



**WESTOSHA ATHLETIC CONFERENCE ATHLETIC DATES FOR 2021-2022****WESTOSHA ATHLETIC CONFERENCE**

<u>School</u>	<u>Address</u>	<u>Telephone</u>	<u>Fax</u>
Bristol	20121 83rd St. Bristol, WI 53104	857-2334	857-6644
Brookwood	1020 Hunters Ridge Genoa City, WI 53128	279-1053	279-1052
Lakewood	1218 Wilmot Road Twin Lakes, WI 53181	877-2148	877-4507
Randall	37101 87 <sup>th</sup> St. Burlington, WI 53105	537-2211 877-3314	537-2280
Raymond	2659 S. 76th St. Franksville, WI 53126	835-2929	835-2087
Riverview	300 Prosser Street Silver Lake, WI 53170	889-4384	889-8450
Salem	P.O. Box 160 Salem, WI 53168	843-2356	843-4138
Trevor-Wilmot	26325 Wilmot Road Trevor, WI 53179-9701	862-2356	862-9226
Union Grove	1745 Milldrum St. Union Grove, WI 53182	878-2015	878-3133
Wheatland	6606 368th Ave. Burlington, WI 53105	537-2216	537-4059
Williams Bay	500 W. Geneva Street Williams Bay, WI 53191	245-6224	
Yorkville	18621 Washington Ave. Union Grove, WI 53182	878-3759	878-3794

School contacts and coaches:

[WAC Coaches Directory](#)

Sport Responsibilities  
officials:

: [Conference Sports Organizers](#) Payouts for

[WAC Payout Schedule 2020-2021](#)

Schedules found here for all sports:

<https://drive.google.com/drive/folders/17WlOoh8T1jsUtx0NjUFcmw8FvY5Ykl58?usp=sharing>

## DEFINITION

I. The Westosha Conference has been established and maintained by the school board, administrators, and coaches of these schools in order to benefit by involvement of the students therein. By working together, we hope to continually improve the conference's ability to meet the needs of its students.

II. The Westosha Conference Coaches Association is defined as the group of people involved in coaching and guiding the students and teams within the conference. All coaches of conference sanctioned activities are members of the Westosha Conference Coaches Association. Each coach is involved in the decision making process by his/her assignment to the committee of sport(s) he/she is coaching. All rules, changes, and interpretations will be set down for each sport in committee. Scheduling of regular season play and conference tournaments is also made in executive committee, with final approval by administrators and school boards.

III. The insight and knowledge provided by our central involvement in the Westosha Conference gives us the responsibility to not only guide our students toward positive ends, but also to continually act to improve the Association and the Conference.

IV. The Conference is formed in two divisions:

### East Division

Bristol  
Raymond  
Salem  
Union Grove  
Williams Bay  
Yorkville

### West Division

Brookwood  
Lakewood  
Randall  
Riverview  
Trevor-Wilmot  
Wheatland

V. After all stipends/bills are paid at the end of the school year, by UGES (the fiscal agent for WAC), a total will be divided up amongst the 12 conference schools and each school will be billed accordingly.

- Each school is responsible for one sporting event each year. Schools will be independently responsible for paying officials, scorekeepers, line judges (if needed), and chaperones for that scheduled tournament/event. Some of those positions have a set rate to pay per the conference handbook. This is new, please be sure to inform those involved.

VI. The schedule of rotating duties as sports-chair will be followed as assigned. Each school is responsible for carrying out to completion all duties required for successful operation of the season assigned on the schedule and detailed for each sport.

*VII. Co-presidents are appointed, as a restructuring move beginning in the 2019-2020 school year. These individuals are responsible for completing all conference duties in regard to organization of sports, scheduling, assignment of basketball officials, communication with coaches and administration, preparing coaches meeting agendas and minutes and any other duties assigned by conference administrators. The treasurer position will be assigned to a specific school who will act as the fiscal agent. All payments for awards, trophies, conference assigned officials for playoffs and dues invoices will be made by this individual.*

*Extra payments-Track-A scorer, clerk of the course, video timer and recorder for track will each receive \$50 per meet. The track starter will receive \$75 per meet.*

VIII. The coach or assistant coach, who will be coaching a student in the following school season, shall not be permitted to coach that student other than during the designated school season for that sport. This provision shall not prevent a coach from having supervisory responsibilities outside the designated season of a sport. Supervisory involvement, however, does not include situations like playing basketball with athletes, running with athletes, working-out, club team coaching, driving students to competition or training, conducting drills, running through plays, demonstrating techniques, and any other activity that could be regarded as coaching or instructing.

Practicing before the season officially opens is considered a violation of league rules. The Executive Committee may be consulted in a special situation, and may grant an appeal to the ruling, but shall consider the violation and act on it accordingly. Any school that has violated the rule by the decision of the Executive Committee will forfeit their play in that sports' conference play-off.

To be considered for an appeal of the ruling by the Executive Committee, the following information must be mailed to the league president-secretary four weeks prior to the start of your scheduled program:

1. Description of the program
2. Dates and times of the program

3. Program objectives
4. WCCA coaches involved and their specific duties
5. Signatures of those WCCA coaches involved verifying the above.

Open gyms may be offered to any student interested but not limited to potential players.

IX. No sport shall preempt another sport while that sport is in season as defined by the calendar set down by the Joint Committee and approved by the school boards.

***Practices for the next scheduled sport may begin at the conclusion of the playoff of the preceding sport.***

\* Schools that have gym conflicts because of holiday concerts may have a tryout prior to the conference opening practice date. The conference president needs to be informed of such intent.

X. The administrators and school boards that have the final word in decisions concerning the format and structure of the conference welcome our recommendations. As coaches, our realm of decision-making is within the operation of each sport and activity, utilizing our sports expertise. Changes in the format and structure of the conference will follow structural guidelines. The general membership must pass the measure by a majority vote. The Executive Committee will then present it to the Joint Committee for approval and upon approval will ask the administrators and school boards for their approval.

