needs to be mutual consent from all of the schools participating.
2. There shall be competition at the Varsity and Junior Varsity levels whenever possible. Opposite sites for the matches.
3. There will be six (6) players for each team with the four best scores being used for each team. Matches will be stroke play.
4. Each school will furnish their own golf balls.
5. In all matches the home school card is the official scorecard.
 - a. Scoring for dual matches pertaining to All Division and POY will be as follows:
Points will be awarded according to the number of strokes that a player scores over the course rating (plus points) or under the course rating (minus points).
6. The current rules of golf and etiquette as published by the USGA shall govern all matches and tournaments. "Winter Rules" may be played, modified by local rules and conditions determined by the home course.
7. **During the dual match portion of the season, a school will be awarded one (1) point for each Divisional match win. These points will be combined with the points earned at the Conference tournament in order to determine the Divisional Champion.**
8. **A suspended match is to be completed from the last completed hole or back on the course where play left off. Nine holes must be completed.**
9. **The stroke limit for girls golf for the following par limits will be as follows to maintain the pace of play: (Double Par +1 recommendation 10/14/2009)**
Par 3-7 Strokes
Par 4-9 Strokes
Par 5-11 Strokes
10. **All-League Disqualifications if there are violations of rules during the course of the season (10/14/2009)**

B. CONFERENCE TOURNAMENT:

1. Six (6) players per team. Best four (4) scores count.
2. Eighteen (18) holes (all teams must complete nine holes to be awarded team points).
3. Stroke play.
4. Each school pays its own greens fees.
5. The host school and the course will determine the start times.
6. All ties shall be broken according to the OHSAA rules.
7. The order of play in the Division tournament is as follows:
 - a. Dual match record determines the team placement for tee times.
 - b. Players from teams 1,2,3 tee off first with teams 4,5,6 following.
 - c. Threesomes will be played throughout the tournament.
 - d. Start times will be from the first and tenth tees when the course can accommodate.
8. The host school will be responsible for establishing a Rules Committee prior to play.
9. Scoring for the POY and All Conference will be determined as in this manner:
 - a. To be eligible for All Division honors, a player must participate in at 70% of the Division matches and the Division Tournament. The points in the Division Tournament will be awarded as two (2) nine hole matches and averaged into the regular season results. This will give each player a final season average based on course ratings.
 - b. The individual with the best average will be the POY.
 - c. The top 12 individuals will make up the All Division team.
10. Team points will be awarded for the Divisional Tournament in this manner:
 - a. 1st place team receives 6 pts., 2nd=5 pts., 3rd=4 pts., 4th=3 pts., 5th=2 pts., 6th=1 pt.
 - b. The team with the highest combined total (Regular Season and Tournament) will be the team Divisional Champion. **If the Conference Tournament cannot be completed, the Divisional Champions will be determined solely by the Division dual match play.**
11. All other awards are covered on pages 11-12 of the By-Laws.

SOCCER

A. GENERAL RULES:

1. Due to the structure of the football goal posts on certain fields, it will be the responsibility of the home team to provide soccer goals as near regulation as possible.
2. Admission will be charged for all varsity games and all JV/Varsity games played in tandem at the same site in an enclosed field.
3. The home school should send contracts to all of their opponents. The need for this is created by the variety of starting times that are used by Conference schools.

B. GAME PROCEDURES:

1. Introductions should follow the OHSAA format.
2. Whenever possible teams should be on the opposite sides of the field.
3. Post game sprint from sideline to sideline may only be done in the goal box area.

C. DIVISION HONORS:

1. A single round of divisional competition will determine a divisional soccer champion. A win is worth three (3) points, a tie is worth one (1) point and a loss is worth zero (0) points. The team with the most points is the division champion.
2. Division coaches are to select a twenty (20) person All-Division team. Each coach will select his/her All-Division players based on the following formula.

