

CONSTITUTION OF THE SIOUXLAND CONFERENCE
(As revised – 5/08)

ARTICLE I: Name

This organization shall be known as the **SIOUXLAND CONFERENCE**.

ARTICLE II: Purpose

The purpose of this conference shall be to promote and supervise the various forms of athletics and other school activities sponsored by the member schools; to instill in the minds of the high school students and the people of the several communities proper attitudes and ideals toward all activities; and to promote a high standard of conduct and the spirit of true sportsmanship.

ARTICLE III: Membership and Eligibility

Section A The membership of the conference (1990) shall consist of the following schools:
1) Boyden-Hull community Schools, Hull, IA;
2) Central Lyon Community Schools, Rock Rapids, IA; 3) George-Little Rock Community Schools, George, IA; 4) Sheldon Community School, Sheldon, IA; 5) MOC-Floyd Valley Community Schools, Orange City, IA; 6) Rock Valley Community Schools, Rock Valley, IA; 7) Sioux Center Community Schools, Sioux Center, IA; 8) West Lyon Community Schools, Inwood, IA; 9) Okoboji Community Schools, Milford, IA; 10) Sibley-Ocheyedan Community Schools, Sibley, IA; and other schools which may be admitted according to procedures which follow in Article 3, Section 2.

Section 2-A. Schools desiring to become members of the Siouxland Conference must submit letters of application to the president and to the secretary. The letter of application must state that administrative officers of the applying school have read the constitution and rules of the constitution and rules of the conference and give assurance that their school will comply with all regulations. A check for \$100.00 payable to the Siouxland Conference shall accompany the application. This check is refundable if the request is denied.

Section 2-B. Upon receipt of any application for membership, the president shall direct that notice of such application be sent to all member schools and that discussion on such membership shall be taken at the next regular meeting of the Board of Control

Section 2-C. All schools applying for membership in the Siouxland Conference shall meet the following criteria:

- shall be within seventy-five (75) miles of all member districts
- shall have a high school enrollment within fifty (50) students of the conference average
- shall offer and participate in all conference sports at the varsity, junior varsity, freshman, and junior high levels

- should the Board of Control deem it in the best interest of the Conference, these criteria may be waived upon 2/3 approval of the Board of Control. (This amendment was approved January 12, 2000)

Section 2-D. At the subsequent meeting of the Board of Control, the application shall be formally presented for discussion and vote. After all above procedures have been followed, a school may be accepted for membership by a two-thirds majority vote of the membership.

Section 3-A. Member schools wishing to withdraw from the Siouxland Conference must submit a withdrawal notice in writing, dated and signed by the superintendent and board president of the school to the secretary of the conference's Board of Control.

Section 3-B. Member schools shall honor all contracts for athletic contests for one year following the withdrawal notice and they shall be considered members of the Conference until one year has elapsed from the date of the withdrawal notice.

Section 4-A. All member schools must comply with the standards set forth by the Iowa High School Athletic Association and the Iowa Girls' High School Athletic Union.

ARTICLE IV: Officers and Governance

Section 1. The business and administration of the Siouxland Conference shall be vested in the Board of Control whose membership shall consist of the superintendent of each school or designee of each member school.

Section 2. The offices of President, Vice-President and Secretary/Treasurer shall be filled by members of the Board of Control and shall be elected by members of the Board of Control. These officers shall constitute the executive committee of the Siouxland Conference with authority to act in case of emergency or to carry out the directives of the Board of Control. The conference secretary/treasurer can be a member of the Board of Control or may be appointed by the Board and will be reimbursed \$300.00 a year. If appointed, the officer will serve as an ex-officio member of the Board of Control. A sports' publicist shall also be appointed and paid \$300.00 a year.

Section 3. The officers shall be elected for the ensuing year at the regular May meeting of the Board of Control and shall assume their duties at the beginning of the ensuing school year. They shall hold their respective offices until such time as their successors are elected. If a vacancy occurs, it shall be filled by action of the Board of Control.