**\* Girls' basketball tryouts may begin the day after softball playoffs/XC conference meet, unless otherwise indicated.**

## **Conference Philosophy**

The primary purpose of middle school athletics is to build a foundation for total development—academically, athletically, socially and emotionally. Emphasis will be placed on providing a positive athletic experience that will aid in the smooth transition from elementary school to high school.

Conference teams play an A and B team schedule in softball, basketball and volleyball and field one team in track. The B-team is a beginning level where players work on fundamentals and then are given the opportunity to practice those skills in a game situation. The B-team is viewed as a building block for future A-team competition, fundamental skill development, and learning to develop team play. Because of this, all B-team players are required to play in the B-team contest. The number of minutes that each player plays is determined by the coach. In some situations, putting 8<sup>th</sup> graders at B/C competition is a necessity. However, because of the variety of developmental differences among students and potential liability concerns that exist, it is recommended that 8<sup>th</sup> graders play only at the A level.

The A-team is a more competitive level of play. Players are preparing for possible high school competition by developing more advanced game strategies, fundamentals and playing in more contests. Playing time is determined by a number of factors—attitude, ability, knowledge and other criteria specified by individual coaches. Athletes are not guaranteed a certain number of playing minutes and the coach decides the amount of playing time each player receives.

It is the Conference schools' intent to not only develop physical skills but to enhance a student's cooperation, teamwork and sportsmanship skills. It is the Conference's desire that the athletic experience should be fun, enjoyable and provide an incentive for continued participation.

### **CRITERIA FOR PARTICIPATION IN THE WESTOSHA CONFERENCE**

To participate in the programs offered, the following criteria must be met by participating schools:

- A) Participation in the sports programs offered is expected; if a school district is unable to participate in a sport, they must provide one-year notice to alleviate scheduling difficulties.
- B) All schools must agree to comply with the conference rules and guidelines.
- C) The authority of the Westosha Conference is vested in the Joint Committee, made up of two administrators, two elected representatives of the coaches, and

chaired by the President of the Westosha Conference. This committee will make presentations to the administrations of the member schools.

D) In the regular conference meetings, each school is delegated one vote - MAJORITY RULES.

E) Any changes in conference programs shall be brought before the general membership before the Joint Committee may act on the issue.

F) Each school will support the attendance of their coaches to the two regular membership meetings per year, one in the fall and one in the spring.

G) Group meetings for each conference program will be held throughout the year. There may also be meetings of special committees as needed. A coach from each conference school must be in attendance. Meeting dates will be published in advance of the schedules.

H) The appointed representative from each school will be responsible for the dissemination of information and the reproductions of materials/letters/scores to the necessary personnel for that school.

I) The Westosha Conference will have an executive committee consisting of the four offices, President, Treasurer, and two WCCA members at large. Officers serve for two years or for extended years per administrative approval. The President may appoint special committees as needed and shall act as chairman of all conference meetings.

## **WESTOSHA CONFERENCE SPORTS POLICIES**

1) All administrators must have buses properly supervised so that students or players do not harass people.

- 2) All coaches must teach their players proper respect for officials, opponents, and everyone else attending the contests.
- 3) Profane language must not be tolerated at any time.
- 4) Coaches must supervise players to insure that no property is damaged at the host school.
- 5) Coaches will set an example of good sportsmanship for their players.
- 6) Discipline rules and policies for spectators of the host school must be followed.
- 7) If the offended person feels that a serious violation of any of the above written policies has occurred, he or she should write a letter of reprimand to the school board and administration of the offending school.
- 8). Players shall not wear any jewelry when participating in any contest or any sport.

The Westosha Athletic Conference does not discriminate against pupils on the bases of sex, race, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation or physical, mental, emotional or learning disability or handicap in its education programs or activities. Federal law prohibits discrimination in employment on the basis of age, race, color, natural origin, sex, religion or handicap.

## **WESTOSHA ATHLETIC CONFERENCE**

### **CODE OF CONDUCT**

Teaching values that enrich the educational experience of our student athletes is one of the goals of extracurricular competition. The Westosha Conference views good sportsmanship as one of those important values and, therefore, continually works to instill that into their programs. We



also, believe that athletes, coaches, spectators and officials should work together to enhance the lessons of sporting behavior. This athletic code of conduct serves as a guideline to member schools as we work together to promote fair play, ethical behavior and integrity within our athletic programs.

**Expectations of Coaches, Student Participants, Parents, Spectators and Officials.**

***Be an exemplary role model by positively supporting teams in every manner possible, including the content of cheers and signs.***

***Treat opponents, other fans, coaches and participants with respect at all times.***

***Recognize outstanding performances on either side of the playing field or court.***

***Realize that attending an event is a privilege to observe a contest and support the schools' activities, not a license to verbally assault others or be generally obnoxious.***

***Respect the judgment of contest officials, abide by rules of the event and display no behavior that could incite unsporting acts.***

***Respect the rules of each individual school and abide by them even though they may differ from your own school.***

***Support the coaches and officials working with the athletes. This encourages a positive and enjoyable experience for all.***

## **SPECTATOR ETIQUETTE**

A spectator shall:

1. Respect officials, coaches and players and extend all courtesies to them.

2. Positively cheer at contests.
3. Obey the rules of each WAC school concerning food and drink consumptions, hats, and use of lavatory facilities.
4. Conform to accepted standards of good sportsmanship and behavior.
5. Respect and obey all school officials, supervisors and security personnel at all athletic contests.
6. Be humble in victory and gracious in defeat.

