

**East  
Suburban  
Catholic  
Conference**

**Athletic  
Operating  
Procedures  
2022-23**

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East Suburban Catholic Conference  
Athletic Operating Procedures  
(as of 5/3/22):**

**Athletic Operating Procedures**

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The following Athletic Operating Procedures have been adopted by the membership of the East Suburban Catholic Conference and are applicable as of May 3, 2022.

Adopted: November 25, 1958

Revised:	November 21, 1960	May 20, 1964
	May 17, 1967	May 21, 1969
	May 18, 1982	May 07, 1985
	May 01, 1990	May 05, 1992
	May 02, 1995	May 24, 1996
	July 21, 1997	July 05, 1998
	May 01, 1999	May 01, 2001
	August 27, 2002	May 06, 2003
	May 04, 2004	July 05, 2005
	April 26, 2006	July 18, 2007
	June 20, 2012	July 24, 2013
	January 13, 2015	June 10, 2016
	May 23, 2017	May 22, 2018
	May 21, 2019	May 19, 2020
	May 3, 2022	

## **Article 1 – Boys Baseball**

### **CONFERENCE BOYS BASEBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
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- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The boys Baseball All Conference and post season meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at St Patrick High School and begin at 10:00 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in boys Baseball for the frosh-soph, junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the frosh-soph, junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the frosh-soph, junior varsity and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE BOYS BASEBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Baseball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

Conference schools will compete against every ESCC school with three-school pods competing against their own pod three times (M-Tu-W). The other six schools will be played once in a

M-Tu-Sat format. This applies to frosh-soph, junior varsity and varsity teams. The ESCC will culminate in varsity only semifinals on the Mon-Tue prior to IHSA Regionals beginning.

The frosh-soph and junior varsity contests will be scheduled on the same day and time at the opposite site of the scheduled varsity opponent.

No East Suburban Catholic Conference game can be scheduled before the first Saturday of the conference season, which is the Saturday of **Week 40** of the Illinois High School Association calendar.

If a game has to be changed due to an academic requirement, the game should be rescheduled as close to the original scheduled date as possible.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Frosh-Soph level competition in boys Baseball shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Junior varsity and Varsity level competition in boys Baseball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Baseball may not compete against a single school in more than two total contests per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 4:30 pm for all Baseball competition on weekdays.

The recommended starting time is 10:00 am for all Baseball competition on Saturdays.

A maximum 20-minute warm-up will be instituted for late-arriving teams, beginning from the time that all athletes have arrived in the dugout.

### **Section 9 - Officials**

Two Illinois High School Association umpires are to be contracted for a varsity boys Baseball contest.

If only one umpire is available, the contest is to be played.

It is recommended that two Illinois High School Association umpires are to be contracted for the frosh-soph and junior varsity boys Baseball contests.

If only one umpire is available, the contest is to be played.

The home team for the contest will pay for the officials regardless of the original site location.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Baseball Information Sheet (as prepared by individual schools)

- Name of school,

- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Baseball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS BASEBALL HONORS**

### **Section 11 - Championships**

Championships in frosh-soph and junior varsity levels (web recognition only) will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

The varsity level will play semifinals and a championship contest on May 8-9, 2023 to determine the season ESCC champion. Highest seeded teams will serve as hosts.

~~Divisional tie breakers include: 1) Head to Head; 2) Division only record; 3) Runs allowed in division play; 4) Runs allowed in all ESCC games.~~

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champion at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in Baseball by vote of the head coaches of each member school. The number in Baseball will be **twenty-nine (29)**.

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in Baseball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for Baseball shall be determined by the Athletic Directors and has been set at **twenty-nine (29)**.

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The Baseball All Conference and post season meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at St Patrick High School and will begin at 10:00 am.

The Conference Secretary is responsible to publish the boys Baseball All Conference team.

There will be a copy of the boys Baseball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

#### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Baseball will be recognized with the selection of a Player of the Year and a Coach of the year.

The Player of the Year of the Conference in boys Baseball will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in boys Baseball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Baseball.

### **CONFERENCE BOYS BASEBALL SPECIFIC RULES**

#### **Section 15 - Game Ball**

Any official top grade baseball is to be used with a minimum of three baseballs per game. A National or American League baseball is recommended.

#### **Section 16 - Special Regulations**

The ten-run rule is mandatory in all contests.

The re-entry rule and the use of a courtesy runner for the pitcher and catcher shall follow state rules.

#### **Section 17 - Incomplete Contests**

Any contest on all levels that is suspended for any reason shall be considered an official regulation (complete) game if the losing team has had an opportunity to hit for five full innings. If both teams have not had an equal opportunity to hit after five innings, the contest will revert to the last full completed inning. Exception: the home team has taken the lead in a partially-completed inning in the fifth inning or beyond (declared winner).

Any game that is not an official regulation game (four and one-half innings if the home team is ahead or five innings if the visiting team is ahead) will be considered a suspended game and shall be continued from the point of suspension.

All varsity tie contests that are official regulation games will be continued at the point where the game was suspended at the same site (or by agreement) on the first open date.

Frosh-soph and junior varsity official regulation tie contests will be determined on a .5 won and .5 loss basis in the standings and will not be replayed.

#### **Section 18 - Postponed Contests**

The decision whether or not to play when weather and ground conditions are doubtful rest on the judgment of the host school.

Postponed contests are to be played the next day. If games are continually postponed, they are automatically rescheduled in the order of postponement as set by the Athletic Directors.

State Tournament contests take preference over regularly scheduled Conference contests.

Regularly scheduled or rescheduled Conference contests will always take preference over regularly scheduled or rescheduled non-conference contests.

Conference teams are required to complete their conference schedule, but if late in season, continued postponements occur; these teams need not play when mutually agreed upon unless any contest has a bearing on the Conference Championship.

In the event the host field is unplayable and the visiting location is playable, the contest is to be played at the available field whenever possible.

The varsity contest will take priority over lower levels with both fields and umpires.

If a contest is moved to the alternate site, the umpires scheduled for the lower level contest will be used on the varsity level, only if the scheduled umpires for the varsity contest cannot be moved to the new location, and if the lower level umpires are determined competent to handle varsity level competition. This decision will rest with the assignment chairman for that school and the Athletic Director.

This also applies to doubleheaders. In the event that both sites are not playable for a doubleheader, then the contests are to be made up in a doubleheader format at the site of the original host school or to be made up on individual days with each school serving as host once.

In the event a contest is moved to the visitor's site from the original site due to field availability or playing conditions, the schedule remains intact for remaining contests.

Varsity contests are to be played first with lower level contests following in priority. Varsity contests are to be moved to the first available playing facility.

#### **Section 19 – Use of Extra Hitter**

Sophomore and Freshman levels may use an "extra hitter" as defined in addendum EH2012.

## **Article 2 – Boys Basketball**

### **CONFERENCE BOYS BASKETBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
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- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
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- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The boys Basketball All Conference and post season meeting is scheduled for Sunday, February 19, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Carmel Catholic and begin at 9:30 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings, game results, and varsity individual scoring statistics will be kept in boys Basketball for the freshman, sophomore, and varsity levels of competition.

Team standings, game results, and varsity individual scoring statistics will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, sophomore, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE BOYS BASKETBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Basketball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

A sixteen (16) game schedule has been formatted.

The sophomore and varsity will play at the site designated by the schedule.

The freshman will play at the same sites on Friday unless a second gym is not available (same site on Saturday or Monday).

~~A postseason varsity tournament will be contested on Feb. 3-4, 10-11 at sites TBA. The sophomore schedule will mirror the varsity playing schedule, but not in tournament format. Additional freshman dates will be added on a North-South scheduling format.~~

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in boys Basketball shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Sophomore level competition in boys Basketball shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in boys Basketball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

No player may appear in more than six (06) quarters per scheduling period. The following criteria to be followed:

- one live ball equals one quarter;
- fourth quarter and overtime(s) are defined as one quarter;
- this move can only be made with players moving from a lower level to an upper level;
- player (s) must be identified prior to the contest.

Freshman players can play a total of four quarters in both the "A" and "B" games on a given day. The seven pre-designated "A" team players may not play in the "B" game.

### **Section 8 - Starting Times**

The recommended starting time is 05:30 pm for all sophomore boys' Basketball competition.

The recommended starting time is 07:00 pm for all varsity boys' Basketball competition.

The recommended starting time is 05:30 pm for all freshman boys' basketball competition on weekdays.

The recommended starting time is 10:00 am for all freshman boys' basketball competition on Saturday.

Pre-game warm-up time for men's Basketball for freshman A, sophomore, and varsity have been set at fifteen (15) minutes

### **Section 9 - Officials**

Three Illinois High School Association officials are to be contracted for a varsity boys Basketball contest.

Two Illinois High School Association officials are to be contracted for the freshman and sophomore boys Basketball contests.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Basketball Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Basketball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS BASKETBALL HONORS**

### **Section 11 - Championships**

Championships in freshman, sophomore, and varsity boys Basketball will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in boys Basketball by vote of the head coaches of each member school. The number in boys Basketball will be fifteen (15).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in boys Basketball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for boys Basketball shall be determined by the Athletic Directors and has been set at fifteen (15). Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The boys Basketball meeting is scheduled for Sunday, February 19, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Carmel Catholic and begin at 09:30 a.m.

The Conference Secretary is responsible to publish the boys Basketball All Conference team.

There will be a copy of the boys Basketball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

#### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Basketball will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Basketball coaches of the Conference.

The Most Valuable Player of the conference in boys Basketball will be the individual that receives the highest number of votes in the balloting for All Conference.

The Coach of the Year of the Conference in boys Basketball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Basketball.

### **CONFERENCE BOYS BASKETBALL SPECIFIC RULES**

#### **Section 15 - Length of Contests**

Length of quarters in freshman "A" and "B," and sophomore contests shall be seven minutes, and in junior varsity and varsity contests shall be eight minutes.

#### **Section 16 - Uniforms**

The home team shall wear light colored jerseys, and the visiting team shall wear dark colored jerseys.

#### **Section 17 - Game Ball**

The official Conference basketball will follow the State or Illinois High School Association regulations.

The host school at all levels of boys Basketball will be responsible for supplying boys basketballs to visiting schools for all warm up periods.

The host team at all levels shall provide the visiting team with a chalkboard or grease board with appropriate writing implements.

The host school at all levels of boys Basketball should supply the visiting team with water and a method to dispense the water.

#### **Section 18 - Extraordinary Assistants**

The timing, scoring, and announcing positions at sophomore and varsity boys Basketball contests will be handled by adults.

An adult is defined as a member of the school's staff, when possible, or as parents, responsible alumni, or capable associates, when the need arises.



## **Article 3 - Girls Basketball**

### **CONFERENCE GIRLS BASKETBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

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- Conference contact information by individual school;
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- Yearly Conference Meeting Date Calendar;
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- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The girls Basketball meeting is scheduled for Sunday, February 12, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Benet Academy and begin at 1:00 pm.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings, game results, and varsity individual scoring statistics will be kept in girls Basketball for the freshman, junior varsity, and varsity levels of competition.

