

NORTHLAND CONFERENCE HANDBOOK

(LAST REVISED August 2024)

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CONSTITUTION of the Northland Conference

Adopted November 10, 2021 (LAST REVISION – October 2023)

Article I Name

Section I – The name of this organization shall be the Northland Conference.

Article II Purpose

Section I -- The purpose of this organization shall be:

1. To promote the high standards and achievement and ethics in the sports of volleyball, boys' and girls' basketball, boys' and girls' track, softball, and baseball.
2. To promote better sportsmanship and relationships between schools.
3. To promote, provide, manage, and administer a conference constitution for all schools involved in the Northland Conference.
4. To give recognition to students and schools for their participation and achievement in activities, arts, and academics.
5. To promote, follow and uphold the rules of the Minnesota State High School League.

Article III Membership

Section I -- The membership is determined as follows:

The charter membership of the organization consists of schools representing Blackduck, Cass Lake-Bena, Clearbrook-Gonvick, Lake of the Woods, Laporte, Nevis, Northome-Kelliher, Pine River-Backus, Red Lake, and Walker-Hackensack-Akeley. Bagley will be included for baseball and softball. TrekNorth will be included for track.

1. In order to be a member of this conference, a school must comply with the rules and regulations of the Minnesota State High School League.
2. Additional schools may become members of the conference by invitation or request, with the majority vote of the present member schools. Each request will be handled on a per sport basis. This request must be presented in writing to the Conference ADs at least 12 months ahead of time to provide for proper scheduling/planning including which sports the prospective member has in place to participate in conference events.
3. Any team planning to withdraw will be required to complete one year of play after giving notice to the Northland Conference.
4. If the conference is considering removing a school from the conference, due process must be followed.
5. Each school's responsibility to the rest of the member schools (school is obligated to team or individual competing if scheduled to do so unless act of God

- interferes), and other assigned duties must be undertaken by each school.
6. A member school who pairs with another district shall be considered a new entity and must be approved by the conference AD's for admission into the conference.
 7. Conference games will take precedence over previously scheduled non-conference events in scheduling/rescheduling events.
 8. Every step should be taken to honor conference allegiances.

Section II -- Membership Dues/Fees:

- Each member school will be assessed an annual fee of \$100 per school. In addition, annual dues will be assessed for each sport they participate in each year. Annual due amounts will be reviewed and established at the June AD's meeting. Member schools shall be held accessible for only fees necessary to cover expenses not taken care of by the regular dues. Schools who are paired shall pay one (1) fee per sport. The membership dues shall be payable to the Conference treasurer by October 1 of each calendar year.

Section III – Conference Standings/Sub-Conference Breakdown:

1. When a specific sport has 8 or fewer teams, conference standings will be inclusive of all teams.
2. If there are 9 or more teams in a conference, the conference may be split in a North/South format pending recommendation from coaches and approval by AD's.
3. When this occurs, member schools are to play each of their sub-conference teams twice, while playing the other half of the conference once per year.

Article IV Officers

Section I -- The conference ADs will assign 5 positions (to rotate as follows). The Executive Director and Scheduler will be voted on at the final meeting of the year on odd years. The Secretary, Treasurer, and Marketing Director will be voted on at the final meeting on even years.

1. Executive Director: Bryan Wormley, Nevis (\$300) The executive director shall provide leadership to the conference including:
 - a. Prepare agenda for all Northland Conference Athletic Director meetings.
 - b. Chair all Northland by Conference athletic director meetings.
 - c. Represent the Northland Conference when dealing with MSHSL or various sections.
 - d. Help to resolve league problems – troubleshooting.
 - e. Be spokesperson for the Northland Conference when required.
 - f. Work with the Board of Directors and other ADs to enact conference policy and see that it gets carried out.
 - g. Work with the secretary/treasurer to see that schedules and finances are in order.
 - h. Work with site managers to make sure that tournaments are run in a smooth and orderly manner.