### **WESTOSHA CONFERENCE PURPOSES**

This conference strives for:

- Positive opportunities for its students
- Variety of experiences
- To fulfill the needs of its students
- To provide opportunity for fundamental skill development
- To gain a knowledge of lifetime sports
- Provide for maximum involvement of students
- To develop knowledge that will serve the students in the future as a player and/or spectator
- Achievement and development of personal potentials
- Teamwork and cooperation
- Good sportsmanship

These purposes are based on the student's needs. The needs of the students in this conference are:

- A need for a variety of activities, age appropriate
- A need for basic skill development
- A need to gain the knowledge of a variety of sports/games
- A need to develop self-image
- A need to experience cooperation in group work
- A need to develop values related to other's property, following rules, and attitude toward others

- A need to exercise self-control and self-discipline
- A need to build constructive interpersonal relationships
- A need to provide challenges to building individual potential to the fullest
- A need to have success
- A need to find appropriate and positive ways to cope with stress and handle tensions

### **WESTOSHA CONFERENCE SPORTSMANSHIP ANNOUNCEMENT**

The Westosha Athletic Conference encourages good sportsmanship at all athletic events. Good sportsmanship is the responsibility of players, coaches, faculty, students, adult spectators and officials. Promotion of good sportsmanship at Westosha Conference events should include a demonstration of respect for opponents, coaches and officials. Everybody involved in the contest is expected to maintain self-control. Good sportsmanship is the cornerstone of a quality athletic program, the Westosha Conference and the schools it represents. Thank you for your cooperation.

### **CHEERLEADING GUIDELINES**

General

***Beginning in 2019-20, the NFHS rule book will be used.***

1. A cheerleader's two main responsibilities are support of the team and *leading the crowd*.
2. Cheerleading squads should be placed under the direction of a knowledgeable advisor or coach.

3. The cheerleading coach should be in attendance at all practices and functions. *No stunting if the coach is not present.*
4. All cheerleaders should receive proper training before attempting any form of cheerleading.
5. All practice sessions should be held in a location suitable for the activities of a cheerleader.
6. Training in proper spotting techniques should be conducive to safe performance.
7. *All jewelry is prohibited during participation. Religious and medical medals must be taped and worn under the uniform. Newly pierced ears must be small studs and must be covered with tape.*
8. Warm up exercises and stretching should precede all practice sessions, pep rallies, games and competition.
9. The cheering surface and location should be taken into consideration before engaging in physical activity. *No stunts should be performed on a hard surface until perfected.*
10. Advisors/Coaches should recognize the entire squad's ability level and limit the squad's activities accordingly.
11. Coaches and squad representatives should meet prior to a game to decide upon changes to game protocol.
12. Coaches will constantly role model good sportsmanship.
13. Be aware of free throws and time outs. Time and space is limited! (During a free throw cheerleaders should not be cheering)
14. No hard hair accessories - exception *bobby pins*.
15. Squads may take the floor during 1-minute timeouts but not on 30 sec. ones.
16. Call back cheers are allowed – *only 1 per game*.
17. On the sidelines, no stunts that require more than 2 people may be used – *for example a shoulder sit*.
18. For safety concerns, officials request that cheerleaders stay at *least 4 feet* from the lane as to not interfere with play. Squads may need to be split for this to work.
19. **Game Protocol**—A- game only- 5 minutes at halftime-first 2 minutes to

be used by cheerleaders. B-game-Home team does the halftime-no time extension. At halftime-Music for **home team only**. If time permits, visitor may take the floor. Home team chooses the quarter to cheer.

## 20. Cheerleader Guidelines

-Cheerleaders can not be **directly behind the lane of the free throw or six feet extended on each side of the lane**. That area is for the officials.

-Cheerleaders need to step back as far as they can on inbounds plays because after a made basket the inbouncer can run the whole baseline if needed.

**tape line -> | six feet | lane area | six feet | <- tape line**

## Partner Stunts/Pyramids

1. All pyramids and partner stunts are limited to two persons high.
2. The use of mini-trampolines and springboards is prohibited.
3. Knee drops are prohibited.
4. Suspended splits in a transition are allowed provided there are a total of three bases that make contact under the legs of the top person.
5. In suspended splits, the hands of the top person must have contact with the base(s).
6. Partner students and pyramids at/or higher than shoulder stand level must have a continuous spotter for each person over shoulder stand level.
7. Triple base straddle lifts must have a head and shoulder spotter.
8. Single base split catches are prohibited.
9. Basket tosses may not be used at any Westosha Conference sponsored events.
10. Participants may not pass over or under other participants from tosses.
11. Partner stunts and pyramids may not pass over, under, or through other partner stunts or pyramids.
12. Free falling flips or swan dives from any type of toss are prohibited. *Falls or dives out of a stable loaded position such as a superman front fall into bases arms are legal.*
13. Backward suspended rolls and single base suspended rolls are prohibited.
14. Forward suspended rolls are allowed provided the bases have their feet on the ground and the top person and the base maintain hand-to-hand contact throughout the skill.

15. When one stunt is bracing another, one of the stunts must be at shoulder height or below - exception: extensions may brace other extensions.

16. Tosses that land in stunts are allowed. However, they cannot significantly exceed the height of the intended stunt. Tosses cannot land in a loading position for another stunt or toss. However, they may stop, then go, to the next stunt. No inversions.

17. Cradle dismounts from a double-based partner stunt over shoulder level must have three catchers. Cradle dismounts from single based partner stunts over the shoulder stand height must use two catchers.

18. Any stunt at/or higher than a shoulder stand must be continuously spotted.

19. *Progressive* partner stunts are encouraged (***Progression list below***).

#### Tumbling/Jumps

1. Dive rolls are prohibited.

2. Flips greater than one rotation are prohibited.

3. A forward three-quarter flip to the seat or knees is prohibited.

4. The use of mini-trampolines and springboards are prohibited.

5. Participants may not tumble over or under individuals - over, under or through partner stunts and pyramids.

6. Participants may not land in a partner stunt or catching position from a tumbling skill.

7. Landing for all jumps must bear weight on at least one foot.

8. High kicks to a hurdler position are prohibited. *All flips to knees or seats are prohibited.*

## Cheerleading Stunt Progressions 2017

Stunt	Base	Flyer
Step-Up Drill	Hold proper position on foot	Step & lock, tight hollow body