Team standings, game results, and varsity individual scoring statistics will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, sophomore, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE GIRLS BASKETBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Basketball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year. The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

There will be a single round robin schedule for freshman, sophomore, and varsity teams.

A varsity postseason tournament will be held on Jan. 28, Feb. 1,4. The junior varsity level will mirror the varsity schedule, but not in a tournament format. There will be no postseason games for the freshman level.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in girls Basketball shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Sophomore level competition in girls Basketball shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in girls Basketball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

No player may appear in more than six (06) quarters per scheduling period. The following criteria to be followed:

- one live ball equals one quarter;
- fourth quarter and overtime(s) are defined as one quarter;
- this move can only be made with players moving from a lower level to an upper level;
- player(s) must be identified prior to the contest.

Clarification: To field a full team in the case of players for the "B" level (injury, eligibility, illness, etc) "A" players may be allowed to play in the "B" game if both coaches agree prior to the game.

### **Section 8 - Starting Times**

The recommended starting time is 05:30 pm for all weekday sophomore girls' Basketball competition.

The recommended starting time is 07:00 pm for all weekday varsity girls' Basketball competition.

The recommended starting time is 05:30 pm for all weekday freshman girls' Basketball competition contested at the same site.

The recommended starting time is 01:00 pm for all Saturday sophomore girls' Basketball competition.

The recommended starting time is 02:30 pm for all Saturday varsity girls' Basketball competition.

The recommended starting time is 01:00 pm for all Saturday freshman girls' Basketball competition contested at the same site.

Pre-game warm-up time for women's Basketball for freshman A, sophomore, and varsity have been set at fifteen (15) minutes

### **Section 9 - Officials**

Three Illinois High School Association officials are to be contracted for a varsity girls Basketball contest.

Two Illinois High School Association officials are to be contracted for the freshman and sophomore girls Basketball contests.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Girls Basketball Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Girls Basketball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE GIRLS BASKETBALL HONORS**

### **Section 11 - Championships**

Championships in freshman, sophomore and varsity girls Basketball will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in girls Basketball by vote of the head coaches of each member school. The number in girls Basketball will be twelve (12).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in girls Basketball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for girls Basketball shall be determined by the Athletic Directors and has been set at twelve (12).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The Girls Basketball meeting is scheduled for Sunday, February 12, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Benet Academy and begin at 01:00 pm.

The Conference Secretary is responsible to publish the girls Basketball All Conference team.

There will be a copy of the girls Basketball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

#### **Section 14 – Special Post Season Conference Awards**

Excellence in girls Basketball will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Basketball coaches of the Conference.

The Most Valuable Player of the conference in girls Basketball will be the individual that receives the highest number of votes in the balloting for All Conference.

The Coach of the Year of the Conference in girls Basketball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Basketball.

### **CONFERENCE GIRLS BASKETBALL SPECIFIC RULES**

#### **Section 15 - Length of Contests**

Length of quarters in freshman "A" and sophomore contests shall be seven minutes, freshman "B" shall be six minutes and in junior varsity and varsity contests shall be eight minutes.

#### **Section 16 - Uniforms**

The home team shall wear light colored jerseys, and the visiting team shall wear dark colored jerseys.

#### **Section 17 - Game Ball**

The official Conference basketball will follow the State or Illinois High School Association regulations.

The host school at all levels of girls Basketball will be responsible for supplying girls basketballs to visiting schools for all warm up periods.

The host team at all levels shall provide the visiting team with a chalkboard or grease board with appropriate writing implements.

The host school at all levels of boys Basketball should supply the visiting team with water and a method to dispense the water.

#### **Section 18 - Extraordinary Assistants**

The timing, scoring, and announcing positions at sophomore and varsity girls Basketball contests will be handled by adults.

An adult is defined as a member of the school's staff, when possible, or as parents, responsible alumni, or capable associates, when the need arises.

## **Article 4 - Boys Cross Country**

### **CONFERENCE BOYS CROSS COUNTRY COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The boys Cross Country tournament and post season meeting is scheduled for Saturday, October 15, 2022.

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and meet results will be kept in boys Cross Country for the freshman-sophomore and varsity levels of competition.

Team standings and meet results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman-sophomore and varsity level to FAX or email each meet result to the Conference Statistician at the conclusion of each contested event.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

#### **Section 6 – Conference Meet Results**

Official Conference Meet results will be kept in boys Cross Country for the freshman-sophomore and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in boys Cross Country will be responsible to provide results of the varsity and freshman-sophomore levels to the league statistician/webmaster and provide results to the media (varsity level).

There is a particular presentation format for the results of the freshman-sophomore and varsity levels of competition for boys Cross Country.

The host school administrator should contact the website host for the presentation format for boys Cross Country.

## **CONFERENCE BOYS CROSS COUNTRY ADMINISTRATION**

### **Section 7 – Scheduling**

Scheduling of boys Cross Country will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The men will compete on both the freshman-sophomore and varsity levels.

The distance for boys shall not be less than three miles for both levels.

### **Section 8 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman-sophomore level competition in boys Cross Country shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in boys Cross Country may include students in the freshman, sophomore, junior, or senior years of school.

A player (contestant) in boys Cross Country may not compete against a single school on more than one level of competition per conference scheduling period.

Seven runners from each school may be entered in both the varsity and sophomore Conference Meet. Open races for the boys and girls will be run with an unlimited number of entries.

### **Section 9 – Starting Times**

The recommended starting time for the invitational style meet is 04:15 pm, with up to a fifteen (15) minute delay for teams arriving late.

## **CONFERENCE BOYS CROSS COUNTRY HONORS**

### **Section 10 - Championships**

Championships in boys Cross Country shall be determined by the final standings of the Conference Meet.

During the 2022 season the men will compete during weeks twelve and fifteen of the Illinois High School Association calendar.

During the invitational style meet, there will be unlimited entries in both the freshman-sophomore and varsity divisions, with only the top seven finishers from each team to count in team scoring.

### **Section 11 – Team Awards**

A plaque will be awarded each year to the team champions at the varsity level according to the results of the Conference Meet.

### **Section 12 – Individual Awards**

Individual medals shall be awarded to the first **twenty-one (21)** freshman-sophomore and varsity boys' finishers according to their Conference Meet finish.

Ribbons shall be awarded to the first **twenty-one (21)**, open division finishers in the boys Conference Meet.

### **Section 13 – Special Post Season Conference Awards**

Excellence in boys Cross Country will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Cross Country coaches of the Conference.

The Runner of the Year in the conference in boys Cross Country will be the first place medalist in the boys varsity Conference meet.

The Coach of the Year in the Conference in boys Cross Country will be the coach of the boy's varsity conference championship team

A specially designed Conference Certificate of Honor will be presented to the Runner of the Year and Coach of the Year in boys Cross Country.

## **CONFERENCE BOYS CROSS COUNTRY SPECIFIC RULES**

### **Section 14 - Conference Meet**

A Conference Cross Country meet shall be held on the Saturday before the IHSA Regional Meet.

The course used for the East Suburban Catholic Conference Boys Cross Country meet must meet the Illinois High School Association guidelines for Regional competition.

The place and time of the Conference Meet will be determined by agreement of the Conference Athletic Directors each year, and the host school of the meet will conduct the meet in conjunction with girls Cross Country Conference meet. The order of races will be as follows:

- a. freshman-sophomore girls race;
- b. freshman-sophomore boys race;
- c. varsity girls race;
- d. varsity boys race;
- e. open girls race;
- f. open boys race

The meet shall have an official Illinois High School Association approved starter with a maximum stipend set at \$100.00.

The meet will be officially scored, using a program designed for running a Cross Country invitational, with a maximum fee for the scorer set at \$200.00.

The conference meet will be administered by a rules committee consisting of two coaches and the starter.

It is recommended that one of the coaches be from the host school, and the other from the following year's host school.

## **Article 5 - Girls Cross Country**

### **CONFERENCE GIRLS CROSS COUNTRY COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
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- Conference contact information by individual school;
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- Yearly Conference Meeting Date Calendar;
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- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
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- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The girls Cross Country tournament and post season meeting is scheduled for Saturday, October 15, 2022.

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and meet results will be kept in girls Cross Country for the freshman-sophomore and varsity levels of competition.

Team standings and meet results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman-sophomore and varsity level to FAX or email each meet result to the Conference Statistician at the conclusion of each contested event.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

#### **Section 6 – Conference Meet Results**

Official Conference Meet results will be kept in girls Cross Country for the freshman-sophomore and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in girls Cross Country will be responsible to provide results of the varsity and freshman-sophomore levels to the league statistician/webmaster and provide results to the media (varsity level).

There is a particular presentation format for the results of the freshman-sophomore and varsity levels of competition for girls Cross Country.

The host school administrator should contact the website host for the presentation format for girls Cross Country.

## CONFERENCE GIRLS CROSS COUNTRY ADMINISTRATION

### Section 7 – Scheduling

Scheduling of girls Cross Country will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The women will compete on both the freshman-sophomore and varsity levels.

The distance for girls shall not be less than three miles for both levels.

### Section 8 - Eligibility

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman-sophomore level competition in girls Cross Country shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in girls Cross Country may include students in the freshman, sophomore, junior, or senior years of school unless.

A player (contestant) in girls Cross Country may not compete against a single school on more than one level of competition per conference scheduling period.

Seven runners from each school shall be entered in both the varsity and sophomore Conference Meet. Open races for the boys and girls will be run with an unlimited number of entries.

### Section 9 – Starting Times

The recommended starting time for the invitational style meet is 04:15 pm, with up to a fifteen (15) minute delay for teams arriving late.

## CONFERENCE GIRLS CROSS COUNTRY HONORS

### Section 10 - Championships

Championships in girls Cross Country shall be determined by the final standings of the Conference Meet.

During the 2022 season the women will compete during weeks twelve and fifteen of the Illinois High School Association calendar.

During the invitational style meet, there will be unlimited entries in both the freshman-sophomore and varsity divisions, with only the top seven finishers from each team to count in team scoring.

### Section 11 – Team Awards

A plaque will be awarded each year to the team champions at the varsity level according to the results of the conference meet.

### Section 12 – Individual Awards

Individual medals shall be awarded to the first sixteen (16) freshman-sophomore and varsity girls' finishers according to their Conference Meet finish.

Ribbons shall be awarded to the first sixteen (16) open division finishers in the girls Conference Meet.

### Section 13 – Special Post Season Conference Awards

Excellence in girls Cross Country will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Cross Country coaches of the Conference.

The Runner of the Year in the conference in girls Cross Country will be the first place medalist in the girls varsity Conference meet.

The Coach of the Year in the Conference in girls Cross Country will be the coach of the girl's varsity conference championship team

A specially designed Conference Certificate of Honor will be presented to the Runner of the Year and Coach of the Year in girls Cross Country.

## CONFERENCE GIRLS CROSS COUNTRY SPECIFIC RULES

### Section 14 - Conference Meet

A Conference Cross Country meet shall be held on the Saturday before the IHSA Regional Meet.