2. Treasurer: Josh Ziegler, Blackduck (\$300) The treasurer shall be responsible for general conference financial matters including:
 - a. Collecting and recording registration forms and fees.
 - b. Providing a regular financial report at conference meetings.
 - c. Collecting tournament manager's financial reports.
 - d. Paying bills for conference business and maintaining a conference bank account and checkbook.
 - e. Depositing income from conference events.
3. Conference Secretary: Jeremy Digiovanni, WHA (\$300) The Secretary shall be responsible for general conference communications including:
 - a. Distribute annual registration forms and pertinent information.
 - b. Secure and distribute Northland Conference season passes.
 - c. Record and publish minutes from meetings.
 - d. Compile minutes for additions to the handbook.
 - e. Maintain a current conference directory with updated information.
 - f. Distribute all-conference selection forms.
 - g. Announce all end of season meeting dates and times to all conference member schools.
 - h. Collect year-end information from conference coordinators and distribute to AD's at the end of each season.
4. Conference Scheduler: Tim Tungseth, PR-B for volleyball and boys/girls basketball and Dan Alto, Kelliher/Northome for baseball and softball (\$300) Conference scheduler/associate director will be assigned to the following duties:
 - a. Publish conference schedules for each sports season.
 - b. Maintain the conference side of r-school today website.
5. Marketing Director: Caitlin Hadrava, Laporte (\$300) Conference public relations will be assigned the following duties:
 - a. Communicate conference news to local media outlets including print, radio, and television organizations.
 - b. Maintain active presence on conference social media platforms including but not limited to Facebook and Twitter.

Article V Meetings

Section I -- Official Meeting times are as follows:

1. Activity meeting (1 meeting per year/per sport) -- Recommendations for each activity should come from this meeting. The activity representative should be present at all activity meetings or find a suitable replacement. Minutes and recommendations must be in writing and given to the Conference Secretary. These Activity meetings shall be concluded by the 2nd Wednesday after the end of the regular season.
 - a. Each sport will nominate a conference coordinator to serve as a liaison between

- the coaches and the AD's.
 - b. Coordinators will communicate meeting dates, times, and locations to the conference secretary at the beginning of each school year.
 - c. After the meeting, coordinators will send the following information to the conference secretary: meeting minutes, financial report to include revenues/expenses/fund balance information, conference standings for varsity teams, all-conference players, individual award winners, and conference statistics.
2. Activity Directors' meetings (4 meetings per year) –
- a. The ADs will act upon the recommendations submitted at the activity meetings. The agenda for the meeting shall be emailed out to member schools by the Executive Director at least three days prior to the meeting.
 - b. A quorum shall consist of a simple majority of member schools.
 - c. Robert's Rules of Order shall govern all meeting procedures.
 - i. Fall Meeting - First Wednesday in October
 - ii. Winter Meeting - First Wednesday in March
 - 1. Superintendents and Principals are invited to attend the Winter meeting. These administrators are non-voting members of any action items.
 - iii. Spring Meeting—First Wednesday in June

Section II -- Special meetings may be called:

- 1. By written request by two or more member schools. The Executive Director shall call this meeting, giving schools at least 3 days advance notice. Virtual meetings may be an option as determined by the AD's.

Section III -- Voting:

- 1. Each school shall be given one vote in deciding conference matters. Only schools participating in a sport will be allowed to vote on issues affecting that sport. (Paired schools have only one [1] vote per team.)

Article VI Amendments

Section I -- An Amendment shall:

- 1. Require a majority vote of the member schools for its adoption.

Section II -- Written amendments shall:

- 1. Be processed through the Executive Council 10 days prior to the scheduled meeting.

Agendas shall be mailed to all schools prior to scheduled meetings.

Article VII Audit Report

Section I -- Audit report:

1. The Executive Secretary will prepare a Bi-Annual Audit Report. Athletic directors shall review the records during the meetings of the executive council and one selected AD (on a rotational basis) will be required to approve the audit. A copy shall be placed in the Northland Conference files.

Section II -- Expungement of Records:

1. The Northland Conference financial records (vouchers) shall be retained for three (3) years and expunged from the files since a treasury record book records all transactions. Expunged records shall be destroyed.