STANDINGS	# OF PLAYERS
1 st	5
2 nd	4
3 rd	4
4 th	3
5 th	3
6 th	2

3. Procedures for all other awards are covered on pages 11-12 of the By-Laws.

TENNIS

A. GENERAL RULES

1. United States Tennis Association (USTA) rules will govern all matches and tournament play except where these rules have been modified by the OHSAA.
2. NOC tennis will consist of a single round of divisional play for both boys and girls and four (4) crossover matches within the Conference. There will also be a Division tournament.
3. The Division championship will be based on 50% from divisional play and 50% from the Conference tournament. All scheduled matches must be played. Points will be awarded in both divisional and tournament play according to the following formula: First place = 6 pts., 2nd = 5 pts., 3rd = 4 pts., 4th = 3 pts., 5th = 2 pts., 6th = 1 pt.
4. Match lineups are to be determined on paper by both coaches. Coaches are to have line-ups ready to exchange at the beginning of the match.
5. The home school coach shall act as the umpire. Complaints should be brought to his/her attention before any action is taken by the players or the visiting coach.
6. A team must field playable players. There are NO defaults at first singles or first doubles. All singles and double players must move up.
7. The home team shall furnish the approved, heavy-duty National Federation balls. JV matches may be played with used balls.
8. The home team is responsible for the center court strap on all nets.
9. Player will have a minimum of 15 minutes warm-up before the start of each match.
10. Proper uniforms must be worn to represent your school in compliance with OHSAA rules.
11. A default rule of 45 minutes is in effect for all conference matches.
12. A match shall consist of three singles and two doubles matches.

B. DIVISIONAL TOURNAMENT

1. The Athletic Directors will determine the site of the division tournament.
2. The tournament will be played by position. A player will play in the position where he/she played a majority (over 50%) of their divisional matches.
3. The Tournament manager will conduct the seeding. Once the draw is concluded, there are no substitutions without the unanimous vote of the coaches.
 - a. Through the seeding process at the conference tournament injured players may be placed accordingly at the proper seed when necessary (May 2009)
4. Balls will be provided by each team. The Tournament manager will set the number.
5. A win in the winner's bracket will receive two (2) points. A win in the loser's bracket will receive one (1) point. A player with a bye in the first round who wins a second round match will receive four (4) points. Additional points will be awarded for first through sixth place. (See A-3 above)
6. The loser's bracket will play pro sets.

C. ALL DIVISION TEAM

1. First and second place point leaders in each bracket after adding the divisional play and tournament points together. Selection process for other awards are covered on pages 11-12 of the By-Laws.

VOLLEYBALL

1. The Conference schedule will consist of a double round robin within the Division and three cross-over matches.
2. Only games within the Division count toward the Division championship. The team(s) with the best record in the Division games will be the Division champion(s).
3. Volleyball matches will be played as triple-headers with the Freshmen game beginning at 4:30, the JV game no sooner than 5:30, followed immediately by the varsity game.
4. When necessary, the Freshmen game may take place at the opposite site of the JV and Varsity matches. The Freshmen game will begin at 5:00. JV will begin at 5:30 and Varsity will immediately follow the JV's.
5. The coin toss will take place prior to the warm-up. The twenty minute warm-up shall follow the state tournament designated guidelines. (Nov. 2009 17-0)
6. The home teams will provide a minimum of 24 balls for warm-up. There should be 12 for each team in separate containers.
7. When possible home and visiting spectators should be seated across from the team benches.
8. The home school shall furnish for each match the following: Two trained linesmen, one trained timer, one trained score keeper and a libero tracker.
9. Varsity matches shall be played with one official if that official holds a # 1 rating.
10. ALL DIVISION SELECTION:
 - a. The following number of players will be selected to the All Division team by the coaches:
 - First place team three (3) players
 - Second, Third and Fourth place teams..... two (2) players each
 - Fifth and Sixth place teams..... one (1) player each
 - b. Selection process for all other awards is covered on pages 11-12 of the By-Laws.

BASKETBALL

1. Divisional championships will be determined by a double round robin schedule within the division. The team with the best won/loss record will be the champion.
 - a. Crossover games do not count toward the division championship
 - b. Schedules will rotate every two year cycle. (March, 2009)
2. Freshmen and JV quarters will be seven (7) minutes.
3. The Home score book is the official book.
4. The official ball will be any National Federation approved ball.
 - a. The home team will supply twelve (12) balls for warm-up.
5. The Home team will wear white uniforms and the Visitors will wear the dark colored uniforms.
6. JV and Varsity players (in uniforms/warm-ups) from each school may shoot on the floor prior to the 15 minutes for the JV warm-up. Players MUST be supervised.
7. Warm-up time before the Varsity game is also 15 minutes.
8. If an auxiliary gym is available for warm-up it must be made available to both teams. Players MUST be supervised.
9. Separate dressing rooms should be available for each school and be equipped with a board, marker and eraser.
10. Teams are NOT permitted to circle the court when entering the gym. Team huddles should occur at their respective foul lines, not at the mid-court jump ball area.
11. Half time will be ten (10) minutes per National Federation Rules. Half time activities must be concluded and the court cleared with three (3) minutes left on the clock.
12. Any NOC school that is in the OHSAA Football Playoffs shall be guaranteed ten (10) practice days before a NOC Boys Divisional Basketball game may be played. This may be waived by mutual agreement of the competing schools.
13. The Home team shall call in the results to the designated newspapers.