The course used for the East Suburban Catholic Conference Girls Cross Country meet must meet the Illinois High School Association guidelines for Regional competition.

The place and time of the Conference Meet will be determined by agreement of the Conference Athletic Directors each year, and the host school of the meet will conduct the meet in conjunction with the boys Cross Country Conference meet.

The order of races will be as follows:

- a. freshman-sophomore girls race;
- b. freshman-sophomore boys race;
- c. varsity girls race;
- d. varsity boys race;
- e. open girls race;
- f. open boys race

The meet shall have an official Illinois High School Association approved starter with a maximum stipend set at \$100.00.

The meet will be officially scored, using a program designed for running a Cross Country invitational, with a maximum fee for the scorer set at \$200.00.

The conference meet will be administered by a rules committee consisting of two coaches and the starter.

It is recommended that one of the coaches be from the host school, and the other from the following year's host school.

## Article 6 – Boys Football

### CONFERENCE BOYS FOOTBALL COMMUNICATION

#### Section 1 – Website

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

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- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
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- Yearly Conference Administrative Calendar;
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- Link to the Illinois High School Association;
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- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### Section 2 – Schedule Keeper

The CCL-ESCC provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### Section 3 – Meetings

The CCL-ESCC has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate. The meeting for 2022 is at 9:30 a.m. on Sunday, Aug. 14 via ZOOM.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### Section 4 – All Conference Selection Meeting

The CCL-ESCC boys Football All Conference and post season meeting will be held on **Sunday, October 23, 2022.**

**Contacts for this meeting are to be made by the Resource AD.**

**The meeting will be held at Brother Rice High School and begin at 10 a.m.**

#### Section 5 – Results And Statistics

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings, game results, and varsity individual scoring statistics will be kept in boys Football for the freshman, sophomore/junior varsity, and varsity levels of competition.

Team standings, game results, and varsity individual scoring statistics will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, sophomore/junior varsity, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore/junior varsity, and varsity level to identify that information to the Conference Statistician.

### CONFERENCE BOYS FOOTBALL ADMINISTRATION

#### Section 6 – Scheduling

Scheduling of boys Football will be done by the Athletic Directors or their designees.

CCL-ESCC divisional and crossover contests should be contracted by the host school.

The freshman, sophomore/junior varsity and varsity schedule will be a three-game round-robin with four CCL-ESCC crossover games. The first two playing dates will be scheduled independently by schools as nonconference games.



All contests in a CCL-ESCC scheduling period should be scheduled at the same host site.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in boys Football shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Junior Varsity level competition in boys Football shall be limited to students in their first six semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in boys Football may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

No player may appear in more than six (6) quarters per scheduling period. The following criteria to be followed:

- one play equals one quarter;
- player(s) must be identified prior to the contest.
- IHSA exceptions:
  - Specialized players (kicker, punter, holder only) may play in back-to-back games;
  - A player who enters for one play because of equipment failure or injury.

IHSA additional: Players are limited to one game per day and may not play on consecutive days.

Freshmen are eligible to compete at the varsity level.

### **Section 8 – Recommended Starting Times**

Varsity contests should begin at 7:30 p.m. for night contests and 1:30 p.m. for day contests, or twenty (20) minutes after the completion of a previous game, whichever of these times is later.

The varsity warm up time between the previous and varsity contests shall be limited to twenty (20) minutes.

Lower-level contests should start no later than 5 p.m. for Friday contests and at 9 a.m. Saturday.

Start time schedules may be altered by mutual agreement.

Ceremonies between halves shall be limited to fifteen (15) minutes, except homecoming ceremonies, which shall be limited to twenty (20) minutes.

### **Section 9 - Officials**

Five Illinois High School Association officials are to be contracted for a varsity boys Football contest.

Five Illinois High School Association officials are to be contracted for a sophomore/junior varsity boys Football contest.

Five Illinois High School Association officials are to be contracted for a freshman boys Football contest.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Football Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Football Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS FOOTBALL HONORS**

### **Section 11 – Championships**

Championships in freshman, sophomore/junior varsity, and varsity boys Football will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule as approved by the Athletic Directors will not be considered for the championship.

### **Section 12- Team Awards**

Plaques will be awarded to the team champions or co-champions in varsity competition according to the Conference standings.

### **Section 13 - All-Conference**

An all-division squad will be selected in Football by vote of the head coaches of each member school. The number in Football will be twenty-six (26).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in Football.

Certificates will be prepared and awarded to the schools by the Awards chair. The number of certificates awarded for Football shall be determined by the Athletic Directors and has been set at twenty-six (26).

Selection of All-Conference players will be done at the special meeting to take place on the Sunday following the last scheduled game.

The Football meeting will be held on Sunday, October 23, 2022.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Brother Rice High School and begin at 10 a.m.

The Conference Secretary is responsible to publish the boys Football All Conference team.

There will be a copy of the boys Football All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

#### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Football will be recognized with the selection of a Dave Mattio Coach of the Year and the Gordie Gillespie Player of the Year in each CCL-ESCC division.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Football coaches of the Conference.

The Most Valuable Player of the conference in boys Football will be the individual that will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in boys Football will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Football.

### **CONFERENCE BOYS FOOTBALL SPECIFIC RULES**

#### **Section 15 - Length of Contests**

Freshman Football contests are to be played with ten-minute quarters.

Sophomore/Junior Varsity Football contests are to be played with ten-minute quarters.

Varsity Football contests are to be played with twelve-minute quarters.

#### **Section 16 - Uniform**

The home team shall wear dark or colored jerseys, while the visiting team shall wear white or light colored jerseys unless otherwise agreed upon.

#### **Section 17 - Game Ball**

There is no official conference football. It should be noted that the Illinois High School Association mandates the use of a Wilson football in all playoff Contests.

#### **Section 18 - Extraordinary Assistants**

Schools shall attempt to have a qualified doctor or medical personnel in attendance at varsity boys Football contests.

The timing, scoring, and announcing positions at all levels of CCL-ESCC Football contests will be handled by adults.

An adult is defined as a member of the school's staff, when possible, or as parents, responsible alumni, or capable associates, when the need arises.

Exceptions to this would be if the home team rents the playing facility and has no control over the persons running the above positions.

The down marker and chain crew should be trained adult personnel provided for all levels by the home school.

The chain crew should operate the entire game from the side of the field opposite the press box.

#### **Section 19 - Incomplete Contests**

Varsity tie contests will be broken according to the accepted tiebreak plan as designated by the Illinois High School Association.

Sophomore/Junior varsity and freshmen contests may end in a tie (a maximum of one (1) overtime may be played, determined by pre-game mutual agreement and hosting restrictions).

#### **Section 21 – Football Film Exchange**

Coaches may ask for any two (2) films in the exchange.

Film must be wide view and be available within 24 hours of game completion.

\*Film must follow additional criteria as identified in the CCL-ESCC Film Trade Guidelines document.

No exchanging CCL-ESCC games with nonconference opponents. Only exceptions would be exchanges with schools on your schedule or playoff/Prep Bowl championship opponents.

## **Article 7 – Boys Golf**

### **CONFERENCE BOYS GOLF COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

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The following information is accessible through the website:

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- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The Boys Golf tournament and post season meeting is scheduled for Wednesday, Sept. 21, 2022.

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and meet results will be kept in boys Golf for the freshman-sophomore and varsity levels of competition.

Team standings and meet results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman-sophomore and varsity level to FAX or email each meet result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

#### **Section 6 – Conference Meet Results**

Official Conference Meet results will be kept in boys Golf for the freshman-sophomore and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in boys Golf will be responsible to provide results of the varsity and freshman-sophomore levels to the league statistician/ webmaster and provide results to the media (varsity level).

There is a particular presentation format for the results of the freshman-sophomore and varsity levels of competition for boys Golf.

The host school administrator should contact the website host for the presentation format for boys Golf.

## **CONFERENCE BOYS GOLF ADMINISTRATION**

### **Section 7 – Scheduling**

Scheduling of boys Golf will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The frosh-soph and varsity teams will play a round robin. Schools may enter up to eight (8) golfers for regular-season meets (pending course space) with the top four (4) scoring.

Conference meets will be scheduled on Tuesdays, unless mutually agreed upon by the competing schools.

### **Section 8 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman-sophomore level competition in boys Golf shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in boys Golf may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Golf may not compete against a single school on more than one level of competition per conference scheduling period.

### **Section 9 – Starting Times**

The recommended starting time is 03:30 pm for all Conference Golf dual meet competition.

## **CONFERENCE BOYS GOLF HONORS**

### **Section 10 - Championships**

The championship shall be determined by results of the ESCC conference tournament.

In the event of a tie for any placement, scores of the fifth golfers will be used to break the tie. Remaining ties will remain as team ties.

### **Section 11 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the results of the Conference dual meet standings and the results of the Conference meet.

### **Section 12 – Individual Awards**

Individual medals shall be awarded to the first **eighteen (18)** varsity boys medalists and to the first **eighteen (18)** frosh-soph boys medalists according to their ESCC Meet finish.

### **Section 13 – Special Post Season Conference Awards**

Excellence in boys Golf will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Golf coaches of the Conference.

The Player of the Year in the conference in boys Golf will be the first place medalist in the boys varsity Conference meet.

The Coach of the Year of the Conference in boys Golf will be the coach(es) of the conference championship team.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Golf.

## **CONFERENCE BOYS GOLF SPECIFIC RULES**

### **Section 14 - Conference Meet**

The Conference Golf meet shall be held during the week before the Illinois High School Association Regional Meet.

The place and time of the meet for the Conference championship will be determined by agreement of the Athletic Directors each year, and the designated tournament host school of the Conference by rotation will conduct the meet.

A rules committee composed of the local golf pro from the host course and two coaches will administer the meet.

It is recommended that one of the two coaches be from the host school of the meet, and the other coach be from next year's host school.

Ties for placement not involving first-, second-place or the final (18<sup>th</sup>) medal will be provided with duplicate medals.

In the case of individual ties for 18<sup>th</sup> place (or final medal if multiple ties) at the Conference Championship Meet, scores will be taken from the most difficult hole on the course.

In the event that a tie still exists, scores will continue to be compared from the remaining most difficult holes until the tie is broken. There will not be a playoff.

The number of contestants from each school entered in both the varsity and the freshman-sophomore Conference meets shall be a maximum of six (6).

Players shall be designated for competition from each school and the four low scores will be used to score the meet. Ties will be broken using the fifth player's score.

### **Section 15 - Meet Protocol**

During any officially designated East Suburban Catholic Conference Golf dual meet or tournament, member school coaches:

- a. will not play golf during the match;
- b. will marshal the field of play;
- c. will enforce the accepted rules;
- d. coaching rules will follow IHSA Tournament play.

## **Article 8 - Girls Golf**

### **CONFERENCE GIRLS GOLF COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
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- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The girls Golf tournament and post season meeting is scheduled for Tuesday, Sept. 20, 2022.

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and meet results will be kept in girls Golf for the varsity level of competition.

Team standings and meet results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the varsity level to FAX or email each meet result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the varsity level to identify that information to the Conference Statistician.