BI-ANNUAL Northland CONFERENCE AUDIT REPORT

On this ___ day of ___ 20___, I, _____ the outgoing Officers of the **Northland Conference** from ___ to ___ relinquish all records and accounts to _____ of the _____ (school district for the upcoming years) ___ to _____. All accounts have been verified by signed documents (Vouchers.) To the best of my knowledge and under the penalties of the law, I do declare that all accounts and documents are in order. The current balance is \$_____.

Signed: Executive Secretary of the Northland Conference

Upon examination of the records and accounts turned over to my charge on this ___ day of 20___, I, _____ do accept all responsibility for the Northland Conference records for the next two years. All documents appear to be in order.

Signed: Athletic Director of the Northland Conference

THIS DOCUMENT IS TO BE KEPT AS A PERMANENT PART OF the Conference records; however, the accompanying vouchers may be expunged from the Conference files four (4) years from today: that date being _____ since the Treasury record book contains a summary of all financial transactions.

Copies to: _____

Outgoing Officer

Incoming Officer of Conference

VOLLEYBALL

ACTIVITY MEETING -- FALL ALL-CONFERENCE MEETING

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Conference Secretary.

Meetings will be conducted by the end of the 2nd Wednesday after the conclusion of the regular season.

AWARDS -- A permanent uniform team trophy & individual awards shall be awarded to the conference champion. (*In case of ties, duplicate trophies & medals shall be awarded*). Number of medals will equal MSHSL official squad size.

* **All Conference Team:** Not to exceed 17 with 10 teams in the conference, 16 with 9 teams, 15 with 8 teams, 14 with 7 teams. For 8 teams --First place teams gets 4 members on All-Conference Team, 2nd place gets 3, 3rd place gets 2, 4th place gets 2, and all other teams get 1. Each school also gets to nominate 2 other athletes for inclusion on the Honorable Mention list, if they choose to use them.

- One **Most Valuable Player, a Defensive Player, & an Outstanding Setter** award – coaches rank candidates including their own. Lowest total wins.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

CONSTITUTION -- Reference should be made to the constitution for any additional information concerning conference matters.

CONTESTS -- Play each team once according to the master schedule.

* By mutual agreement between the two schools involved, teams may play on another date, but the original game listed on the Conference Master Schedule will count toward conference standings. (If additional games are scheduled between conference schools, those subsequent games do not count toward conference standings.)

MEDIA -- The “Home” team shall be responsible for calling scores into area news media.

MEMBERSHIP -- One division -- 8 teams

Blackduck	Cass Lake-Bena	Clearbrook-Gonvick
Laporte	Nevis	Northome-Kelliher
Pine River-Backus	Walker-Hackensack-Akeley	

GAME TIME -- Recommended starting time for all “B” team volleyball matches shall be 6:00 p.m. “C” matches at 5:00. Teams who can play B & C at the same time are encouraged to do so.

STATS -- Stat person is responsible to collect statistical information and distribute it to the coaches and media. A copy of each mailing of statistics will also be sent to the Executive Secretary. (Salary: \$150 + expenses)

OTHER --

- At least one adult must officiate Junior High and C-team volleyball matches.
- Jr. High play 3 sets regardless of outcome of first two sets.
- 7th grade – Servers need to start behind the serving line. They can take one step over the line on the serve.
- Unless mutual agreement, 7th grade will play first—followed by 8th grade.
- In junior high matches, a server can serve a maximum of 5 serves in a row. If the serving team wins the point on the fifth serve, they retain the serve but rotate to the next person in line to serve.
- JV Conference Tournament will be the first Saturday of October. Sites rotate in alphabetical order (2023–Clearbrook-Gonvick, 2024–Pine River-Backus, 2025–Walker-Hackensack-Akeley)
- JH Conference Tournament will be the second Saturday of October. For this tournament, no athletes are allowed whose primary team is more than one level up (I.E. if you are a regular starter on JV, you cannot play in the Conference JH Trny). JH Trny site rotates in alphabetical order (2023–Nevis, 2024–Northome-Kelliher, 2025–Pine River-Backus)
- For conference tournaments, every attempt will be made to fairly seed the participating teams.

BOYS BASKETBALL

ACTIVITY MEETING -- WINTER ALL-CONFERENCE MEETING

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Executive Secretary.