Section 4. In an emergency, a member of the Board of Control may appoint a member of his administrative staff to represent him in an official capacity at any regular meeting of said Board and such appointed member will have all the rights of any member of the Board.

- Section 5. A quorum must be present at all Board of Control meetings in order to conduct business. A quorum shall be considered present when a majority of the members of the Board are present at the meeting.
- Section 6. Meetings of the Board of Control shall be held twice annually in October and April. Additional meetings called by the president may be held as needed at a location determined by the Board of Control.

ARTICLE V: Conference Sports and Champions

- Section 1. When at least two-thirds of the conference schools participate in a sport, a conference champion shall be declared in that sport and a championship award shall be given to the champion.
- Section 2. Teams tying for the title in any conference sport shall be designated as co-champions and each team shall receive equivalent conference awards.

ARTICLE VI: Dues

- Section 1. The conference dues shall be set annually in the spring by the Board of Control. By majority vote, the Board shall have power to levy an additional assessment upon each member of the conference on a pro-rated basis to cover any unforeseen deficit.

ARTICLE VII: Amendments

- Section 1-A. All proposed amendments to the constitution must be submitted in writing to the secretary/treasurer at least one month previous to the meeting (called Meeting A) at which it is to be considered.
- Section 1-B. The secretary/treasurer shall send a copy of the proposed amendment to each member school at least three weeks prior to the next regular meeting (meeting A).
- Section 1-C. The reading of the proposed amendment shall be made at the regular meeting (meeting A).
- Section 1-D. The proposed amendment shall be voted upon by members of the Board of Control at the regular meeting. (meeting B).
- Section 1-E. Any amendment shall require a two-thirds majority vote of the Board of Control. Voting members must be present unless a majority of the districts approve an absentee vote.

CONFERENCE POLICIES

1. The secretary of the conference athletic directors each year shall be the athletic director from the same school as the conference president.
2. The principals of all conference schools shall attend the fall and the spring joint meetings of the superintendents and athletic directors.
3. The athletic directors' meetings will usually be held the first Friday of each month but are subject to change due to scheduling conflicts.
4. The athletic directors' meeting agenda will be sent by e-mail to each A.D., superintendent and principal before the A.D. meeting.
5. Minutes of each A.D. meeting will be sent by e-mail to each superintendent, principal, and athletic director in a timely manner.
6. At all Siouxland Conference superintendents' meetings and principals' meetings, a standard agenda item will be open for A.D. minutes.
7. Within one week of the completion of a conference season, final standing and All-Conference teams shall be released.

SELECTION OF ALL-CONFERENCE TEAMS FOR INDIVIDUAL SPORTS

All-Conference teams shall be selected according to criteria approved by the Board of Control. The criteria and procedures are listed below;

- Boys' Basketball:** First Team.....7 players
Second Team....5 players
Third Team.....5 players
- Girls' Basketball:** First Team.....7 players
Second Team....5 players
Third Team.....5 players
- Baseball & Softball:** First Team.....15 players
Second Team....10 players
(Neither team to be selected by position)
- Volleyball:** First Team.....8 players
Second Team....6 players
Third Team.....6 players
(None to be selected by position)
- Wrestling:** First Team.....19 wrestlers
Second Team....14 wrestlers
(First team shall consist of the 14 champions by weight class from the conference tournament as well as 5 wrestlers chosen at-large and voted on after the meet by the coaches. There is no honorable mention.)
- Golf:** First Team.....10 players
Second Team....8 players
(Players are selected according to the best stroke average for all conference matches. In order to qualify for selection, a player may miss no more than one conference meet during the season. Only varsity scores count for all-conference selection.)
- Cross Country:** All-Conference...15 medalists
- Track:** All-Conference...19 girls' evens (40 possible)
17 boys' events (32 possible)

SIOUXLAND CONFERENCE ALL-CONFERENCE SELECTION PROCESS

NOMINATIONS: Each Head Coach will submit, via email, the list of their players they feel should be considered for all-conference to a pre-determined conference Athletic Director.