<b>Single based thigh stand</b>	Support knee, use muscles, keep chest to front	Step & lock, tight hollow body
<b>Double base thigh stand</b>	Support knee, hold ankle, focus on stunt posture, walk down	Step & lock, load one foot at time with tight hollow body
<b>Hang-drill</b>	Hold foot, use legs  Back: Hold rear, each person should hold own position: bases, back base, flyer	Lock arms, tight body, focus on tight hollow body
<b>Hang-Drill Squats</b>	Deep squat, keep 90 degree arms	Lock arms, tight hollow body
<b>Squat pops</b>	Keep arms at 90, use deep squats	Keep arms locked, pop at shoulders to increase height
<b>Bear Hugs</b>	Reach high to catch flyer. Her feet must not hit floor.	Jump up with tight body. Focus on staying straight and tight.
<b>Rides</b>	Deep dip with legs, keep arms at 90 at top and bottom, extend arms all the way up	Pop with shoulders ride to top and settle to bottom, keep ankles and knees tight and together, hollow body
<b>Elevator</b>	Big squat and drive to the top, bring back down to elevator level	Load in and shrug off bases keeping feet together. Only spread feet shoulder width apart after settle.
<b>Walk Down Complete with every elevator</b>	Reach up to flyer's hand with outside arm thumb facing to crowd. With other hand grab under flyer's armpit resisting her fall to the ground.	Reach down at hip grabbing base's hands. Let bases release. Do NOT jump off. Back: grab the flyer's waist high and resist her to the ground.
<b>Cradle Hold</b>	Reach in four <u>different</u> spots holding the flyer with extended straight arms above shoulder level. Catch high.	Jump back into a catch, holding yourself up with your hands holding the top of the bases opposite shoulder  Back: Extend arms under flyers arms.
<b>Stunt</b>	<b>Base</b>	<b>Flyer</b>

<b>Cradle Drill</b>	Arms extended, catch flyer high and tight. Ensure each base knows where they are catching.	Jump off of object in tight body position. Catch high and tight.
<b>Straight Cradle</b>	Deep dip using legs to pop through an extended position. Flyer must be caught high. Arms must remain high until contact with bases.	Feel the dip from the bases. Do a “pull up” riding to the top of the cradle. Stay upright and snap into a pike when you feel the bases catching.
<b>Elevator Press</b>	Deep squat, press to top locking out arms, keep feet planted.	Squeeze all muscles focusing on proper body position
<b>Extension</b>	Deep squat, drive with arms to extended arms. Keep feet planted. Stay close to other base.	Squeeze all muscles focusing on proper body position. Keep body hollow.
<b>Cupie (AKA Awesome)</b>	Deep squat, drive with arms to extended arms. Keep feet planted. Bases chests should be very close.	Squeeze all muscles focusing on proper body position. Keep body hollow. Legs must be tight together throughout
<b>Liberty</b>	Check which grip is best for group. Use legs and drive through arms to top. Keep body hollow. Chests must be close.	Push through shoulders on group. Keep body hollow. “Ghost” foot until steady, then snap lib.
<b>Liberty w/tricks</b>	Check which grip is best for group. Use legs and drive through arms to top. Keep body hollow. Chests must be close.	Push through shoulders on group. Keep body hollow. “Ghost” foot until steady, then snap tricks.
<b>Full Twist Cradle</b>	Deep dip using legs to pop through an extended position. Flyer must be caught high. Arms must remain high until contact with flyer.	Flyer must be in “t”, holding a proper body, Ride to the top, pulling up with arms to a touchdown position. Look over left shoulder keeping hip in line with body. Ride up, not down.

## Tumbling Progressions

1. Log roll
2. Forward roll
3. Handstand



4. Handstand forward roll
5. Cartwheel
6. Round off
7. Standing back handspring
8. Standing back tuck
9. Running back handspring
10. Running back tuck

## **CROSS COUNTRY**

### **Season Logistics**

All schools in the conference will offer cross country, but are not penalized if there are no participants.

Individual schools are responsible for coordinating meets in which they participate.

Meets will not conflict with softball games

Meets will run from approximately 4:00 p.m. – 5:30 p.m.

Schools that do not host will be scheduled to assist other schools with workers or awards costs.

The start signal will be a countdown from 10 down to 5 and a silent count thereafter until the horn begins the race (4 to 0).

Race distance:

1.5 miles

### **Conference Meet**

Two races will be held(categorized as follows):

Grade 5 – 8 girls

Grade 5 – 8 boys

A team trophy will be awarded for each race.

The top six finishers in each race will receive medals.

Conference meet will follow the softball season, prior to the basketball season beginning.

## **Cross Country Spectator Etiquette**

In an effort to ensure that every runner is given equal opportunity to complete our cross country courses safely while at the same time giving parents and spectators ample opportunity to view the runners, we would like all families to go over these guidelines and share them with any meet guests.

### **Course**

Spectators are welcome to view runners on the course. However it is important to remember that the course is set up for the runners. Please be aware of caution tape, flagging and traffic cones and stay behind them. The painted lines are for the runners to follow so they will be running on them. Please stay far back. Crossing in front of runners, no matter what place they are in is both hazardous and disrespectful. Please wait until the entire field has passed before you cross over a course.

### **Assistance**

Pacing or running along the side of an athlete during a race is ***prohibited***.

### **Beginning of the Race Announcements**

As a courtesy to the runners at the start of each race, please be completely silent so all the runners hear rules and the start signal.

### **Finish Line and Finish Chute**

Please pay close attention to the areas where parents and spectators are NOT allowed to stand or gather near the finish line. This is for the race officials and designated coaches. As athletes finish the race, they must take their place card to the scorer's table ***immediately***. The athletes have been informed of the procedure by the race officials. Please do not deter this. You can congratulate them after they leave the finish line area and are walking to the scorer's table.

### **Our VOLUNTEERS**

Cross country would not have been added as an official conference sport if it were not for the many hours put in by volunteers. Please remember that almost ALL of the people who are helping with each race are volunteering their time. This includes our starter, course officials, scorers, concessions help and the high school students. These volunteers are here because they want to help your children have a successful and fun season. Please treat all of our volunteers with respect and adhere to the etiquette as outlined above.

# Softball

## Information for Coaches/Umpires

### Coaches Information:

- The softball schedule will consist of five games against teams in your division
- **Each school will provide an umpire for both the girls and boys games.** This includes away games as well.
- The team with the best win-loss record for both boys and girls will be considered the division champion. Division standings will decide conference playoff position. Head to head competition will be used to break ties.