Meetings will be conducted by the end of the 2nd Wednesday after the conclusion of the regular season.

AWARDS -- A permanent uniform team trophy & individual medals shall be awarded to the conference champion. (*In case of ties, duplicate trophies & medals shall be awarded*). Number of medals will equal MSHSL official squad size.

* **All Conference Team:** Not to exceed 16 with 10 teams in the conference, 15 with 9 teams, 14 with 8 teams, 13 with 7 teams. For 8 teams, 1st place team gets to nominate 4 athletes for all-conference, 2nd place gets 4, 3rd & 4th place get 2, and all other teams receive one nomination for All-Conference. Awards for (up to 12) Honorable Mention recipients will be chosen in descending order according to the conference standings. 1st place team will start with 2 selections and then move down the standings.

* 1 **Most Valuable Player** award.

* 1 **Rookie of the Year** award. (defined as a player who played less than 100 minutes of varsity the previous year)

* 1 **Coach of the Year** award.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

CONSTITUTION -- Reference should be made to the constitution for any additional information concerning conference matters.

CONTESTS -- Play each team twice according to the master schedule.

MEDIA -- The "Home" team shall be responsible for calling scores into area news media.

MEMBERSHIP -- One division -- 8 teams

Blackduck

Cass Lake-Bena

Laporte

Nevis

Northome-Kelliher

Pine River-Backus

Red Lake

Walker-Hackensack-Akeley

GAME TIME -- JV Games will begin at 5:45 PM with varsity to follow 20 minutes after the conclusion of the JV game. 7:00 will be the listed varsity start time. Any "C" games would start at 5:00. JH games will begin at 5:00.

STATS -- Stat person is responsible to collect statistical information and distribute it to the coaches and media. A copy of each mailing of statistics will also be sent to the Executive Secretary. (Salary: \$150 + expenses)

OTHER --

- Home teams will provide at least 6 good basketballs for the opposing team.
- JV Games should be 16 minute halves, per MSHSL policy.
- Jr. High – Games will have 20-minute running time halves with stopped time in the last two minutes of each half. Running time will continue if one team is ahead by 20 or more points with two minutes remaining in the game. 8th grade plays first followed by 7th grade unless mutually agreed upon by both schools.
- For 7th and 8th grade games, all full court pressing will be allowed at any time where the point differential is less than 10 points.
- The team that is trailing in the score may press at any time until they would take the lead by 10 or more points.
- JH tournament will take place the second Saturday in February. No athletes are allowed whose primary team is more than one level up (I.E. if you are a regular starter on JV, you cannot play in the Conference JH Trny). JH Trny site rotates in alphabetical order (2024-Cass Lake-Bena, 2025-Laporte, 2026-Nevis, 2027-Pine River-Backus)
- For conference tournaments, every attempt will be made to fairly seed the participating teams.
- **Clearbrook-Gonvick and Lake of the Woods are interested in participating in the 2024 JH tournament at CL-B.**

GIRLS BASKETBALL

ACTIVITY MEETING -- WINTER ALL-CONFERENCE MEETING

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Executive Secretary.

Meetings will be conducted by the end of the 2nd Wednesday after the conclusion of the regular season.

AWARDS -- A permanent uniform team trophy & individual medals shall be awarded to the conference champion. (*In case of ties, duplicate trophies & medals shall be awarded*). Number of medals will equal MSHSL official squad size.

* **All Conference Team:** Not to exceed 16 with 10 teams in the conference, 15 with 9 teams, 14 with 8 teams, 13 with 7 teams. For 10 teams, 1st place team gets to nominate 4 athletes for all-conference, 2nd place gets 4, 3rd & 4th place get 2, and all other teams receive one nomination for All-Conference. Awards for (up to 12) Honorable Mention recipients will be chosen in descending order according to the conference standings. 1st place team will start with 2 selections and then move down the standings.

* 1 **Most Valuable Player** award.

* 1 **Rookie of the Year** award. (defined as a player who played less than 100 minutes of varsity the previous year)

* 1 **Playmaker of the Year** award.

* 1 **Rebounding Champion** award.

* 1 **Free Throw Champion** award (min. 25 shots)

* 1 **Most 3-pointers made** award.