PROCEDURE: The Head Coach will submit any stats or supporting information about nominees as well.

- Once all schools have submitted their nominees, the AD in charge will email the complete list of nominees, on a spreadsheet, to all Head Coaches in that sport.
- The AD will also email a list of stats/supporting information about the nominees received to all Head Coaches.
- The Head Coach will then rank the players in their school column, except his/her own, with 1 being the best number a player can receive.
 - Ex. 17 players – 2 submitted by School A – School A coach then ranks the remaining players 1 thru 15.
- Once the coach has completed their rankings, they will email the spreadsheet back to the AD in charge.

Upon receiving all rankings from all schools, the AD in charge will then compile the results with the lowest composite scores to be on 1st team, followed by subsequent teams.

Once the tabulations are finished, the AD in charge will email the complete spreadsheet, with all rankings, to all Head Coaches.

HONORABLE MENTION: Each Head Coach then has the responsibility of informing the AD in charge which player they will give their Honorable Mention selection to.

TIE VOTE: In the event of a tie, the player receiving the lowest individual ranking shall be the winner of the tie breaker.

- Ex. Joe and John tie for the last spot on 1st team with a 7.5 composite. Joe's lowest individual score was a "2." John's lowest individual score from a coach was a "1." John wins the tiebreaker.

PUBLICITY RELEASE: The sports' publicist shall be responsible for releasing the names of the individuals on the All-Conference teams at the end of the conference season.

SIouxLAND ACADEMIC ATHLETIC ALL-CONFERENCE AWARDS

The Siouxsland Conference will set the academic athletic all-conference awards according to the following criteria.

Eligibility Criteria

1. Must be a senior
2. Must be a varsity letter winner in the senior year
3. Must have a cumulative (9-12) G.P.A. of 3.15 or above on a 4.0 scale
4. Managers must have served in that capacity for four years.

G.P.A. Determination

1. For fall activities, the G.P.A. will be based on grades received through the end of the junior year.
2. For winter & spring activities, the G.P.A. will be based on grades received through the first semester of the senior year.
3. For summer activities, the G.P.A. will be based on grades received through the second semester of the senior year.

Procedures

1. Coaches and cheerleading sponsors will submit nominations with G.P.A.'s to the conference secretary by the following deadlines:
 - a. fall sports and cheerleading by November 15
 - b. winter sports and cheerleading by March 15
 - c. spring sports and managers by June 15
 - d. summer sports by August 15
2. The G.P.A.'s will be based on 4.0 scale, rounded off to the nearest hundredth and verified (i.e. signed off by) the guidance counselor or principal.
3. The conference secretary will compile a list of all nominees by rank order of G.P.A.'s.
4. Selection will be made from highest to lowest G.P.A. with the "maximum number" and ties being the cut off point.
5. Only one team will be selected – no honorable or special recognition awards.
6. The conference secretary will release the information to member schools and the media.

**SIOUXLAND ACADEMIC ATHLETIC
ALL-CONFERENCE AWARDS (Continued)**

“Maximum Numbers”

Volleyball	6
Cross Country	5
Basketball	5
Cheerleaders	4 (Basketball & Wrestling)
Wrestling	14
Track	10
Golf	6
Softball	10
Baseball	10
Managers	4 (All Sports)

These numbers and ties (to the hundredths place) will be the maximum number of awards presented.

Some awards may not be given due to a lack of qualified nominees.