14. All Division selection procedure:

- a. The NOC All-Division teams will consist of eleven (11) players and the POY chosen by the coaches.
- b. Head coaches will nominate their own players for All-Division based on the following formula:

First place	3
Second	2
Third	2
Fourth	2
Fifth	1
Sixth	1

- c. Selection process for all other awards is covered on pages 11-12 of the By-Laws.

GYMNASTICS

1. Officials/judges will be assigned by the approved gymnastics assignor, one judge to act as chief. A minimum of two (2) certified officials must be used at each dual meet.
2. The meet start time will be determined by contracted mutual agreement of the participating schools. The home school may add schools to a conference meet subject to permission of the other competing school(s).
3. All teams will meet as determined by the league schedule.
4. The number of entries is a maximum of six (6) contestants per school. This limitation on participants applies to the Division meet as well. During regular season competition, a maximum of one (1) exhibition routine per event may be permitted if judges have not exceeded their maximum number of judged routines. Exhibition routines do not count in the overall team scoring. The top four scores in each event count toward the team score.
5. The Division championship will be determined in this manner: Fifty percent (50%) from the Division meet and fifty percent (50%) from the dual meets.
6. The Division meet will follow the same format as the OHSAA District Tournament.
 - a. If there are less than 36 competitors at the Conference Tournament, the coaches may add a maximum of two (2) competitors per team not to exceed 36 total. All competitors are eligible for awards and will be counted in the team scoring.
 - b. A maximum of three (3) touch warm-ups are permitted on the vault during the competition rotation.
7. The Olympic Order will be utilized for dual meets. This includes the vault, bars, beam and floor. Teams will alternate who goes first.
8. Individual gymnasts, unless academically ineligible or injured, must compete in at least 50% of the dual meets to be accepted in the Division meet.
9. All Division will be determined in the following manner:
 - a. The winner of the All-Around will be the Division Player of the Year. Second place will also be All-Division.
 - b. In the individual events the first and second place finishers will be All-Division.
 - c. All other awards are covered on pages 11-12 of the By-Laws.

SWIMMING AND DIVING

A. REGULAR SEASON

1. Meets will be combined boys / girls dual meets for both swimming and diving.
2. There will be one round of dual meet competition.
3. Meets will be run according to the National Federation guidelines.
 - a. The NOC will abide by all supplements to the National Rules as determined by the OHSAA.
4. All meets will alternate boys / girls events.
5. Schools without diving facilities must either make other arrangement to hold the diving competition or forfeit the points.
6. The home school must provide two (2) timers on each lane. These should be adults whenever possible.
7. Visiting teams will receive 30 minutes for warm-up.
8. A team will receive two (2) points for winning a dual meet and one (1) point for a tie. Points will count toward the divisional championship.

B. CONFERENCE MEET

1. There will be Conference meet held a central location. Scores for each of the Divisions will be kept in order to determine the finish of each team within their Division. Each Division will be scored against other Division members only. The meet should be contested two weeks before the Sectional Tournament.
2. Each individual may swim two (2) individual and two (2) relay events or one (1) individual and three (3) relay events.
3. The host school for the championship meet will provide all necessary workers for the meet. It is recommended that all support personnel be adults.
4. Seeding will be based on times throughout the season. Entry changes may be made at the coaches meeting the day of the Conference Meet. Re-seeding may take place, but in general re-seeding will not be done. No changes, other than scratches, will be permitted once the meet begins.
5. Points for each Division at the Conference meet will be awarded toward the Divisional team title as follows:
 - a. 1st = 10 pts. , 2nd = 8 pts., 3rd = 6 pts., 4th = 4 pts., 5th = 2 pts., 6th = 1 pt.
6. **The Division champion will be the team(s) with the highest point total after combining the dual meet and Division championship points.**

C. ALL-DIVISION SELECTION

1. All-Division status will be awarded to the top two individuals or relays in their Division at the Conference meet.
2. All other awards are covered on pages 11-12 of the By-Laws.