* 1 **Coach of the Year** award.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

CONSTITUTION -- Reference should be made to the constitution for any additional information concerning conference matters.

CONTESTS -- Play each team according to the master schedule. (with 10 teams, the conference will be split North/South; you will play everyone on your side twice, and everyone on the other side once).

If you choose to play a team twice from the other half, only the game assigned by the conference will count toward conference standings.

MEDIA --The "Home" team shall be responsible for calling scores into area news media.

MEMBERSHIP -- Two divisions -- 10 teams

<u>Northland – North</u>	<u>Northland – South</u>
Blackduck	Cass Lake-Bena
Clearbrook-Gonvick	Laporte
Kelliher-Northome	Nevis
Lake of the Woods	Pine River-Backus
Red Lake	Walker-Hackensack-Akeley

GAME TIME -- JV Games will begin at 5:45 PM with varsity to follow 20 minutes after the conclusion of the JV game. 7:00 will be the listed varsity start time. Any "C" games would start at 5:00. JH games will begin at 5:00.

STATS -- Stat person is responsible to collect statistical information and distribute it to the coaches and media. A copy of each mailing of statistics will also be sent to the Executive Secretary. (Salary: \$150 + expenses)

OTHER--

- Home teams will provide at least 6 good basketballs for the opposing team.
- JV Games should be 16 minute halves, per MSHSL policy.
- Jr. High – Games will have 20-minute running time halves with stopped time in the last two minutes of each half. Running time will continue if one team is ahead by 20 or more points with two minutes remaining in the game. 8th grade plays first followed by 7th grade unless mutually agreed upon by both schools.
- For 7th and 8th grade games, all full court pressing will be allowed at any time where the point differential is less than 10 points.
- The team that is trailing in the score may press at any time until they would take the lead by 10 or more points.
- JH tournament will take place the second Saturday in February. No athletes are allowed whose primary team is more than one level up (I.E. if you are a regular starter on JV, you cannot play in the Conference JH Tmny). JH Tmny site rotates in alphabetical order (2024-Blackduck, 2025-CL-B, 2026-Clearbrook-Gonvick, 2027-Laporte).
- For conference tournaments, every attempt will be made to fairly seed the participating teams.

BASEBALL

ACTIVITY MEETING -- SPRING ALL-CONFERENCE MEETING

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Executive Secretary.

Meetings will be conducted by the end of the 2nd Wednesday after the conclusion of the regular season.

AWARDS -- A permanent uniform team trophy & individual medals shall be awarded to the conference champions and team trophy to conference runner up.. *(In case of ties, duplicate trophies & medals shall be awarded).* Number of medals will equal MSHSL official squad size.

* **All Conference Team:** 22 with 10 teams (4,4,3,3,2,2,1,1,1,1)

Each team will have the given number of guaranteed positions on the All-Conference team based on their team ranking in the conference. Every team is guaranteed one selection. In addition honorable mention selections will be awarded at each head coach's discretion at the conference meeting.

* 1 **Most Valuable Player** award, 1 **Outstanding Pitcher** award, 1 **Coach of the Year** award, and 1 **Assistant Coach of the Year** award, voted on by the head coaches of the conference at the coaches meeting.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

CONSTITUTION -- Reference should be made to the constitution for any additional information concerning conference matters.

CONTESTS -- Play each team once according to the master schedule. If you choose to play a team twice from the other half, only the game assigned by the conference will count toward conference standings.

MEMBERSHIP -- One division -- 10 teams

Bagley	Blackduck	Cass Lake-Bena	
Laporte	Lake of the Woods	Nevis	Clearbrook-Gonvick (JH only in 2024)
Northome-Kelliher	Pine River-Backus	Red Lake	Walker-Hackensack-Akeley

GAME TIME -- Recommended starting time for all games shall be 4:30 p.m. Recommended starting time for doubleheader would be 4:00.