#### **Section 6 – Conference Meet Results**

Official Conference Meet results will be kept in girls Golf for the varsity level of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in girls Golf will be responsible to provide results of the varsity level to the league statistician/ webmaster and provide results to the media (varsity level).

There is a particular presentation format for the results of the varsity level of competition for girls Golf.

The host school administrator should contact the website host for the presentation format for girls Golf.

## CONFERENCE GIRLS GOLF ADMINISTRATION

### Section 7 – Scheduling

Scheduling of girls Golf will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The varsity team will play a round robin. Schools may enter up to eight (8) golfers for regular-season meets (pending golf course space) with the top four (4) scoring.

### Section 8 - Eligibility

The Rules of Eligibility of the Illinois High School Association shall apply.

Varsity level competition in girls Golf may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

### Section 9 – Starting Times

The recommended starting time is 03:30 pm for all Conference girls Golf dual meet competition.

## CONFERENCE GIRLS GOLF HONORS

### Section 10 - Championships

The championship shall be determined by results of the ESCC conference tournament.

In the event of a tie for any placement, scores of the fifth golfers will be used to break the tie. Remaining ties will remain as team ties.

### Section 11 – Team Awards

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the results of the Conference dual meet standings and the results of the Conference meet.

### Section 12 – Individual Awards

Individual medals shall be awarded to the first ~~twelve~~ (12) varsity girls medalists according to their Conference Meet finish.

### Section 13 – Special Post Season Conference Awards

Excellence in girls Golf will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Golf coaches of the Conference.

The Player of the Year in the conference in girls Golf will be the first place medalist(s) in the girls varsity Conference meet.

The Coach of the Year of the Conference in girls Golf will be the coach(es) of the conference championship team.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Golf.

## CONFERENCE GIRLS GOLF SPECIFIC RULES

### Section 14 - Conference Meet

The Conference Golf meet shall be held during the week before the Illinois High School Association Regional Meet.

The place and time of the meet for the Conference championship will be determined by agreement of the Athletic Directors each year, and the designated tournament host school of the Conference by rotation will conduct the meet.

A rules committee composed of the local golf pro from the host course and two coaches will administer the meet.

It is recommended that one of the two coaches be from the host school of the meet, and the other coach be from next year's host school.

Ties for placement not involving first-, second-place or the final (12<sup>th</sup>) medal will be provided with duplicate medals.

In the case of individual ties at the Conference Championship Meet, the recommended USGA tie-breaker will be used. There will not be a playoff.

1. Compare scores from holes 10-18.
2. Compare scores from holes 13-18.
3. Compare scores from holes 16-18.
4. Compare scores from Hole 18, then 17...

The number of contestants from each school entered in the varsity Conference Meet shall be a maximum of six (6).

Players shall be designated for competition from each school and the four low scores will be used to score the meet. Ties will be broken using the fifth player's score.

### Section 15 - Meet Protocol

During any officially designated East Suburban Catholic Conference Golf dual meet or tournament, member school coaches:

- a. will not play golf during the match;
- b. will marshal the field of play;
- c. will enforce the accepted rules;
- d. coaching rules will follow IHSA Tournament play.

## **Article 9 – Boys Lacrosse**

### **CONFERENCE BOYS LACROSSE COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The boys Lacrosse All Conference and post season meeting will be held on Sunday, May 21, 2023 at Saint Patrick High School (10 a.m.).

Contacts for this meeting are to be made by the Resource AD.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in boys Lacrosse for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE BOYS LACROSSE ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Lacrosse will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The junior varsity and varsity teams will play a single round robin. The schedule for contests shall be determined by the Conference.

The sequence of home and away contests will alternate on a yearly basis.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Lacrosse Association shall apply.

Junior varsity level competition in boys Lacrosse may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in boys Lacrosse may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Lacrosse may not compete against a single school on more than one level of competition for more than six (6) quarters per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 05:30 pm for levels of boys Lacrosse competition on weekdays.

The recommended starting time is 10:00 am for levels of boys Lacrosse competition on Saturday.

### **Section 9 - Officials**

Two Illinois High School Lacrosse Association officials are to be contracted for a varsity boys Lacrosse contest.

If only one official is available, the contest is to be played.

At least one Illinois High School Lacrosse Association official is to be contracted for a lower level boys Lacrosse contest.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Lacrosse Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Lacrosse Roster(s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS LACROSSE HONORS**

### **Section 11 - Championships**

Championships in junior varsity and varsity boys Lacrosse will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in boys Lacrosse by vote of the head coaches of each member school. The number in boys Lacrosse will be sixteen (16).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in boys Lacrosse.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for boys Lacrosse shall be determined by the Athletic Directors and has been set at sixteen (16).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The boys Lacrosse meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and will begin at 10 a.m.

The Conference Secretary is responsible to publish the boys Lacrosse All Conference team.

There will be a copy of the boys Lacrosse All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Lacrosse will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Lacrosse coaches of the Conference.

The Most Valuable Player of the conference in boys Lacrosse will be the individual that receives the highest number of votes after nomination.



The Coach of the Year of the Conference in boys Lacrosse will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Lacrosse.

## **CONFERENCE BOYS LACROSSE SPECIFIC RULES**

### **Section 15 - Length of Contests**

Length of contests shall be four 12-minute quarters for the varsity and four 10-minute quarters for the junior varsity.

In the event the score is tied at the end of regulation time, there will be a maximum of two four-minute sudden-victory overtime periods with teams changing defensive goals. Varsity matches may end in a tie.

No tiebreakers of any kind are allowed at the junior varsity.

### **Section 16 - Uniforms**

The home team shall wear white jerseys, and the visiting team shall wear dark jerseys.

### **Section 17 - Game Ball**

The official Conference Lacrosse ball will follow the State or Illinois High School Lacrosse Association regulations.

### **Section 18 - Incomplete Contests**

In the event a contest must be suspended because of conditions that make it impossible to play, the referee shall declare it an official and complete contest if at least 80 percent of the contest has been played.

If less than 80 percent of the contest has been played, the contest must be rescheduled from the point of suspension.

## **Article 10 – Girls Lacrosse**

### **CONFERENCE GIRLS LACROSSE COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

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- Scholar Athlete Information;
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- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The girls Lacrosse All Conference and post season meeting will be held on Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and begin at 10 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in girls Lacrosse for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, sophomore, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, sophomore, and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE GIRLS LACROSSE ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Lacrosse will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The junior varsity and varsity teams will play a round robin. The schedule for contests shall be determined by the Conference.

The sequence of home and away contests will alternate on a yearly basis.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Lacrosse Association shall apply.

Junior varsity level competition in boys Lacrosse may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in girls Lacrosse may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Lacrosse may not compete against a single school on more than one level of competition for more than three (3) halves per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 05:30 pm for levels of girls Lacrosse competition on weekdays.

The recommended starting time is 10:00 am for levels of girls Lacrosse competition on Saturday.

### **Section 9 - Officials**

Two Illinois High School Lacrosse Association officials are to be contracted for a varsity girls Lacrosse contest.

If only one official is available, the contest is to be played.

At least one Illinois High School Lacrosse Association official is to be contracted for a lower level girls Lacrosse contest.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Girls Lacrosse Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Girls Lacrosse Roster(s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE GIRLS LACROSSE HONORS**

### **Section 11 - Championships**

Championships in junior varsity and varsity girls Lacrosse will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in girls Lacrosse by vote of the head coaches of each member school. The number in girls Lacrosse will be twenty (20).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in girls Lacrosse.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for girls Lacrosse shall be determined by the Athletic Directors and has been set at twenty (20).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The girls Lacrosse meeting is scheduled for Sunday, May 21 at 10 a.m.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and will begin at 10 a.m.

The Conference Secretary is responsible to publish the girls Lacrosse All Conference team.

There will be a copy of the girls Lacrosse All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in girls Lacrosse will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Lacrosse coaches of the Conference.

The Most Valuable Player of the conference in girls Lacrosse will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in girls Lacrosse will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Lacrosse.

## **CONFERENCE GIRLS LACROSSE SPECIFIC RULES**

### **Section 15 - Length of Contests**

Length of contests shall be two 25-minute halves for the varsity and two 20-minute halves for the junior varsity.

In the event the score is tied at the end of regulation time, there will be a maximum of two four-minute sudden-victory overtime periods with teams changing defensive goals. Varsity matches may end in a tie.

No tiebreakers of any kind are allowed at the junior varsity level.

### **Section 16 - Uniforms**

The home team shall wear white jerseys, and the visiting team shall wear dark jerseys.

### **Section 17 - Game Ball**

The official Conference Lacrosse ball will follow the State or Illinois High School Lacrosse Association regulations.

### **Section 18 - Incomplete Contests**

In the event a contest must be suspended because of conditions that make it impossible to play, the referee shall declare it an official and complete contest if at least 80 percent of the contest has been played.

If less than 80 percent of the contest has been played, the contest must be rescheduled from the point of suspension.

## **Article 11 – Boys Soccer**

### **CONFERENCE BOYS SOCCER COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The boys Soccer All Conference and post season meeting will be held on Sunday, October 16, 2022.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Benet Academy and begin at 10:00 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in boys Soccer for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE BOYS SOCCER ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Soccer will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The junior varsity and varsity teams will play a round robin. The schedule for contests shall be determined by the Conference.

The sequence of home and away contests will alternate on a yearly basis.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Junior varsity level competition in boys Soccer may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in boys Soccer may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Soccer may not compete in more than three halves against a single school per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 04:30 pm for all boys Soccer competition on weekdays.

The recommended starting time is 10:00 am for all boys Soccer competition on Saturday, pending football conflicts.

### **Section 9 - Officials**

Three Illinois High School Association officials are to be contracted for a varsity boys Soccer contest.

If only two officials are available, the contest is to be played.

Two Illinois High School Association officials are to be contracted for a junior varsity boys Soccer contest. If only one official is available, the contest is to be played.

Two Illinois High School Association officials are to be contracted for a freshman boys Soccer contest.

If only one official is available, the contest is to be played.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Soccer Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Soccer Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;

- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS SOCCER HONORS**

### **Section 11 - Championships**

Championships in junior varsity and varsity boys Soccer will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in boys Soccer by vote of the head coaches of each member school. The number in boys Soccer will be thirty-two (32).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in boys Soccer.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for boys Soccer shall be determined by the Athletic Directors and has been set at thirty-two (32).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The boys Soccer meeting is scheduled for Sunday, October 16 at 10 a.m.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Benet Academy and will begin at 10:00 am.

The Conference Secretary is responsible to publish the boys Soccer All Conference team.

There will be a copy of the boys Soccer All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Soccer will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Soccer coaches of the Conference.

The Most Valuable Player of the conference in boys Soccer will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in boys Soccer will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Soccer.

## **CONFERENCE BOYS SOCCER SPECIFIC RULES**

### **Section 15 - Length of Contests**

Length of contests shall be two forty-minute halves for the varsity and two thirty-five minute halves for the junior varsity.

In the event the score is tied at the end of regulation time, there will be two five-minute overtime periods contested. A Golden Goal concept will NOT be used.