### Field Specifics:

- 60 foot bases
- Pitcher's mound to plate 40 feet
- A mat 24" long and width of the plate

### Equipment:

- 12 inch softball- ASA/USA approved (White or Yellow)
- Softball bats- ASA/USA certified
- Face mask for catcher, helmets for batters.

### Length of Game:

- Seven innings- **A completed game must go four innings** if the game is called because the field is unplayable.
- Time of games- Between 4 and 6:30 P.M. The "A" team game for both boys and girls must start by 4 P.M. Teams may start early if both teams are ready.
- For boys teams should play the full "A" game and at least 4 innings of the "B" game or until 6:30 p.m. before stopping the game.
- **For Girls "A" game, there will be a 75 minute time limit** that begins from the 1<sup>st</sup> pitch of the contest. The teams must complete an inning. The umpire decides whether or not to begin a new inning in order to meet the 75 minute time frame.
- There will be a **15 run rule after 5 innings**. A team with a 15 run lead will be considered the winner. This rule applies to both the A and B teams and playoffs.

### Pitching Rules:

- Must start with a foot on the rubber
- Arc must be between **6-12 ft from the ground**
- **Flat/High pitches will be communicated by the umpire** and will be considered a ball unless the batter swings at the pitch
- Both the plate and the mat are strike areas
- **The pitching zone for the B-game will be expanded a ball's width** from the current mat. The extended strike zone does not apply to the front of the plate
- Pitchers are allowed only three warm-up pitches each inning and teams are allowed a maximum of one minute when switching from batting to fielding team.

**Substitution:**

- In the interest of maximizing participation, free substitution is allowed, defensively, while still maintaining a 10 player batting order.

**Offense Rules:**

- No bunting
- Three balls, two strikes any kind
- Stealing is not allowed. A base runner will not be allowed to lead off. A base runner will be out if he leaves the base before the batter swings. Unlimited steps will be allowed if the batter swings and misses.
- **In the B-game, a team may score no more than 10 runs maximum in an inning. Only 10 batters can bat as well.**
- Unless otherwise specified in our handbook, WIAA rules are in effect.

**A/B Teams:**

- League rules do not prevent “A” team players from playing on the “B” team. However, in the interest of sportsmanship and fair play, coaches are asked to use their good judgment in where they place players in the “B” game

**Softball Tiebreaker- three teams tied for first**

If three teams are tied for first and two teams need to advance the following tiebreaker will be used:

1. There shall be coin flips to determine priority from 1-3.
2. The team with the first priority may choose to host the tiebreaker playoff or may choose to play in the first game (giving them two chances to advance).
3. The team with the second priority may choose to host the tiebreaker playoff if the first team did not choose to host. Otherwise, they will play in the first game.
4. The final team will then either host the tiebreaker playoff, or if another school has already chosen to host, they will play in the first game.
5. The two teams that were selected to play in the first game will play, with the winner advancing to the playoffs. Home team is determined by coin toss.
6. The loser of game one then plays the team that sat out game one with the winner advancing to the playoffs. *Home team will be the team that has 3<sup>rd</sup> priority.*
7. Seeding for the playoffs is determined by the head to head result from REGULAR SEASON PLAY between the two playoff representatives.

**Softball Tiebreaker- three teams tied for second place**

A 3-way tie will be broken in the following manner: A coin flip will be made between the 3 teams. The winner receives a choice of a bye or home field advantage. The remaining 2 teams flip again. Winner receives the choice of home field advantage or batting as the home team. Coin flip will determine the second game.

**Responsibilities for Softball Chairperson on Playoff Night**

- The chairperson will be responsible for compiling the scores for boys and girls teams in your division, and sending them out to all schools involved.

- The chairpersons will check on the standings and verify the first and second place teams from their division before playoffs. The chairpersons from both divisions will:
  - Check with Salem for the readiness of the place.
  - Hand out awards at the end of the play-offs.
  - Have 2 softball mats for the plate area.
- The chairpersons will turn in the results of the conference play-offs to the President of the WCCA, who will record them in the notes.
- The chairperson will remind each team to bring two ASA approved balls to the play-offs.

The **following guidelines** are used at the playoffs:

- The chairperson will flip between the two first place teams for choice of playing field. The #2 seed will be the away team in the first game. The winners of game #1 will have a coin toss for the choice of diamond or home team. The loser of the coin toss receives the remaining choice. There will be a coin toss for home/away for the 3<sup>rd</sup> place game.
- Four games will be played at the conference play-offs; the first place team will play the second place team of the opposite division to determine who will play for the championship. The loser of these two games will play for third place. These games will be played simultaneously. First and second place will receive *engraved medals*.
- Playoffs will **begin at 3:30 p.m.** not 4:00 like the regular season. This is because of darkness issues in the past.
  - Game 1 - First place team in East will play the second place from West.
  - Game 2 - Second place team in East will play first place from West.
  - Game 3 - The winners will play for first and second place.
  - Game 4 - The losers will play for third and fourth place.
- The #1 seed will be the home team in the 1<sup>st</sup> game and there will be a coin toss for fields in game #1. For everything else in subsequent games (i.e., home team, choice of fields) there will be a coin toss.(see softball chairperson section)
- **You will need to find four umpires. Each is paid \$65 a night (two games) by the school that is in charge. (Umpires used in the past: Tom Krause, Neil Daniels, Bill Lois, Dennis Busch, Steve Nelson, Cal Ligocki, Bob Marfechuk.)**
- **Core 375 or less and seams inside. All bats and balls must be USA or ASA certified.**

- If you show up to a school and there is no ump provided, the school with no ump will pay the ump a total of \$75 for the night (not just \$50). It is vital to communicate with the opposing school if you know your school is unable to fulfill an ump position. If an ump is WIAA certified and the other is not, the certified ump will be behind the plate. An A team ump should not be filling in for an A team ump. (added 10/6/220

## **SOFTBALL CHAIRPERSON**

1. The chairperson will be responsible for compiling the scores for boys and girls teams in your division, and sending them out to all schools involved.