OTHER --

- Umpires should be behind home plate whenever possible in JV and Junior High games.
- For Junior High games, a per inning run limit will apply as follows:
 - 5 runs if going into the batting half of your inning tied or in the lead
 - 5 runs or until the score is tied (whichever is greater) if going into the batting half of your inning behind in the score
- For conference games at BSU, varsity games will be 7 innings or a two-hour time limit (whichever comes first). The top of a new inning may not begin after the two hour mark.
- At BSU, the first game is at scheduled start time with each subsequent game beginning 20 minutes after the conclusion of the previous game.
- For conference tournaments, every attempt will be made to fairly seed the participating teams.

SOFTBALL

ACTIVITY MEETING -- SPRING ALL-CONFERENCE MEETING

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Executive Secretary.

Meetings will be conducted by the end of the 2nd Wednesday after the conclusion of the regular season.

MEDIA --The "Home" team shall be responsible for calling scores into area news media.

CONTESTS -- Play each team once according to the master schedule. If you choose to play a team twice from the other half, only the game assigned by the conference will count toward conference standings.

MEMBERSHIP -- One division -- 10 teams

Bagley	Blackduck	Cass Lake-Bena	
Laporte	Lake of the Woods	Nevis	Clearbrook-Gonvick (JH only in 2024)
Northome-Kelliher	Pine River-Backus	Red Lake	Walker-Hackensack-Akeley

GAME TIME -- Recommended starting time for all games shall be 4:30 p.m. Recommended starting time for doubleheader would be 4:00.

OTHER --

- Recommend that JV games have an umpire behind home plate whenever possible.
- For Junior High games, a per inning run limit will apply as follows:
 - 5 runs if going into the batting half of your inning tied or in the lead
 - 5 runs or until the score is tied (whichever is greater) if going into the batting half of your inning behind in the score
 - Pitching rubber should be set at 43'
- Conference games starting at 4:30pm, home team will take infield from 4:05pm-4:15pm. Visiting team will take infield from 4:15pm-4:25pm.
- Conference Games: The winning team receives one point for a win or forfeit and zero points for a loss. If teams play each other twice, only the game assigned by the conference will count in the standings.
 1. In the case of a tie in points for conference division standings, the following tie breaker procedure will be used:
 - a.) Head to Head vs. team(s) tied with
 - b.) Record within sub-conference
 - c.) Total runs allowed vs. team(s) tied with
- No doubleheaders are required to be scheduled. If you play a doubleheader, only the first game counts for conference standings. The second game will not be used in any standings or tie-breaker formulas, and will not be recorded in conference records.

Make-up Week

One week after the regular season ends is designated as "Make-up Week".

- A. Tuesday of "Make-up Week" will be first day looked at when rescheduling conference games.
- B. Non-conference games shouldn't be scheduled on Tuesday during "Make-up Week".
- C. If a school already has a game(s) on Tuesday make-up week, conference make-up games take precedent over non-conference games.

Northland Conference Gameday at BSU

- A. The Northland Conference GameDay @ BSU shall be played on the Thursday of Make-Up Week. With the following day Friday used as a **Make-up Day**.
- B. All games shall be 7 innings with all MSHSL rules applying.
- C. First game at scheduled start time with each subsequent game beginning 20 minutes after the conclusion of the previous game.
- D. These games count as one of your 20 games for MSHSL maximums.
- E. Field rental paid for by Northland Conference.
- F. Officials lined up by Northland Conference Coordinator and paid for by Northland Conference.

Conference Awards

*NOTE-If an athlete has a rules violation (MSHSL) during the legal softball season, they cannot receive any post season awards. *

- A. Regular Season North and South Conference Champions each receive a 6x8 Team Photo Trophy.

1. If there is a tie, teams will both receive the higher number of awards.

All-Conference Team Selection as follows:

Place	Team members selected
1 st	4
2 nd	4
3 rd	3
4 th	3
5 th	2
6 th	2
7 th	1
8 th	1
9 th	1
10 th	1

All members will receive a 5x7 plaque.

- A. Each team will receive 2 honorable mentions. *They receive a medal*.