Matches may end in a tie (there will be no penalty kick resolution of the contest).

No tiebreakers of any kind are allowed at the junior varsity or freshman levels.

### **Section 16 - Uniforms**

The home team shall wear dark jerseys, and the visiting team shall wear white jerseys.

### **Section 17 - Game Ball**

The official Conference Soccer ball will follow the State or Illinois High School Association regulations.

### **Section 18 - Incomplete Contests**

In the event a contest must be suspended because of conditions that make it impossible to play, the referee shall declare it an official and complete contest if one complete half or more of the contest has been played.

If less than .5 of the contest has been played, the contest must be rescheduled.

Wins are considered three points and ties, one point, for Conference standings.

## **Article 12 - Girls Soccer**

### **CONFERENCE GIRLS SOCCER COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The girls Soccer All Conference and post season meeting will be held on Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and begin at 10 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in girls Soccer for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE GIRLS SOCCER ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Soccer will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.



The junior varsity and varsity teams will play a single round robin. The schedule for contests shall be determined by the Conference.

The sequence of home and away contests will alternate on a yearly basis.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Frosh-Soph level competition in girls Soccer shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Junior varsity level competition in girls Soccer may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in girls Soccer may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Soccer may not compete in more than three halves against a single school per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 04:30 pm for all girls Soccer competition on weekdays.

The recommended starting time is 10:00 am for all girls Soccer competition on Saturday.

### **Section 9 - Officials**

Three Illinois High School Association officials are to be contracted for a varsity girls Soccer contest.

If only two officials are available, the contest is to be played.

Two Illinois High School Association officials are to be contracted for a junior varsity girls Soccer contest.  
If only one official is available, the contest is to be played.

Two Illinois High School Association officials are to be contracted for a freshman girls Soccer contest.

If only one official is available, the contest is to be played.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Girls Soccer Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Girls Soccer Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE GIRLS SOCCER HONORS**

### **Section 11 - Championships**

Championships in junior varsity and varsity girls Soccer will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in girls Soccer by vote of the head coaches of each member school. The number in girls Soccer will be twenty-five (25).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in girls Soccer.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for girls Soccer shall be determined by the Athletic Directors and has been set at twenty-five (25).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The girls Soccer meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and will begin at 10 a.m.

The Conference Secretary is responsible to publish the girls Soccer All Conference team.

There will be a copy of the boys girls All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in girls Soccer will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Soccer coaches of the Conference.

The Most Valuable Player of the conference in girls Soccer will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in girls Soccer will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Soccer.

## **CONFERENCE GIRLS SOCCER SPECIFIC RULES**

### **Section 15 - Length of Contests**

Length of contests shall be two forty-minute halves for the varsity and two thirty-five minute halves for the junior varsity.

In the event the score is tied at the end of regulation time, there will be two five-minute overtime periods contested. A Golden Goal concept will NOT be used.

Matches may end in a tie (there will be no penalty kick resolution of the contest).

No tiebreakers of any kind are allowed at the junior varsity level.

### **Section 16 - Uniforms**

The home team shall wear dark jerseys, and the visiting team shall wear white jerseys.

### **Section 17 - Game Ball**

The official Conference Soccer ball will follow the State or Illinois High School Association regulations.

### **Section 18 - Incomplete Contests**

In the event a game must be suspended because of conditions, which make it impossible to play, the referee shall declare it an official and complete contest if one complete half or more of the contest has been played.

If less than .5 of the contest has been played, the contest must be rescheduled.

Wins are considered three points and ties, one point, for Conference standings.

## **Article 13 – Girls Softball**

### **CONFERENCE GIRLS SOFTBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

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The following information is accessible through the website:

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- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The girls Softball All Conference and post season meeting will be held on Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and begin at 10:00 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in girls Softball for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE GIRLS SOFTBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Softball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The schedule will be a double round robin, set by counting backward from the Monday of the Regional Tournament.

Scheduled contests may be changed by agreement of the Athletic Directors in the event of conflicts with national tests, proms, etc

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Junior varsity level competition in girls Softball may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in girls Softball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Softball may not compete against a single school in more than two total contests per conference scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 04:30 pm for all Softball competition on weekdays.

The recommended starting time is 10:00 am for all Softball competition on Saturday.

A ten to fifteen minute warm up is required for the visiting team.

### **Section 9 - Officials**

Two Illinois High School Association umpires are to be contracted for a varsity girls Softball contest.

If only one umpire is available, the contest is to be played.

Two Illinois High School Association umpires are to be contracted for the junior varsity girls Softball contests.

If only one umpire is available, the contest is to be played.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Girls Softball Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Girls Softball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE GIRLS SOFTBALL HONORS**

### **Section 11 - Championships**

Championships in junior varsity and varsity girls Softball will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in Softball by vote of the head coaches of each member school. The number in Softball will be twenty-three (23).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in Softball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for Softball shall be determined by the Athletic Directors and has been set at twenty-three (23).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The Softball meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and will begin at 10:00 am.

The Conference Secretary is responsible to publish the girls Softball All Conference team.

There will be a copy of the girls Softball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in girls Softball will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the girls Softball coaches of the Conference.

The Player of the Year of the Conference in girls Softball will be the individual that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in girls Softball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Softball.

## **CONFERENCE GIRLS SOFTBALL SPECIFIC RULES**

### **Section 15 - Incomplete Contests**

Any contest on all levels that is suspended for any reason shall be considered an official regulation (complete) game if the losing team has had an opportunity to hit for five full innings. If both teams have not had an equal opportunity to hit after five innings, the contest will revert to the last full completed inning. Exception: the home team has taken the lead in a partially-completed inning in the fifth inning or beyond (declared winner).

Any game that is not an official regulation game (four and one-half innings if the home team is ahead or five innings if the visiting team is ahead) will be considered a suspended game and shall be continued from the point of suspension.

All varsity tie contests that are official regulation games will be continued at the point where the game was suspended at the same site (or by agreement) on the first open date.

Junior varsity official regulation tie contests will be determined on a .5 won and .5 loss basis in the standings and will not be replayed.

### **Section 16 - Postponed Contests**

The decision about playing when weather and ground conditions are doubtful rests on the judgment of the host school until the umpire takes charge of the contest. Postponed contests are to be played the next day, if possible.

If contests are continually postponed, the Athletic Directors should reschedule them in the order of postponement as set. State Tournament contests take preference over scheduled Conference contests.

Conference teams are required to complete their conference schedule, but if continued postponements are late in season, these teams need not play when mutually agreed upon unless any game has a bearing on the Conference Championship.

If a contest is moved to the alternate site, the umpires scheduled for the lower level contest will be used on the varsity level, only if the scheduled umpires for the varsity contest cannot be moved to the new location, and if the lower level umpires are determined competent to handle varsity level competition. This decision will rest with the assignment chairman for that school and the Athletic Director.

This also applies to double headers. In the event that both sites are not playable for a double header, then the contests are to be made up in a double header format at the site of the original host school or to be made up on individual days with each school serving as host once.

In the event a contest is moved to the visitor's site from the original site due to field availability or playing conditions, the schedule remains intact for remaining contests.

### **Section 17 - Game Ball**

Any official top grade softball is to be used with a minimum of three softballs per game.

## Article 14 - Boys Tennis

### CONFERENCE BOYS TENNIS COMMUNICATION

#### Section 1 – Website

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### Section 2 – Schedule Keeper

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### Section 3 – Meetings

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### Section 4 – Tournament Post Season Meeting

The boys Tennis tournament and post season meeting is scheduled for the following dates

- ONLINE: Wednesday, May 10, 2023 (Seed);
- Thursday, May 11, 2023 (Varsity);
- Friday, May 12, 2023 (Junior Varsity)
- Saturday, May 13, 2023 (Varsity finish).
- Saturday, May 13, 2023 (JV rain date)

Contacts for this meeting are to be made by the host Athletic Director.

Seeding will be done via Internet prior to the postseason tournament with a north and south coach (determined at pre-season meeting) coordinating their divisions before the Tuesday of the conference meet.

#### Section 5 – Results And Statistics

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and match results will be kept in boys Tennis for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

#### Section 6 – Conference Meet Results

Official Conference Meet results will be kept in boys Tennis for the junior varsity and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in boys Tennis will be responsible to provide results of the varsity and junior varsity

levels to the league statistician and provide results to the media (varsity level).

Conference Meet results should be made available to the website host at the conclusion of the competition and those results will be posted on the East Suburban Catholic Conference website.

There is a particular presentation format for the results of the junior varsity and varsity levels of competition for boys Tennis.

The host school administrator should contact the website host for the presentation format for boys Tennis.

## **CONFERENCE BOYS TENNIS ADMINISTRATION**

### **Section 7 – Scheduling**

Scheduling of boys Tennis will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The junior varsity and varsity teams will play a **full** round robin schedule with the Conference schedule to begin week 41.

### **Section 8 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Junior varsity level competition in boys Tennis may include students in the freshman, sophomore, junior, or senior years of school.

Varsity level competition in boys Tennis may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Tennis may not compete against a single school on more than one level of competition per conference scheduling period.

### **Section 9 – Starting Times**

The recommended starting time is 04:30 pm for all boys' conference Tennis dual meet competition.

## **CONFERENCE BOYS TENNIS HONORS**

### **Section 10 - Championships**

The championships shall be determined by a combination of points resulting from the final standings of scheduled dual meets and from the final standing of the Conference meet.

Dual meet scoring shall allow one point for each match won. These points will be used in the determination of the league standings.

The maximum number of points for dual match competition will be five times the number of teams competed against in the Conference (35 points).

The tournament points will be scored as follows.

8 points	First Place
7 points	Second Place
6 points	Third Place
5 points	Fourth Place
3 points	Fifth Place
2 points	Sixth Place
1 point	Seventh-Eighth Place

If the back draw is cancelled, tournament points will be scored as: 4 points- first place; 3 points- second place; 2.5 points – third place; 2 points- fourth place; 1 point- fifth place.

Maximum tournament points that can be scored by a team are forty (40).

### **Section 11 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings and the results of the Conference meet.

### **Section 12 – Individual Awards**

**Twenty-seven** individual medals shall be awarded to meet placers at the junior varsity and varsity levels as follows:

- ❖ First Singles
  - First Place
  - Second Place
  - Third Place
  - Fourth Place
- ❖ Second Singles
  - First Place
  - Second Place
  - Third Place
- ❖ First Doubles
  - First Place
  - Second Place
  - Third Place
  - Fourth Place
- ❖ Second Doubles
  - First Place
  - Second Place
  - Third Place
- ❖ Third Doubles
  - First Place
  - Second Place
  - Third Place

### **Section 13 – Special Post Season Conference Awards**

Excellence in boys Tennis will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Singles Player of the Year, Doubles Team of the Year, and the Coach of the Year will be developed by the boys Tennis coaches of the Conference.

The Singles Player of the Year and Doubles Team of the Year of the Conference in boys Tennis will be the individual/doubles team that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in boys Tennis will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Tennis.