2. The chairpersons will check on the standings and verify the first and second place teams from their division before playoffs. The chairpersons from both divisions will:

- a. Check the readiness of the play-off site.
- b. Hire four umpires.
- c. Hand out awards at the end of the play-offs.
- d. Bring 2 softball mats for the plate area

3. The chairpersons will turn in the results of the conference play-offs to the President of the WCCA, who will record them in the notes.

4. The chairperson will remind each team to bring two ASA approved balls to the play-offs. The following guidelines are used at the playoffs:

The chairperson will flip between the two first place teams for choice of playing field.

The #2 seed will be the away team in the first game.

The winners of game #1 will have a coin toss for choice of diamond or home team. The loser of the coin toss receives the remaining choice.

There will be a coin toss for home/away for the 3<sup>rd</sup> place game.

5. Four games will be played at the conference play-offs; the first place team will play the second place team of the opposite division to determine who will play for the championship. The loser of these two games will play for third place. These games will be played simultaneously. First and second place will receive *engraved medals*.

6. Playoffs will begin at 3:30 p.m.

## **Basketball- Coaches/Athletic Director's Information**

### **Schedule**

- 11 Regular season games

- Each school will play all the other conference schools one time
- Flipping home/away every other year
- Schools may elect to play other games/tournaments
- The girl's season begins after the softball/cross country seasons have been completed

## Games

- B-Game will begin at 4:00 PM, A-Game 10 minutes after B-Game
- A games are **14 minute halves with normal stoppages.**
- B games are **13 minute halves with normal stoppages.**
- **Continuous Clock-** When a team reaches a **deficit of 30 or more points in the second half the clock will run continuously.** Even if the score drops below the 30 point deficit, it will stay continuous.
- WIAA rules will apply with the exceptions listed

## B-Game

- **No press until the final three minutes of a B level game** and no press in the final three minutes by either team if the margin reaches 15 or more points at any point in the remaining 2 minutes.
- No zones- Only man to man defense
- B-team reserves game played by the bottom five players. 5 minutes continuous clock
- 5 minute halftime
- Overtime- Sudden death. No clock needed. First team to score wins

## A-Game

- 10 minutes between games
- Overtime- 2 minutes periods until winner is decided

## Timeouts

- **3 full time outs** (warning horn at **:45 secs** and final horn at **:60 secs**)
- **2 thirty second time-outs** (warning horn at **:15 sec** and final horn at **:30 secs**)

**Players playing both games-** As a courtesy, a coach will inform the opposing coach if one of his/her players will be participating in both the A and B game. A player on the "B" team may play on the "A" team, but no more than 6 quarters total playing time. An overtime is an extension of the 4<sup>th</sup> quarter.



**No out of season coaching-** Coaches and assistant coaches in the conference may coach their eligible players only during the school designated season.

**Clock/Scorekeeper-** During basketball games, there must be two adults in charge of the clock and the scorebook.

**Balls supplied by home team-** The home team provides the warm-up balls and game ball.

**Ejections of players, coaches, or fans-** Any coach, player or fan ejected from a game by an official will not be allowed to coach, play, or watch the next game. All ejections will be reported to the administration and athletic director of that school and to the presidents of the WAC.

**Undershirts must be same color as uniform color-** Coaches are asked to make sure that they color coordinate their players and adhere to the rule in regard to undershirts. The rule reads "Undershirts shall be a single solid color similar to the torso of the jersey and shall be hemmed and not have frayed or ragged edges. If the undershirt has sleeves, they shall be the same length." All players must have the same color.

**Coaches will submit a roster of player's last name and number-** prior to the season to assist scorekeepers in keeping their book (google doc)

**School overbooks-** If a school overbooks a WAC date that school will have to forfeit the game if they can't provide a team for tiebreakers and playoffs.

**Officials will be provided-** Officials will be provided by Tom Krause, WAC commissioner. If one official does not show up for a game, upon unanimous agreement between the two coaches and the official, the game may be played with one official. If there is no unanimous agreement, the game will be rescheduled. If neither official shows up for the game, the game will be canceled and rescheduled.

**Chaperone must be present at all games-** Each school must provide at least one faculty member to chaperone their students. This is in addition to the coach.

**Regular Season Trophy-**The regular season champion will receive a trophy for having the best record during league play.

### **School in Charge of the Championship Night**

- Check with Steve Shohoney or WAC president(s) to obtain the seeding of the tournament.
- The chairpersons from the two divisions will together organize the conference play-offs. Check with the host school for date and time as on Westosha schedule. Arrange for janitors, equipment, bleachers, concessions, etc.

### **Championship – Top 8 teams**

**Round 1-at home of #1 & #2 Seed)**

*Game #1 – 4:00P.M. #4 vs. #5 at #1 Seed*

*Game #2 – 5:00 P.M. #1 vs. #8 at #1 Seed*

*Game #3 - 4:00 P.M. #3 vs. #6 at #2 Seed*

*Game #4 - 5:00 P.M. #2 vs. #7 at #2 Seed*

**Round 2-**

*Game #5- 4:00 P.M. Winners of games #3 & #4*

*Game #6- 5:00 P.M. Winners of games #1 & #2*

**Round 3-**

*Game #7 – 4:00 P.M. – Losers of games #5 vs. #6*

*Game #8– 5:00 P.M. - Winners of games #5 vs. #6*

***THERE IS NO RE-SEEDING OF TEAMS IN THE PLAYOFFS.***

- Arrange for a scorekeeper and bookkeeper.
- ***NO ADMISSION IS CHARGED.***
- Award first place trophy and individual awards to each team at finals conclusion.
- Verify with WAC president(s) that all details are taken care of.
- Send the final results to the conference president(s) and Steve Shohoney [shohste@raymond.k12.wi.us](mailto:shohste@raymond.k12.wi.us).