WRESTLING

A. DIVISION CHAMPIONSHIPS

1. Division championship teams will be determined by a formula that takes into account 50% from their dual meet record and 50% from their place in the conference invitational tournament. 4/14/2010

B. REGULAR SEASON

1. Each Division of the NOC will have five dual meets, and a *conference invitational tournament*.
2. Schools are permitted to add an independent team to a Division dual meet in order to create a tri-meet. When an independent school is added, both Division schools must be in agreement.
 - a. If there are two Conference teams in a tri, those teams wrestle the first match
 - b. If all three teams are Conference schools, the team that traveled the farthest will wrestle the home team first. They then wrestle the other visiting team in the second match.
3. All divisional tri-meets will use the same format. Two mats will be used and the next weight class up takes the first open mat: Ex. 103 starts on mat one and 112 on mat two. The 119 match will go on the first open mat, then 125 on the next available mat. This continues until all matches have been completed.
4. Match times:

Dual meet	- weigh-ins = 5:00
	- JV match = 6:00
	- Varsity match = 7:00
	<i>(JV and Varsity may be conducted at 7:00 if both schools agree.) April, 2009</i>
Week day	- weigh-ins = 4:00
Tri-Meet	- JV tri = 5:00
	- Varsity tri = 6:00
Weekend	- weigh-ins = 5:00
Tri-Meets	- JV tri = 6:00
	-Varsity tri = 7:00

 - a. JV and varsity weigh-ins are both at 5:00PM unless a prior request is made by one of the schools to conduct varsity weigh-ins 1 hour prior to the varsity start time as stated by the OHSAA. 4/14/10
5. Only authorized school personnel will be permitted on the team bench or in the warm-up area.

6. During a dual meet, the home school may declare a ten (10) minute intermission following the 7th match of the Varsity competition, with prior notice to the dual meet.
4/14/10

7. Meet Management:

- a. One adult head timer provided by the home team.
- b. One scorekeeper provided by the home team (adult preferred).
- c. If possible, teams should sit on the opposite sides of the gym.
- d. It is recommended that a doctor or trainer be present for the varsity matches.

8. Weigh-in procedure:

- a. Shoulder to shoulder.
- b. Actual weight listed on the weigh-in sheet.
- c. A school official must be present at the weigh-ins.

C. CONFERENCE TOURNAMENT

1. The NOC tournament will be scheduled two weeks prior to the Sectional Tournament.
2. The tournament will be conducted using a sixteen (16) man bracket, double elimination format.
3. The tournament will be conducted over a two day time period.
4. The Conference Coaches will determine the Seeding Criteria for the NOC tournament in their Spring Meeting.

D. ALL-DIVISION AWARDS

1. All-Divisional awards will be determined solely on the regular season division matches.
2. A wrestler must have competed in at least 50% of division matches and or the conference tournament at a weight class to be eligible for all-division recognition. All other awards are covered on pages 11-12 of the By-Laws.

BASEBALL AND SOFTBALL

A. GENERAL RULES

1. The schedule will consist of a double round robin within the division and four crossover games to be scheduled the first two weeks of the season. The team(s) with the best won-loss record will win the Division Championship.
 - a. Baseball: Varsity and Freshman @ same site with the JV opposite.
 - b. Softball: Varsity and JV at same site. (10/14/2009)
 - c. Baseball will be scheduled on **Tuesday** and **Wednesday**; Softball on Monday and Wednesday.
2. Games that are postponed shall be made up on the first mutually open date not already covered by one of the following: a) OHSAA tournament game or b) a previously scheduled division game. All other games must be bumped.
3. Varsity games must be played if one of the schools has a field available. If a game is switched in the first round, the team hosting the game will be the home team. If the switch occurs in the second round, the host team will be the visiting team. Weekends are only scheduled for divisional games by mutual consent.
4. When a game must be postponed, notify the visiting school by 2:00 p.m.
5. Any game that is suspended by the umpires must be resumed from the point that play was stopped.
6. No game can end in a tie in division play. This applies to Varsity games only.
7. All communication regarding postponements or make-ups are to be handled by the Athletic Directors.
8. Fields should be lined prior to the start of the game. Pre-game warm-up on the pitching mound is not allowed.
9. The home team should be off the field 15 minutes before the start of the game. The visiting team has 10 minutes on the field for warm-up. Recommended start time for Conference games is 4:30.
10. Two umpires will be assigned to the Varsity games. Whenever possible, two umpires should also be assigned to the Junior Varsity games. At least one umpire must be assigned to a Freshmen game.
11. The home team must provide three (3) new Conference approved baseballs for the start of the game. "Playable" balls may be used as needed.
12. National Federation and OHSAA Rules are to be followed.

13. The home team must call in the score to all area newspapers.

B. ALL DIVISION SELECTION PROCESS

1. Head coaches or their designee will select a twenty (20) person all-division team,

a. Selection will be done without definition as to position.

b. Each head coach will name his/her all-division players based on the following formula:

STANDINGS	# OF PLAYERS
1 ST Place	5
2 nd Place	4
3 rd Place	4
4 th Place	3
5 th Place	2
6 th Place	2

2. All other awards are covered on pages 11-12 of the By-Laws.

TRACK AND FIELD

A. REGULAR SEASON

1. Each division in the NOC will have single round of dual meets in the division plus a division championship meet.
2. Recommended starting time for field events and the 3200 Relay is 4:30. The running events should begin 30 minutes after the start of the field events.
3. The visiting team will be given a minimum of 20 minutes to warm-up after arrival.
4. Field events and events with more than one heat will have unlimited participants in dual meets. The fastest section of any running event is the first heat.
5. Dual meets will count towards the division team championship. A win is worth two (2) points, a tie is worth one (1) point and a loss is worth zero (0) points.

