

Constitution of Northwoods 10 Girls Basketball Conference

- I. Name
 - A. The name of the conference shall be the Northwoods 10.
 - B. The conference will consist of a North and a South Sub-Conference.

- II. Purpose
 - A. The purpose of this conference shall be to promote inter-scholastic competition for girls basketball among schools in the conference.

- III. Membership
 - A. Member schools shall be Blackduck, Cass Lake-Bena, Clearbrook-Gonvick, Laporte, Nevis, Northome-Kelliher, Pine River-Backus, Walker-Hackensack-Akeley, Red Lake and Lake of the Woods
 - 1. North Sub Conference will be Blackduck, Clearbrook-Gonvick, Northome-Kelliher, Red Lake and Lake of the Woods
 - 2. South Sub Conference will be Cass Lake-Bena, Laporte, Nevis, Pine River-Backus and Walker-Hackensack-Akeley.
 - B. A school wishing to join or drop from the Conference must apply by letter to the Conference President by October 1st to gain entry for the following year.
 - C. New members in this conference must be admitted under the following conditions:
 - 1. Must be a public school.
 - 2. Must submit a written application for membership by October 1st.
 - 3. Must receive majority vote from Conference Athletic Directors to gain admittance.

- IV. Probation Period
 - A. New teams to the conference will be on a five year probation period.
 - 1. If there are any issues in that period, the team may be removed or suspended from the conference.
 - 2. Your team is considered Junior High, JV and Varsity.
 - 3. The severity and the amount of issues will be the determining factor on the punishment.

4. Punishment will be determined by the Athletic Directors of the conference schools.
 - B. Teams that have been in the conference have proven themselves to follow and abide by these rules. If they do not follow rules, removal or suspension is an option.
 - V. Conference Awards
 - A. All individual members of a championship team will receive a selected athletic award.
 - B. Individual athletes chosen for All-Conference team will receive a selected athletic award.
 - C. There will be 2 levels of All-Conference:
 1. First Team-14 player
 - a) Conference Champions (3), Runner-Up (3), 2nd and 3rd place from each Sub-Conference (1 each) and one at a large selection to be voted on by coaches.
 2. Second Team-10 players
 - a) Each team will have a chance to nominate athletes for the second team. If more than 10 are nominated, we will have a vote by coaches.
 3. Honorable Mention- Coaches select
 - D. The awards will be as follows: (awards will be voted on by coaches)
 1. Conference MVP
 2. Rookie of the Year
 3. Playmaker of the Year
 4. Rebounding Champion
 5. Free Throw Champion (min. 25 shots)
 6. Most 3 pointers made
 7. Coach of the Year
 8. Junior Varsity Team Champion
 - VI. Scheduling/Contests
 - A. Junior Varsity games at all sites will be 16 minute halves.
 - B. Varsity games will start minutes after the JV game when not a double header.
 - C. Home team will provide a minimum of 4 balls for warm ups.
 - D. Home teams will wear dark colored jerseys and visitors wear light jerseys.
 - E. New schedules will be drawn up every year at AD scheduling meeting held in December or January.
 - VII. Conference Standings
 - A. To determine conference standings you must meet the following:

1. Play 13 conference games.
 - a) Play each team in your sub-conference twice.
 - (1) If for some reason you only play one game against a certain opponent, the game will count as 2 points for the winner.
 - b) Play each team in the opposite sub-conference once.
 - (1) If you play a team more than one time, the first game played will be the game used for standings.
- B. Teams that finish in first place in each Sub-Conference will play a championship game.
 1. The location for this game will alternate each year, beginning with a North location in 2018.
 2. The Athletic Directors will determine the site and date each year.
 3. The winner of this game will be the Champion and the loser will be Runner-Up.
 4. If the teams are tied in a Sub-Conference, the tie-breaker rules are:
 - a) Head to Head
 - b) Won-loss record of all Conference games-when playing outside your North-South division the first game will be the game that counts for your overall Conference record.
 - c) Overall record percentage
 - d) Overall section record
 - e) Coin toss conducted by Conference President or designee.

VIII. Dues

- A. Dues shall be \$175 for basketball payable before April 1st, each year.

IX. Junior High Games

A. Timing

1. All games will be 14 minute halves. Stopped time.
2. Half time will be 6 minutes.
3. Each team will be given 5 time-outs (3-full, 2-30's)
4. First OT is 3 minutes (1 extra time out) can still use left over time outs from regulation.
5. Second OT is 2 minutes (1 extra time out)
6. Third OT is sudden death, first team to score wins.

B. Defense

1. Man to man or zone defense can be played the entire game.
2. Full court pressure is allowed for the whole game.

C. Order of Games

1. Unless prior arrangements are made, 7th grades games will be played first.

a) 12 minutes between games.

X. Note to Coaches

A. Coaches are reminded to be responsible for the direct supervision of your players in and around the locker room and bench before and immediately after games in order to prevent any possible unpleasant situations from developing.

XI. Conference Games

A. These rules apply to conference games.