ATHLETIC SEASONS

- Basketball** Conference schools shall play a double round-robin schedule with the conference champion determined by the best winning percentage of the games played.
- Volleyball** Conference schools shall play a single, round-robin schedule.
- Wrestling** Conference schools participating in wrestling shall participate in a double dual schedule with the conference champion determined by the best winning percentage of those dual matches.
- Track** The conference track meet will be co-ed and a championship bar will be awarded to the winning boys' team and to the winning girls' team.
- Golf** A conference meet is one in which all conferences schools are present. Each school shall host one conference meet each year. The boys' and girls' teams shall participate as varsity teams consisting of a maximum of six (6) golfers. The conference champion shall be determined on the basis of the best combined finish of the teams in each conference meet. Conference meets will begin 15 minutes after the last competing school arrives or as close to 5:00 p.m. as possible. (It is assumed that no school experiences loss of school time for travel.) Medals shall be awarded to the members of the winning team as well as to the medalist and the runner-up medalist in each conference golf meet.
- Softball** Conference schools play a double round-robin schedule with the conference champion determined by the best winning percentage of those games.
- Baseball** Conference schools play a double round-robin schedule with the conference champion determined by the best winning percentage of those games.
- Cross Country** The conference cross country meet will be co-ed and a championship award will be given to both the winning boys' and girls' teams.

TRACK REGULATIONS

Senior High

1. The Conference Co-ed Track Meet shall start no earlier than 4:30 pm.
2. The order of events and alternating of order of field events schedule is on the next page.
3. In the shot put, discus, and long jump, there will be no preliminaries. Each competitor will be allowed four attempts and the place finishers will be determined by the four attempts.
4. There will be no running preliminaries. All events will be run as finals against time.
5. The Conference Meet will be run on all-weather, metric tracks only. This meet shall be rotated alphabetically among the schools that have all-weather tracks.
6. Medals will be awarded to all six place winners.
7. The Conference shall reimburse the host school for only the following expenses: starter, ass't. starter, clerk of course, finish judge, and a \$50 fee for the meet manager.
8. When possible, all relays should be run in one heat. If two heats are needed, there should never be less than two teams in a heat.
9. The host school should provide enough timers so that there will be at least two timers for 1st place and one timer for 2nd through 6th place.
10. Six places will be scored with relays being 10-8-6-4-2-1 and individual events being 8-6-4-3-2-1.
11. The host school of the conference track meet will make the decision to postpone the meet before the schools arrive. When all schools are present, a rule jury of all of the schools will make the decision to delay or to postpone the meet due to inclement weather.

SIouxLAND CONFERENCE TRACK MEET SCHEDULE

4:30 Field Events (Rotate order unless 2 pits or rings are available)

Odd Years: Shot Put (girls, then boys) Long Jump (boys, then girls)
Discus (boys, then girls) High Jump (girls, then boys)

Even Years: Shot Put (boys, then girls) Long Jump (girls, then boys)
Discus (girls, then boys) High Jump (boys, then girls)

5:15 Running Events (Must be run in this order)

3000 Meter Run, girls
3200 Meter Run, boys
4 x 800 Meter Relay, girls
110 Meter High Hurdles, boys
Shuttle Hurdle Relay, girls
Distance Medley Relay, girls
100 Meter Dash, girls
100 Meter Dash, boys
4 x 800 Meter Relay, boys
100 Meter Dash, girls
200 Meter Dash, boys
4 x 200 Meter Relay, girls
1600 Meter Run, boys
100 Meter Hurdles, girls
4 x 200 Meter Relay, boys
800 Meter Run, girls
400 Meter Dash, boys
200 Meter Dash, girls
400 Meter Hurdles, boys
400 Meter Hurdles, girls
Medley Relay, boys
Sprint Medley Relay, girls
800 Meter Run, boys
1500 Meter Run, girls
4 x 100 Meter Relay, girls
4 x 100 Meter Relay, boys
4 x 400 Meter Relay, girls
4 x 400 Meter Relay, boys