**CONFERENCE BOYS TENNIS SPECIFIC RULES**

**Section 14 - Regular Season Play**

Each Conference team will play a **full** round-robin.

Each team will play two singles and three doubles matches on each level in the dual meets. These will be played on the same day at the same site.

If existing conditions dictate that a school not enters a full team for competition in a Conference dual meet, the opposing coach must be called at least one day prior to the match.

Dual conference matches will be scheduled on Tuesday and Thursday.

The decision to play when weather and ground conditions are doubtful rest on the judgment of the host school. Postponed contests are to be played the next day. If matches are continually postponed, they are automatically rescheduled in the order of postponement as set by the Athletic Director. Regularly scheduled or makeup conference matches should take preference over nonconference contests. If the match is not completed by Wednesday, both teams will be awarded zero (0) points for the contest.

A ten-minute warm up period is usual. All practice serves should be taken during this time.

The players will dress appropriately for Tennis play (according to the terms and conditions for boy's Tennis published by the Illinois High School Association).

Team line-ups should be exchanged before the match. The guiding rule will be: "make the team as strong as you can without moving anyone downward."

The Varsity and junior varsity will use regulation scoring and play the best two of three sets.

If a team arrives late and darkness becomes a factor, no – ad scoring will be used if both coaches agree.

If the score in a set reaches six all, the seven-point tiebreaker will be used.

The Illinois High School Association Point Penalty System will be in effect during all Conference matches and also during the Conference tournament. The home coach will give the warning before the match, or at the beginning of the tournament.

The Illinois High School Association policy on coaching will be in effect.

All other Illinois High School Association and United States Tennis Association rules, regulations, and guidelines will apply.

**Section 15 - East Suburban Catholic Conference Tennis Tournament**

The East Suburban Catholic Conference boys Tennis tournament will be held on the weekend before the Illinois High School Association boy's Sectional tournament. The place and time of the Conference Meet will be determined by agreement of the Athletic Directors each year.

The East Suburban Catholic Conference Tennis tournament will be set up with brackets for First and Second Singles, and

First, Second, and Third Doubles. The seeding and draw for the junior varsity and varsity levels will be done on the Wednesday before the Conference tournament begins. **Both levels** will include a backdraw, although the back draw will be eliminated if the tournament is significantly delayed by weather.

To be a top seed in the Conference tournament unless a vote by the coaches is taken:

At SINGLES (first or second)

A player must have played a minimum of three matches at that position in the dual matches all on the same level. (Junior varsity or varsity).

At DOUBLES (first or second)

Each team must consist of two players that have played a minimum of three matches at that position (as a team) in the dual matches, all on the same level. (Junior varsity or varsity).

There are no restrictions for third DOUBLES.

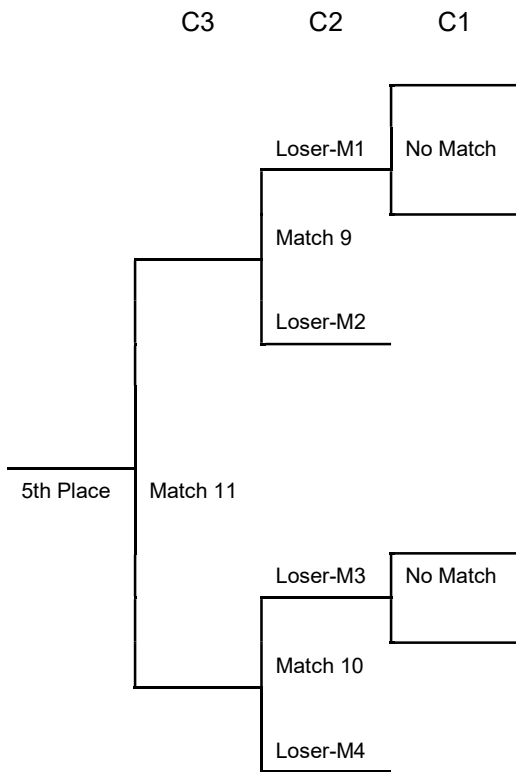
Any freshman or sophomore who has played in three matches on the varsity level must compete on the varsity level in the Conference tournament. In case of injury or illness, the coach should replace the injured or ill player (s) as accurately and ethically as possible according to the athlete's physical abilities in order to keep the varsity team as strong as possible.

**Championship Bracket**





Consolation Bracket



The winner of the East Suburban Catholic Conference Tennis championship will be determined by the addition of the dual match points and the tournament points. The maximum will be sixty (75) points.

## **Article 15 - Girls Tennis**

### **CONFERENCE GIRLS TENNIS COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The girls Tennis tournament and post season meeting is scheduled for the following dates

- ONLINE: Wednesday, October 5, 2022 (Seed);
- Thursday, October 6, 2022 (Varsity)
- Saturday, October 8, 2022 (Varsity and Junior Varsity tournament);
- Monday, October 10, 2022 (Rain date for both levels).

Contacts for this meeting are to be made by the host Athletic Director.

Seeding will be done via Internet prior to the postseason tournament with a north and south coach (determined at pre-season meeting) coordinating their divisions before the Tuesday of the conference meet.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and match results will be kept in girls Tennis for the junior varsity and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the junior varsity and varsity level to identify that information to the Conference Statistician.

#### **Section 6 – Conference Meet Results**

Official Conference Meet results will be kept in girls Tennis for the junior varsity and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in girls Tennis will be responsible to provide results of the varsity and junior varsity levels to the league statistician and provide results to the media (varsity level).

Conference Meet results should be made available to the website host at the conclusion of the competition and those results will be posted on the East Suburban Catholic Conference website.

There is a particular presentation format for the results of the junior varsity and varsity levels of competition for girls Tennis.

The host school administrator should contact the website host for the presentation format for girls Tennis.

## **CONFERENCE GIRLS TENNIS ADMINISTRATION**

### **Section 7 – Scheduling**

Scheduling of girls Tennis will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The junior varsity and varsity teams will play a single round robin.

### **Section 8 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Junior varsity level competition in girls Tennis shall open to ninth through 12<sup>th</sup> graders.

Varsity level competition in girls Tennis may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Tennis may not compete against a single school on more than one level of competition per conference scheduling period.

### **Section 9 – Starting Times**

The recommended starting time is 15 minutes after the visiting team arrives for all girls Conference Tennis dual meet competition.

## **CONFERENCE GIRLS TENNIS HONORS**

### **Section 10 - Championships**

The championships shall be determined by a combination of points resulting from the final standings of scheduled dual meets and from the final standing of the Conference meet.

Dual meet scoring shall allow one point for each match won (five (05) total points per meet). These points will be used in the determination of the league standings.

The maximum dual meet points that can be scored by a team are thirty (30). The tournament points will be scored as follows:

Tournament points will be scored as follows:

7 Points	First Place
6 Points	Second Place
5 Points	Third Place

4 Points	Fourth Place
2 Points	Fifth Place
1 Points	Sixth Place
0 Points	Seventh Place

If the back draw is cancelled, all completed rounds shall count and one (1) point awarded per round. One-half point shall be awarded for third place.

Maximum tournament points that can be scored by a team are thirty-five (35).

### **Section 11 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the Conference standings and the results of the Conference meet.

### **Section 12 – Individual Awards**

Eighteen (18) individual medals shall be awarded to meet placers at the junior varsity and varsity levels as follows:

- ❖ First Singles
  - First Place
  - Second Place
  - Third Place
- ❖ Second Singles
  - First Place
  - Second Place
  - Third Place
- ❖ First Doubles
  - First Place
  - Second Place
- ❖ Second Doubles
  - First Place
  - Second Place
- ❖ Third Doubles
  - First Place
  - Second Place

### **Section 13 – Special Post Season Conference Awards**

Excellence in girls Tennis will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Singles Player of the Year, Doubles Team of the Year, and the Coach of the Year will be developed by the girls Tennis coaches of the Conference.

The Singles Player of the Year, Doubles Team of the Year of the Conference in girls Tennis will be the individual/doubles team that receives the highest number of votes after nomination.

The Coach of the Year of the Conference in girls Tennis will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Tennis.

## **CONFERENCE GIRLS TENNIS SPECIFIC RULES**

### **Section 14 - Regular Season Play**

Each Conference team will play the other six (6) teams once in dual meet matches.

Each team will play two singles and three doubles matches on each level in the dual meets. These will be played on the same day at opposite sites.

If existing conditions dictate that a school not enters a full team for competition in a Conference dual meet, the opposing coach must be called at least one day prior to the match.

Dual conference matches will be scheduled on Tuesdays.

The decision to play when weather and ground conditions are doubtful rest on the judgment of the host school. Postponed contests are to be played the next day. If matches are continually postponed, they are automatically rescheduled in the order of postponement as set by the Athletic Director. Regularly scheduled or makeup conference matches should take preference over nonconference contests.

A ten-minute warm up period is usual. All practice serves should be taken during this time.

The players will dress appropriately for Tennis play (according to the terms and conditions for boy's Tennis published by the Illinois High School Association.

Team lineups should be exchanged before the match. The guiding rule will be: "make the team as strong as you can without moving anyone downward."

The junior varsity and varsity will use regulation scoring and play the best two of three sets.

If a team arrives late and darkness becomes a factor, no – ad scoring will be used if both coaches agree.

If the score in a set reaches six all, the twelve-point tiebreaker will be used.

The Illinois High School Association Point Penalty System will be in effect during all conference matches and also during the conference tournament. The home coach will give the warning before the match, or at the beginning of the tournament.

The Illinois High School Association policy on coaching will be in effect.

All other Illinois High School Association and United States Tennis Association rules, regulations, and guidelines will apply.

### **Section 15 - East Suburban Catholic Conference Tennis Tournament**

The East Suburban Catholic Conference girls Tennis tournament will be held on the weekend before the Illinois High School Association girl's Sectional tournament

The place and time of the Conference meet will be determined by agreement of the Athletic Directors each year.

The East Suburban Catholic Conference Tennis tournament will be set up with brackets for First and Second Singles, and First, Second, and Third Doubles. The seeding and draw for the junior varsity and varsity levels will be done on the Wednesday before the Conference tournament begins. Varsity level ONLY will include a backdraw, although the back draw will be eliminated if the tournament is significantly delayed by weather.

To be seeded in the Conference tournament unless a vote by the coaches is taken:

At SINGLES (first or second)

A player must have played a minimum of four matches at that position in the dual matches all on the same level. (Junior varsity or varsity).

At DOUBLES (first or second)

Each team must consist of two players that have played a minimum of four matches at that position (as a team) in the dual matches, all on the same level. (Junior varsity or varsity).

There are no restrictions for third DOUBLES.

Any athlete who has played in four matches on the varsity level must compete on the varsity level in the Conference tournament. In case of injury or illness, the coach should replace the injured or ill player (s) as accurately and ethically as possible according to the athlete's physical abilities in order to keep the varsity team as strong as possible.

\*A Bye will only be awarded a first round point if the player wins her first match.

The following tournament bracket will be used:

1. #1 Seed
2. Bye
- 3.
4. #4 Seed
5. #3 Seed
- 6.
- 7.
8. #2 Seed

Remaining players are drawn out randomly and placed on the open lines from the top of the draw to the bottom. If a team does not have a player at a position, the team is still drawn out and the match is a default. No more than four players or teams can be seeded at each position.