B. DIVISIONAL CHAMPIONSHIP MEET

1. A member school, rotated alphabetically on a yearly basis, may host the Division championship meet.
2. Division championship prelims will be held the week prior to the District Meet. Prelims and Finals will be held the same day at each division site. The format will follow that of the State Championships.
3. Division championship meets must be on an all-weather track.
4. Each team will be allowed two (2) individuals or one relay per event.
5. Team points will be awarded for the divisional meet in this manner:
 - a. 1st place team receives 10 pts., 2nd = 8 pts., 3rd = 6 pts., 4th = 4 pts., 5th = 2 pts., 6th = 1 pt.

C. DIVISION CHAMPION AND ALL-DIVISION AWARDS

1. The team(s) with the most points when the dual meet and Division championship points are added together will be the Division champion(s).
2. **The first and second place finishers in each event at the Division Championship meet will be the All Division team.**
3. The Coach of the Year and Honorable Mentions are covered on pages 11-12 of the By-Laws.

CHEERLEADERS/PEP BANDS

FOOTBALL:

1. Cheerleaders are to cheer from the track areas.
2. Cheers must be of a positive nature.
3. If possible, the cheerleaders should help with trying to quiet spectators if they should start cheering in a negative manner.
4. There will be no cheering against an individual player when a penalty is committed or when a player is injured or taken out of a game.
5. No mounts or trampolines are permitted. OHSAA rules.
6. Bands may NOT play any time the ball has been marked ready for play.

BASKETBALL:

1. Cheerleaders should stand near the end lines if the sideline area is too small. **Only eight cheerleaders may be on floor in the designated cheer area during play. An unlimited number of cheerleaders may be on the floor during pre-game, time outs, between quarters and at halftime.**
2. Noisemakers are prohibited.
3. Pompoms must be of plastic, non-shredding material.
4. A pep band may accompany the cheerleaders at home games only.
5. Pep Bands are permitted, but they are restricted to playing at the times listed below.
 - a. Pre-game warm-up
 - b. Half time
 - c. Post Game
 - d. Time outs when the cheerleaders are not on the court.
6. They are not permitted to play while the game is in progress or while the cheerleaders are on the floor.
7. Cheerleaders shall alternate cheering before, during and at half time of the game.
8. When a foul shot is to take place, cheerleaders should be off the floor before the player is handed the ball.
9. No mounts or trampolines are allowed per OHSAA rules.

Bowling

GENERAL RULES

1. United States Bowling Congress (USBC) rules will govern all matches and tournament play except where modified by the OHSAA.
2. NOC Bowling will consist of a double round robin meet format with the addition of one tri-match to be scheduled over the winter break. Teams will bowl 2 individual games and 3 baker games during each match. Match winners will be determined based on total team pin count in all 5 games.
3. The conference champion will be determined by each team's overall won/loss record during conference matches.
4. In addition, there will be an end of season 24 team invitational hosted by the NOC. This tournament will be held to prepare all conference schools for the competition that they will face during state tournament play. An entry fee will be charged for the tournament to cover the cost of bowling and awards. The tournament will not be counted in the final team standings.
5. All matches are scheduled to start at or as close to 4:00 PM as possible.
6. Visiting teams will begin bowling on the even numbered lanes and home teams will begin bowling on the odd numbered lanes.
7. Each **home** school is reminded to forward their matches results to the conference bowling coordinator as soon as possible following each match. The coordinator will tabulate all match results on Sundays and will e-mail standings to all conference coaches and Athletic Directors on a weekly basis.

A. ALL CONFERENCE TEAM

1. All conference teams will be determined as the bowlers with the top averages in all individual games bowled in conference matches only. In order to be eligible for All Conference honors, a bowler must participate in more than 50% (17 games) of all individual conference games.
2. The top 12 boys and top 12 girls will be named All Northeast Ohio Conference. The male and female bowlers with the top average will be named Conference Bowler of the Year. In addition, the coach from both the boys and girls first place teams at the end of the season will be named Championship Coach of the Year.
3. Each conference school will have the opportunity to select 2 bowlers as Honorable Mention All NOC.