Scoring – Relays: 10-8-6-4-2-1
Individual: 8-6-4-3-2-1

Medals: 6 Places in all events

TRACK REGULATIONS

7th & 8th

1. The Conference Jr. High Track Meet will be rotated alphabetically among the conference schools which have all-weather, metric tracks.
2. The 7th and 8th grade track teams shall be combined into one track team for boys and one track team for girls and the meet will be held as a co-ed meet.
3. Ribbons as ordered by the conference secretary shall be awarded to the 1st through the 6th place winners.
4. At the Jr. High track meet, six places shall be scored using the scoring system as suggested by the IHSAA & the IGHSAU.
5. The meet manager will receive a \$50 hosting fee.
6. The meet will start with the field event at 4:30 PM. Running events will begin at 5:15 PM.

CROSS COUNTRY REGULATIONS

SENIOR HIGH

1. Hosting the Cross Country Meet will rotate alphabetically with the schools having cross country teams.
2. The meet manager will receive a \$30 hosting fee.
3. Varsity division will run 7 and count 5 runners. JV division may have unlimited entries and count 5 runners.
4. Fifteen (15) varsity medals will be awarded and ten (10) JV medals will be awarded.
5. The meet starting time is 4:30 PM.

MISCELLANEOUS GUIDELINES

1. The conference has adopted the same rule **prohibiting noisemakers, signs, flags**, etc., for all conference events that is in effect for tournaments sponsored by the IHSAA. Pep bands are allowed.
2. The formula for determining the number of **conference passes** each school receives is as follows:
One-half of the total teaching staff, plus ten (10).
3. **Cancellation/postponement of a scheduled game/match:** a match or game will be rescheduled by mutual agreement (with the understanding that some schools have a “no school, no play” policy) of both schools with the major input from the traveling team when weather conditions or other reasons dictate such a situation.
4. The Board of Control and the A.D.s will hold two **joint meetings** per year (probably one in the fall and one in the spring) in order to facilitate communications.
5. **Junior Varsity teams** shall include the following grades:
Basketball: anyone (freshman, sophomore, junior, or senior) may be used.
Baseball: anyone (8th, freshman, sophomore, junior, or senior) may be used.
Golf: anyone (freshman, sophomore, junior, or senior) may be used.
Softball: anyone (8th, freshman, sophomore, junior, or senior) may be used.
Wrestling: anyone (freshman, sophomore, junior, or senior) may be used.
6. The starting time for **9th and JV basketball** will be at 6:30 pm. Time for quarters will not be less than 7 minutes.
7. The starting time for volleyball will be as follows **for one net**:
Freshmen will start at 5:30 and play until 6:15 with the first three games determining the match winner. The JV will play at 6:30 for one hour following the 9th grade match with first three games determining the match winner. All games will be played to 21 except for the 3rd game if it is the deciding game of the match. A deciding 3rd game will be played to 15. Varsity will start 15 minutes after the JV finishes allowing for 15 minutes of warm up. A match will be the best three out of five games to 25 points. If a deciding 5th game is required, it is played to 15.
For 2 nets/2sites:
Freshmen and JV will start at 5:30 and play for one hour with the first three games determining the match winners. Varsity will start 15 minutes after the 9th/JV matches are completed.
Junior High Volleyball games will be played to 15 and teams will play as many games as possible with the best teams playing first.
8. **Jr. High starting time:** for the sports of football, basketball, and volleyball; the starting time for Jr. High events shall be by mutual agreement of the two participating schools. Lacking mutual agreement, the starting time shall be 4:30 pm.
9. **Order of Jr. High games:** when split site games are played, the “A” game will be played first with the “B” game to follow. When playing at one site, the 7th grade will play first followed by the 8th grade.

10. **The schedule for varsity events must be followed.** Conference schedules for Jr. High, freshmen, and JV teams are desirable, but each local school has some flexibility in determining its own schedule for these teams.
11. **All conference wrestling** double dual meets shall start at **6:30 p.m.**