**Basketball Tiebreaker System**

- If there is a tie between two teams, the winner of the head to head match-up will be seeded higher.
- If there is a tie between more than two teams, the following procedure should be used:
  - If three or more teams are tied, and if one team defeats the other teams, then that team shall be the higher seed.
  - If three or more teams are tied, and if two of the teams defeated the other teams, those defeated teams are eliminated and the remaining two teams shall revert to the two team tie breaker.
  - The team that has the best cumulative record against the teams above them in the standings shall receive the higher bid.
  - If the tie is still not broken according to the above criteria, schools will be randomly assigned a seed by 'luck of the draw' – i.e. first school drawn is the #4 seed, second drawn is #5 seed , third drawn is 6<sup>th</sup> seed.

### **Letter to Parents About Harassment of Officials (if needed)**

- Parents understand that if you don't agree with how a game was called by the refs, confronting refs or workers at the game during a time when emotions are running high is not an appropriate course of action. Please note that any behavior that can be considered harassing of officials at sporting events can currently be considered a class B forfeiture and can bring with it up to a \$1,000 fine. There is currently a bill in the Wisconsin legislature that is looking to make the harassment of officials a class B misdemeanor with up to a \$10,000 fine and/or up to 40 hours of community service. Each school does not hire or assign officials, they are assigned to each game by the athletic conference.

### **Sportsmanship Code Statement**

*Good afternoon and welcome to today's Westosha Athletic Conference contest featuring UNION GROVE and your RIVERVIEW COMETS. We appreciate your attendance at this game and hope you enjoy the competition. We request your cooperation by supporting the participants and officials in a positive manner. Negative comments or other intimidating actions directed at officials, student-athletes, coaches or team representatives will not be tolerated and are grounds for removal from the site of competition. RIVERVIEW ELEMENTARY and UNION GROVE MIDDLE SCHOOL appreciate your cooperation.*

### **Schedules**

<https://docs.google.com/spreadsheets/d/1Zyry3t6ARULWunct0wVAPWSrbrzFx1m0JKfRvtHQAww/edit?usp=sharing>

## **VOLLEYBALL**

### **Payout for Officials and Line Judges:**

<https://docs.google.com/spreadsheets/d/1uZrPfMvEyV6OSwFn-4dwr5HviFpkcHRMuBPPuuAw-uo/edit?usp=sharing>

Volleyball	\$85/night	Divisional Tournament Official
	\$65/night	Conference Tournament Official
	\$50/night	Divisional/Conference Line Judges
	\$65/night	Regular Season Official

## Regular Season

- Starting time: 4:00 PM A-Boys and B-Girls  
Starting time: When court opens up for A-Girls and B-Boys
- Ground rules at the host school will be honored, with discussion between coaches prior to the match.
- Six player WIAA rules will be followed. At the beginning of each set, the receiving team must rotate before their first serve.
- A match will consist of two out of three sets to 25 points
- One referee per regular season match will be provided by the host school (WIAA certified, if possible). It is recommended that adults or high school volleyball players be used as line judges. Additionally, it is recommended that a scorekeeper be used during league games
- The net will be 7'4" high for both boys and girls. There will be a 2" centerline that may be stepped on but not over.
- Substitution Rule: A team may have a total of 18 substitutions per set. A player has unlimited entry. Substitution may be made at any position for any player, but if the player who was replaced re-enters the set, he must replace the player (position) who originally replaced him. A substitution made prior to play beginning, counts as one of the 18 permitted.
- For "B" squad only, a 5 serve courtesy rule will be in effect. The serving team retains the serve but must rotate one position after five consecutive scoring serves by a player.
- Ten minute timed warm up format for matches is as follows:
  - 2 minutes ball handling for both teams on their respective sides of net
  - 4 minutes hitting by the **home team** – serving is included
  - 4 minutes hitting by the **visitors**-serving is included
- Home schools may use the court prior to the visiting teams' arrival at which time the above shared warm-up format will be used
- A team may choose to use a libero in the A and B game. The libero may play only in the back row and may serve in one rotation of the serving order

## Divisional Tournament

- Starting time: 4:00 PM, NO ADMISSION
- An "A" squad of from the top FOUR teams in each of the divisions will play a round robin tournament. The top TWO teams in each division advance to the conference finals.
- Play will be the best 2 out of 3 match
- First two sets play to 25 points, no cap. Set 3, IF NECESSARY is to 15 points. Four winners will be determined by MATCH RECORD in divisions.

### Tiebreaker rule for Divisionals

1. Head to head competition.
2. 3-Way Tie

- Total points from all 3 matches at divisional. Those teams that won a match in 2 sets will be awarded 15 points just as if they played a 3<sup>rd</sup> game. The loser of a 2 set match, receives 0 points.
- If a tie still exists, use the volleyball tiebreaker procedure.

### **Conference Tournament**

- Starting time: 4:00 PM, NO ADMISSION
- The top two teams in each division will meet at the conference championship  
West #1 will play East #2 and East #1 will play West #2
- Teams will play a best 2 out of 3 set match. All games will be to 25 points, no cap
- Winners of each match will play for the championship and losers for 3<sup>rd</sup>/4<sup>th</sup> place.

### **Volleyball Chairperson for Divisionals and Conference Tournaments**

- Secure sites for play-offs and WIAA rated referees.
- Beginning in 2018-19, there will be *NO ADMISSION CHARGED*.
- Post round robin schedules for the divisional and conference tournaments. (In case of conference tournament tie, head to head competition determines the final tournament standings.)
- Meet with the coaches - explain format and answer questions at the site.
- Coordinate matches - notify coaches of starting time and who is to play.
- Matches will be played back-to-back in order to finish as soon as possible
- There will be a minimum of 5 minutes for warm up between matches.
- All teams will share space on the court for warm up before the tournament begins. The five minutes before the match will be reserved for the first two teams to play.

### **Volleyball Tiebreaker for Regular Season**

#### **Two-team tiebreaker**

- If there is a tie between two teams, the winner of the head to head matchup will be seeded higher.
- If there is a tie between more than two teams, the following procedure should be used:
- If three or more teams are tied, and if one team defeats the other teams, then that team shall be the higher seed.

#### **Three-team tiebreaker**

- If three or more teams are tied, and if two of the teams defeated the other teams, those defeated teams are eliminated and the remaining two teams shall revert to the two team tie breaker (A) or (B-1).
- The team that has the best cumulative record against the teams above them in the standings shall receive the higher bid.