The winner of the girls East Suburban Catholic Conference Tennis championship will be determined by the addition of the dual match points and the tournament points. The maximum will be seventy (65) points.

## **Article 16 - Boys Track and Field**

### **CONFERENCE BOYS TRACK AND FIELD COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

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The following information is accessible through the website:

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Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The boys' Track and Field tournament and post season meeting is scheduled for the following dates

- Mon, May 8, 2023 (Seed);
- Wed, May 10, 2023 (Freshman-Sophomore and Varsity).

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Conference Meet Results**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official Conference Meet results will be kept in boy's Track and Field for the freshman-sophomore and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in boy's Track and Field will be responsible to provide results of the varsity and freshman-sophomore levels to the league statistician/webmaster and provide results to the media (varsity level).

Conference Meet results should be made available to the website host at the conclusion of the competition and those results will be posted on the East Suburban Catholic Conference website.

There is a particular presentation format for the results of the freshman-sophomore and varsity levels of competition for boy's Track and Field.

The host school administrator should contact the website host for the presentation format for boy's Track and Field.

### **CONFERENCE BOYS TRACK AND FIELD ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Track and Field will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The boy's schools will compete on both the freshman-sophomore and varsity levels in a North or South round-robin schedule.

Three or four teams will be scheduled to compete in a meet.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman-sophomore level competition in boys Track and Field shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in boys Track and Field may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boy's Track and Field may not compete against a single school on more than one level of competition per conference scheduling period.

### **Section 8 – Starting Times**

The recommended starting time is 04:30 pm for all boys' conference Track and Field dual meet competition.

## **CONFERENCE BOYS TRACK AND FIELD HONORS**

### **Section 9 - Championships**

The champion named in boy's varsity Track and Field will be the school that totals the most points at the Conference Track and Field meet.

The champion named in boy's sophomore Track and Field will be the school that totals the most points at the Conference Track and Field meet.

In case of any ties, co-champions are recognized.

### **Section 10 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according results of the Conference meet.

### **Section 11 – Individual Awards**

Individual medals shall be given to the first, second, and third place winners in each freshman-sophomore and varsity event.

Ribbons shall be given to the fourth, fifth, and sixth place winners in each freshman-sophomore and varsity event.

### **Section 12 – Special Post Season Conference Awards**

Excellence in Boys Track and Field will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year for boys Track and Field will follow this process. At the coach's seed meeting for the East Suburban Catholic Conference boys Track and Field Championship meet, each coach will nominate one athlete from their team to be considered as the Athlete of the Year. Coaches will turn in their vote to the meet administrator by the end of the East Suburban Catholic Conference meet. Although the award will be titled Athlete of

the Year, the coaches will actually be selecting an athlete of the meet.

The criteria for the selection of the Coach of the Year will follow this process. Each varsity boy's Track and Field head coach will also list the name of his selection for the Coach of the Year. This name will be submitted along with the ballot for the boys Player of the Year.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boy's Track and Field.

## **CONFERENCE BOYS TRACK AND FIELD SPECIFIC RULES**

### **Section 13 - Conference Meet**

The date of the annual boys conference Track and Field meet shall be held on the week before the Illinois High School Association Sectional meet.

There shall be two levels conducted, one for the freshman-sophomore competition and one for the varsity squad.

The events and scoring for the boys conference Track and Field meet for both the freshman-sophomore and varsity will be the same as the Illinois High School Association Sectional Track meet of the current year.

The place of the boys conference Track and Field meet will be determined by agreement of the Athletic Directors each year, and the school hosting the meet will conduct the meet with the qualified assistance of member schools.

A games committee will manage the boy's conference Track and Field meet. It will consist of two conference coaches and a knowledgeable starter. It is recommended that one of the two coaches be from the host school of the meet, and the other coach be from next year's host school.

The following schedule will be the format:

- Coaches Scratch Meeting
- Captain and Coaches –
- Officials Meet with Starter
  
- Freshman-sophomore **Pole Vault**  
Followed by varsity
- Freshman-sophomore **Long Jump**  
Followed by varsity  
(Three Jumps-Cafeteria)
- Varsity **Triple Jump**  
Followed by freshman-sophomore  
(Three Jumps-Cafeteria)
- Freshman-sophomore **High Jump**  
Followed by varsity  
(Starting height to be determined by coaches)
- Freshman-Sophomore **Discus**  
(Three Trials-Two Flights)
- Varsity **Shot Put**  
Followed by Freshman-Sophomore  
(Three Trials -Two Flights)
  
- **0100-Meter Dash**  
Freshman-Sophomore Semifinal Heats  
Varsity Heats
- **0110-Meter High Hurdles**  
Freshman-Sophomore Semifinal Heats  
Varsity Heats

- **3200-Meter Run**  
Freshman-Sophomore Final Heat
- **0200-Meter dash**  
Freshman-Sophomore Semifinal Heats  
Varsity Heats

Sixteen (16) Field Event Assistants  
 (03) - Shot Put  
 (03) - Discus  
 (02) - High Jump  
 (04) – Long Jump  
 (04) – Triple Jump  
 Six (06) - Clerk of Course Assistants

**National Anthem**

- **3200-Meter Relay**  
Freshman-Sophomore (One Heat)  
Varsity (One Heat)
- **0400-Meter Relay**  
Freshman-Sophomore (Two Heats)  
Varsity (Two Heats)
- **3200-Meter Run**  
Varsity (One Heat)
- **0110-Meter High Hurdles**  
Freshman-Sophomore (Final Heat)  
Varsity (Final Heat)
- **0100-Meter Dash**  
Freshman-Sophomore (Final Heat)  
Varsity (Final Heat)
- **0800-Meter Run**  
Freshman-Sophomore (Two Heats)  
Varsity (Two Heats)
- **0800-Meter Relay**  
Freshman-Sophomore (Two Heats)  
Varsity (Two Heats)
- **0400-Meter Dash**  
Freshman-Sophomore (Three Heats)  
Varsity (Three Heats)
- **0300-Meter Intermediate Hurdles**  
Freshman-Sophomore (Three Heats)  
Varsity (Three Heats)
- **1600-Meter Run**  
Freshman-Sophomore (Two Heats)  
Varsity (Two Heats)
- **0200-Meter Dash**  
Freshman-Sophomore (Final Heat)  
Varsity (Final Heat)
- **1600-Meter Relay**  
Freshman-Sophomore (Two Heats)  
Varsity (Two Heats)

\* Personnel Needed - Adults

Trainer

One (01) Starter and One (01) Assistant Starter  
 Five (05) Field Event Judges  
 Two (02) Finish Line Judges  
 One (01) Clerk of Course – Staging Area  
 One (01) Camera Assistant – Finish Line  
 One (01) Cut line Judge  
 Two (02) Curve Judges  
 Eight (08) Timers  
 Six (06) Pickers  
 Two (02) Scorers  
 Two (02) Award Assistants  
 One (01) Announcer  
 Twelve (12) Exchange Zone Judges  
 (12) – 0400-Meter Relay  
 (08) – 0800-Meter Relay  
 (04) – 1600-Meter Relay

Personnel Needed – Students

Twelve (12) Hurdle Crew Assistants

## **Article 17 - Girls Track and Field**

### **CONFERENCE GIRLS TRACK AND FIELD COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The Girls Track and Field tournament and post season meeting is scheduled for the following dates

- Monday, May 1, 2023 (Seed);
- Wednesday, May 3, 2023 (Varsity).

Contacts for this meeting are to be made by the host Athletic Director.

The meeting will be conducted at the designated competition site and will begin prior to the start of competition.

#### **Section 5 – Conference Meet Results**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official Conference Meet results will be kept in girls Track and Field for the freshman-sophomore and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in girls Track and Field will be responsible to provide results of the varsity level to the league statistician/ webmaster and provide results to the media (varsity level).

Conference Meet results should be made available to the website host at the conclusion of the competition and those results will be posted on the East Suburban Catholic Conference website.

There is a particular presentation format for the results of the varsity level of competition for girls Track and Field.

The host school administrator should contact the website host for the presentation format for girls Track and Field.

### **CONFERENCE GIRLS TRACK AND FIELD ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Track and Field will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.



The girls will compete on the varsity levels in a North or South round-robin schedule.

Three or four teams will be scheduled to compete in a meet.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman-sophomore level competition in girls Track and Field shall be limited to students in their first four semesters after entering the ninth (9<sup>th</sup>) grade.

Varsity level competition in girls Track and Field may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Track and Field may not compete against a single school on more than one level of competition per conference scheduling period.

### **Section 8 – Starting Times**

The recommended starting time is 04:30 pm for all girls' conference Track and Field dual meet competition.

## **CONFERENCE GIRLS TRACK AND FIELD HONORS**

### **Section 9 - Championships**

The champion named in girl's varsity Track and Field will be the school that totals the most points at the Conference Track and Field meet.

In case of any ties, co-champions are recognized.

### **Section 10 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according results of the Conference meet.

### **Section 11 – Individual Awards**

Individual medals shall be given to the first, second, and third place winners in each varsity event.

Ribbons shall be given to the fourth, fifth, and sixth place winners in each varsity event.

Ribbons shall be given to the fourth, fifth and sixth place winners in each junior varsity event.

### **Section 12 – Special Post Season Conference Awards**

Excellence in girl's Track and Field will be recognized with the selection of a Player of the Year and a Coach of the year.

The criteria for the selection of the Player of the Year for girl's Track and Field will follow this process. At the coach's seed meeting for the East Suburban Catholic Conference girl's Track and Field Championship meet, each coach will nominate one athlete from their team to be considered as the Athlete of the Year. Coaches will turn in their vote to the meet administrator by the end of the East Suburban Catholic Conference meet. Although the award will be titled Athlete of the Year, the coaches will actually be selecting an athlete of the meet.

The criteria for the selection of the Coach of the Year for girl's Track and Field will follow this process. Each varsity girl's Track and Field head coach will also list the name of his

selection for the Coach of the Year. This name will be submitted along with the ballot for the girls Player of the Year.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Track and Field.

## **CONFERENCE GIRLS TRACK AND FIELD SPECIFIC RULES**

### **Section 13 - Conference Meet**

The annual girls Conference Track and Field meet shall be held on a Wednesday prior to the weekend before the Illinois High School Association Sectional meet.

There shall be one level conducted for the varsity squad.

The events and scoring for the girls conference Track and Field meet will be the same as the Illinois High School Association Sectional Track and Field meet of the current year.

The place of the girls conference Track and Field meet will be determined by agreement of the Athletic Directors each year, and the school hosting the meet will conduct the meet with the qualified assistance of member schools.

All field events will start at 04:00 pm, and preliminary track events are to start at 04:30 pm. The scratch meeting will be held at 03:45 pm.

A games committee will manage the girl's conference Track and Field meet. It will consist of three conference coaches and a knowledgeable starter. It is recommended that one of the two coaches be from the host school of the meet, and the other coach be from next year's host school.