- B. The next 3 individual awards are nominated & voted upon by the conference coaches:

*NOTE-Both Conference MVP's must be selected as an all-conference member to be eligible. *

1. Conference MVP Award. *Will receive a plaque*.
2. Conference MVP Pitcher. *Will receive a plaque*.
3. Conference Coach of the Year. *Will receive a plaque*

- C. Winner of the Conference Championship Game shall receive a 8x10 Team Photo Trophy.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

Softballs

- A. All conference games, a sanctioned NFHS & MSHSL optic yellow COR: 47, Compression: 375 lbs., and Size 12" fast pitch softball will be used.
- B. Home teams will provide at least 2 new regulation softballs.

Conference Scores

- A. The results of all conference games will be, (emailed or via a phone call) to the Conference Coordinator by the home team.
- B. Every Friday the Conference Coordinator will send out the following via email:
1. Conference scores for the week.
 2. Conference standing.

Pre and post-season meetings

1. Pre-season meeting to be held in Walker area, before games begin.
2. The post-season meeting to be held in Bemidji and will occur on Wednesday of Make-up Week, so that awards can be presented at the next day's Northland Conference GameDay at BSU.

XIV. Tiebreakers

A. Conference wins. (what about if a game didn't get played?)

B. Head to head.

1. If more than one team is tied, then look at record vs. all tied teams.
2. If record vs. tied teams puts one team above or below the others, then proceed with head to head for the others.
3. If 3 or more teams are still tied, proceed to run allowed in games vs. tied teams.

C. QRF at 3:00 on the Wednesday before Northland Conference GameDay @ BSU.

D. Coin Flip

**For JH conference tournaments, every attempt will be made to fairly seed the participating teams.

TRACK

ACTIVITY MEETING --

This is the grass roots of the conference. All recommendations should come from this meeting. Minutes and recommendations must be in writing and turned into the Executive Secretary.

Meetings will be conducted in the afternoon or evening of the 2nd Wednesday in February each year.

AWARDS -- A permanent uniform team trophy shall be awarded to the conference champion for both Boys' Track and Girls' Track teams. In case of ties, duplicate trophies shall be awarded.

* Conference meet: 1st place and 2nd place medal in every event (besides relays) and ribbons 3-6. Four awards for both boys and girls: Overall Most Valuable Athlete, Most Valuable Track Athlete, Most Valuable Field Athlete, Most Valuable Thrower. Awards are decided for thrower, field and track athletes of the year by points in those areas. Overall athlete will be voted on by coaches. * Jr. High Meet: Ribbons

*Host site will be responsible for ordering awards for the annual conference meet.

Any student-athlete who receives or serves a penalty during a sport season due to an MSHSL violation will not be eligible to receive any conference individual awards.

CONSTITUTION -- Reference should be made to the constitution for any additional information concerning conference matters.

MEDIA -- The host site is responsible to inform the media of results.

MEMBERSHIP -- 9 teams

Bagley/Fosston	Cass Lake-Bena	Clearbrook-Gonvick
Lake of the Woods	Nevis	Northome-Kelliher-Blackduck
Pine River-Backus	TrekNorth	Walker-Hackensack-Akeley

CONFERENCE MEET --

- Held annually on the second Thursday in May at the location listed below.
- Recommended starting time for the conference meet shall be 1:00 p.m. with the coaches meeting at 12:00 p.m. Meet will be on a rotating basis. 2024—LOW, 2025—WHA, 2026—PRB

OTHER --

- Since this is a non-advancing meet, there will be no penalty for scratching.
- The conference will recognize 1st and 2nd place individuals and 1st place relay teams as All-Conference members
- Medals will have Northland Conference All-Conf. on the back with the event listed and year. Medals will be awarded to 1st and 2nd place individuals and 1st place relay teams. All awards will be ordered by the host school.
- All 7-9th graders may participate in the junior high track meet regardless of varsity status.
- In the junior high meet teams can enter 4 athletes per event with only 3 scoring for the team. Schools may enter a B (second) relay team, but only the A (first) team may score points for the team. Extra runners may only receive ribbons if there are extra ribbons not given during the event. Ex: only 4 teams have "A" relay teams and 2 teams had both A and B relay teams. The B relay team may receive the 5th and 6th place ribbons.
- Only schools with the proper event equipment for all events will be able to host any conference meets.
- Lake of the Woods' equipment will be used for official electronic timing at a cost to be negotiated with the conference.