- If the tie is still not broken according to the above criteria, schools will be randomly assigned a seed by 'luck of the draw' – i.e. first school drawn is the #1 seed, second drawn is #2 seed, third draw is 3<sup>rd</sup> seed.

*If breaking a tie necessitates a coin flip, the involved schools may choose to send a representative to attend the flip. If they are comfortable with others doing the flip, then they may choose not to send a team representative.*

Schedules for all sports:

<https://drive.google.com/drive/folders/17WIOoh8T1jsUtx0NjUFcmw8FvY5Ykl58?usp=sharing>

## **TRACK AND FIELD**

### Participants

Divisional Meet -

1. Only 3 events can be entered by each participant.
2. Each school may have 3 entries in each individual event (2 in relays)
3. All runners shall wear tennis shoes or track spikes if the facility allows.

Conference Meet -

1. Only 3 events can be entered by each participant.
2. Each school may have 2 entries in each individual event (1 in relays)
3. All runners shall wear tennis shoes or track spikes if the facility allows.
4. For relays, the fastest 6 times in the divisional will be in the same heat.

### Coaches

1. Have all entries in to the Track & Field chair by the due date.
2. Make sure your students understand track rules and etiquette.
3. A meeting will be held before the meet for any last minute changes.
4. Have participants wear school or like colors for easier identification.
5. No practice throws or jumps are to be given for field events once

the meet begins (1st call). Participants may do technique warm-up prior to throwing or jumping, if they so desire.

6. *Conference records may only be broken at the conference meet.*

7. **Coaches vs volunteers-need language**

### 100 - 200 - 400 - 800 Meter Events

1. In the 100, there will be 6-8 runners in each heat. The fastest six times out of all the heats will qualify for the finals.
2. In the 200, 400, 800 and 1600, places will be determined by the six fastest times.
3. The 200 meter dash will be the second running event.
4. All runners must stay in the assigned lanes and heats.
5. All running events will be started as follows:

“Runners to your marks” (a pause until everyone is settled)

“Get set” (a pause of one to three seconds)

Firing of the starter’s pistol

6. A runner gets one false start and he/she is disqualified on the second false start.
7. All runners must remain in the lanes during and after the race. The judges will call them from their lanes.
8. The decision of the judges is final.
9. A runner not checked in for their heat by the time the starter says “Runners to your mark”, will be disqualified.
10. **Red** arrow exchange zones are used for the 4 x 200 relay and **yellow** for the 4 x 100.

### High Jump

1. The starting height will be as follows:

*Girls - 3’10” starting height with 2” raise to 4’2”. After 4’2”, raise will be 1”.*

*Boys - 4’4” starting height with 2” raise to 4’8”. After 4’8”, raise will be 1”.*

2. A jumper has the option to pass, but once a jumper enters, he may not pass again.
3. A jumper will get 3 tries per height. If a jumper misses at any one height 3 times, he/she is out of the competition.
4. A jumper must take off on one foot. After a jumper’s foot leave the ground or his/her body passes under or over the crossbar, an attempt is completed.
5. A jumper may be disqualified by the judges for undue delay of the meet, bad language, or unsportsmanlike behavior.
6. WIAA rules will determine the places in the event of a tie.
7. The decision of the judges is final.

### Long Jump

1. Each participant will get three jumps.
2. A jumper must take off of one foot. He/she may not step over the take-off board, as this is considered a "scratch".
3. *The jumper may jump from the 4 foot or 8 foot take off board – their choice. The jumper must indicate prior to the jump which board they will use.*
4. The six longest jumps will determine the places.
5. Same as rules 5 and 7 under high jumping.

### Shot Put and Discus

1. Each participant will get three attempts.
2. The attempts will be measured and recorded.
3. The six longest attempts will be used to determine places.
4. Each participant must throw/put from behind the foul line. If the participant goes over the foul line, the throw/put is not measured and is considered a "scratch".
5. Please review with your athletes the difference between a throw and a put in the shot put. Judges will be very strict in calling the proper technique.
6. Same as rules 5 and 7 under high jumping.
7. **The shot put weight is 8 pounds and the discus is 1 kilogram for boys & girls.**

*IN ALL FIELD EVENTS, PARTICIPANTS HAVE THE OPTION OF TAKING TWO ATTEMPTS BACK TO BACK OR ALL THREE AT THE SAME TIME.*



## TRACK AND FIELD CHAIRPERSON

1. Verify track dates with high schools. Schedule permitting, meets will be conducted at the following sites:

Westosha Central HS

*Both Divisional and Conference meets begin at 3:30 p.m.*

2. Send memo to each school reminding them of the dates, times, and location of division and conference meets. Include each school's duties as assigned to help run each of the events. When meet begins, all coaches are to report to their specified field event so that workers may be assigned from each school.
3. Make sure the entry forms are completed and starters and all meet personnel are hired for all meets.
4. Deliver ribbons for 1st-6th place finishers in divisionals. Award ribbons and trophy at conference meet.
5. Send out entry forms to each of the coaches, to be returned and compiled for the meets. Final packets of entrants and event information will be sent to coaches via e-mail prior to the meet.
6. Hold the coaches' meeting prior to the start of the meet to make any changes and answer any questions.
7. Organize the track meet so that it moves along smoothly and as efficiently as possible. Arrange for all necessary judges and timers. Have the next race's contestants line up near the starting line to set order and explain the rules.
8. Arrange for a scorekeeper to tally points while the meet is in progress so that, at the end of the meet, awards may be distributed immediately.
9. Send out the results to all schools during the week following the conference meet.
10. Make sure the starter is paid; bills from track and field are turned in to the treasurer.
11. Send results to conference president to be recorded.
12. Send rules of each field event to all coaches at the beginning of the season.
13. To promote consistency and familiarity with field event rules and techniques, schools will run the same field event for a 3 year period.
14. Make sure that the discus and shot are weighed prior to competition beginning.

3:30 start time

West May 3, RD May 4 at Westosha Central

East May 10, RD May 11 at Westosha Central

Conference: May 16, RD 17 at Westosha Central