The following schedule will be the format:

- Coaches Scratch Meeting
- Captain and Coaches –
- Officials Meet with Starter
  
- Varsity **Shot Put**
- Varsity **Long Jump**
- Varsity **High Jump**
- Varsity **Pole Vault**  
(Four Jumps-Cafeteria)
  
- Varsity **Discus**
- Varsity **Triple Jump**  
(Events will follow at the completion of the Shot Put and Long Jump)  
(Four Jumps-Cafeteria)
  
- **0100-Meter Dash** Preliminaries  
Varsity Heats
- **0100-Meter High Hurdles** Preliminaries  
Varsity Heats
- **0200-Meter Dash** Preliminaries  
Varsity Heats

### **National Anthem**

- **3200-Meter Relay**  
Junior varsity (One Heat)
- **3200-Meter Relay**  
Varsity (One Heat)
- **0400-Meter Relay**  
Junior varsity (Possible Two Heats)

- **0400-Meter Relay**  
Varsity (Possible Two Heats)
- **3200-Meter Run**  
Varsity (One Heat)
- **0100-Meter High Hurdles**  
Varsity (Final Heat)
- **0100-Meter Dash**  
Varsity (Final Heat)
- **0800-Meter Run**  
Varsity (Possible Two Heats)
- **0800-Meter Relay**  
Junior varsity (Possible Two Heats)
- **0800-Meter Relay**  
Varsity (Possible Two Heats)
- **0400-Meter Dash**  
Varsity (Possible Three Heats)
- **0300-Meter Low Hurdles**  
Varsity (Possible Three Heats)
- **1600-Meter Run**  
Varsity (Possible Two Heats)
- **0200-Meter Dash**  
Varsity (Final Heat)
- **1600-Meter Relay**  
Junior varsity (Possible Two Heats)
- **1600-Meter Relay**  
Varsity (Possible Two Heats)

\*Personnel Needed - Adults

Trainer

One (01) Starter and One (01) Assistant Starter  
 Five (05) Field Event Judges  
 Two (02) Finish Line Judges  
 One (01) Clerk of Course – Staging Area  
 One (01) Camera Assistant – Finish Line  
 One (01) Cut line Judge  
 Two (02) Curve Judges  
 Eight (08) Timers  
 Six (06) Pickers  
 Two (02) Scorers  
 Two (02) Award Assistants  
 One (01) Announcer  
 Twelve (12) Exchange Zone Judges  
     (12) – 0400-Meter Relay  
     (08) – 0800-Meter Relay  
     (04) – 1600-Meter Relay

Personnel Needed – Students

Twelve (12) Hurdle Crew Assistants  
 Sixteen (16) Field Event Assistants  
     (03) - Shot Put  
     (03) - Discus  
     (02) - High Jump  
     (04) – Long Jump  
     (04) – Triple Jump  
 Six (06) - Clerk of Course Assistants

## **Article 18 - Boys Volleyball**

### **CONFERENCE BOYS VOLLEYBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The boys Volleyball All Conference and post season meeting will be held on Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and begin at 10:00 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in boys Volleyball for the freshman, junior varsity, and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, junior varsity, and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, junior varsity, and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE BOYS VOLLEYBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of boys Volleyball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

There will be a single round robin schedule for the freshman, junior varsity and varsity teams.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in boys Volleyball shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Junior varsity level competition in boys Volleyball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

Varsity level competition in boys Volleyball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in boys Volleyball may compete on the junior varsity level, as well as one (1) game in the varsity match during the same scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 05:00 pm for all freshman and junior varsity boys Volleyball competition.

The recommended starting time is 06:15 pm for all varsity boys Volleyball competition.

### **Section 9 - Officials**

Two Illinois High School Association officials are to be contracted for a varsity boys Volleyball contest.

Two Illinois High School Association officials are to be contracted for the freshman and junior varsity boys Volleyball contests.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Boys Volleyball Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Boys Volleyball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE BOYS VOLLEYBALL HONORS**

### **Section 11 - Championships**

Championships in freshman, junior varsity, and varsity boys Volleyball will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 –Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the results of the Conference dual meet standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in boys Volleyball by vote of the head coaches of each member school. The number in boys Volleyball will be twenty-one (21).

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in boys Volleyball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for boys Volleyball shall be determined by the Athletic Directors and has been set at twenty-one (21).

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The boys Volleyball meeting is scheduled for Sunday, May 21, 2023.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Saint Patrick High School and begin at 10 a.m.

The Conference Secretary is responsible to publish the boys Volleyball All Conference team.

There will be a copy of the boys Volleyball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in boys Volleyball will be recognized with the selection of a Player of the Year and a Coach of the year.

The Most Valuable Player of the conference in boys Volleyball will be the individual that receives the highest number of votes in the balloting for All Conference.

The Coach of the Year of the Conference in boys Volleyball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Volleyball.

## **CONFERENCE BOYS VOLLEYBALL SPECIFIC RULES**

### **Section 15 - Game Ball**

The official Conference volleyball will follow the State or Illinois High School Association regulations.

The host school at all levels of boys Volleyball will be responsible for supplying volleyballs to visiting schools for all warm up periods.

The host team at all levels shall provide the visiting team with a chalkboard or grease board with appropriate writing implements.

## **Article 19 - Girls Volleyball**

### **CONFERENCE GIRLS VOLLEYBALL COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
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- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – All Conference Selection Meeting**

The girls Volleyball All Conference and post season meeting will be held on Sunday, October 23, 2022 at Joliet Catholic Academy and begin at 10 a.m.

For coaches (or representative) missing this meeting: first year probation status; second year: no all-conference selections.

#### **Section 5 – Results And Statistics**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official team standings and game results will be kept in girls Volleyball for the freshman, junior varsity, and varsity levels of competition.

Team standings and game results will be posted on the East Suburban Catholic Conference website and will be updated as results become available through the Conference Statistician.

It is the responsibility of each head coach at the freshman, junior varsity and varsity level to FAX or email each game result to the Conference Statistician at the conclusion of each contested event.

Special forms have been prepared for the reporting of results to the Conference Statistician. They can be found on the East Suburban Catholic Conference website.

Results should be FAX or emailed immediately. If a contest has been cancelled or rescheduled, it is the responsibility of each head coach at the freshman, junior varsity, and varsity level to identify that information to the Conference Statistician.

### **CONFERENCE GIRLS VOLLEYBALL ADMINISTRATION**

#### **Section 6 – Scheduling**

Scheduling of girls Volleyball will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year.

The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

There will be a round robin schedule for the freshman, junior varsity, and varsity teams.

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in girls Volleyball shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Junior Varsity level competition in girls Volleyball may include students in the freshman, sophomore, junior or senior years.

Varsity level competition in girls Volleyball may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

A player (contestant) in girls Volleyball may compete on the junior varsity level, as well as one (1) game in the varsity match during the same scheduling period.

### **Section 8 - Starting Times**

The recommended starting time is 05:00 pm for all freshman and junior varsity girls Volleyball competition.

The recommended starting time is 06:00 pm for all varsity girls Volleyball competition.

### **Section 9 - Officials**

Two Illinois High School Association officials are to be contracted for a varsity girls Volleyball contest.

Two Illinois High School Association officials are to be contracted for the freshman and junior varsity girls Volleyball contests.

### **Section 10 - School Information**

All Conference schools shall furnish the following information to the other schools at least one week prior to their scheduled varsity game.

Girls Volleyball Information Sheet (as prepared by individual schools)

- Name of school,
- Name of principal,
- Name of athletic director,
- Names of varsity coaches,
- School colors;
- School nickname,
- Names of trainers and managers,
- Name of team physician.

Girls Volleyball Roster (s) for all levels of competition (as prepared by individual school)

- Numbers (arranged numerically according to away jersey numbers);
- Names;
- Positions;
- Year In School;
- Height;
- Weight.

Any changes in players' numbers that may occur after the original roster (s) has been supplied should be corrected by the head coach to the opposing head coach and to the announcer prior to the start of the contest.

## **CONFERENCE GIRLS VOLLEYBALL HONORS**

### **Section 11 - Championships**

Championships in freshman, junior varsity, and varsity girls Volleyball will be determined on a percentage basis. In the event of a tie, co-championships will be recognized.

A team that does not play a full Conference schedule will not be considered for the championship.

### **Section 12 – Team Awards**

A plaque will be awarded every year to the team champions or co-champions at the varsity level according to the results of the Conference dual meet standings.

### **Section 13 - All-Conference**

An all-conference squad will be selected in girls Volleyball by vote of the head coaches of each member school. The number in girls Volleyball will be **sixteen (16)**.

Certificates of Honor will be presented to an All-Conference team, as determined by the vote of the coaches of all member schools participating in girls Volleyball.

Certificates will be produced by individual schools and jacket provided by the Awards Chair. The number of certificates awarded for girls Volleyball shall be determined by the Athletic Directors and has been set at **sixteen (16)**.

Selection of All-Conference players will be done at the special meeting held immediately after the championship is determined.

The girls Volleyball meeting is scheduled for Sunday, October 23, 2022.

Contacts for this meeting are to be made by the Resource AD.

The meeting will be held at Joliet Catholic Academy and begin at 10 a.m.

The Conference Secretary is responsible to publish the girls Volleyball All Conference team.

There will be a copy of the girls Volleyball All Conference team published on the East Suburban Catholic Conference website.

The Conference does not recognize Honorable Mention teams and will not publish or recognize any such selections.

### **Section 14 – Special Post Season Conference Awards**

Excellence in girls Volleyball will be recognized with the selection of a Player of the Year and a Coach of the Year.

The Most Valuable Player of the conference in girls Volleyball will be the individual that receives the highest number of votes in the balloting for All Conference.

The Coach of the Year of the Conference in girls Volleyball will be the individual that receives the highest number of votes after nomination.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in girls Volleyball.

## **CONFERENCE GIRLS VOLLEYBALL SPECIFIC RULES**

### **Section 15 - Game Ball**

The official Conference volleyball will follow the State or Illinois High School Association regulations.

The host school at all levels of girls Volleyball will be responsible for supplying volleyballs to visiting schools for all warm up periods.

The host team at all levels shall provide the visiting team with a chalkboard or grease board with appropriate writing implements.



## **Article 20 - Wrestling**

### **CONFERENCE BOYS WRESTLING COMMUNICATION**

#### **Section 1 – Website**

The East Suburban Catholic Conference maintains a website specifically dedicated to information, activities, results, and archives as they relate to the Conference events.

The East Suburban Catholic Conference website is the communication device for many of the affairs of the Conference.

The following information is accessible through the website:

- Individual sport discipline history and archives;
- Up to date yearly sport season team standings;
- Up to date yearly sport season individual statistics;
- Up to date yearly Conference Meet and Tournament results;
- Up to date yearly All Conference teams;
- Up to date yearly Team and Individual State Competitors;
- Up to date yearly Player of the Year and Coach of the Year Information;
- Conference contact information by individual school;
- Conference Chair contact information;
- Yearly Conference Administrative Calendar;
- Yearly Conference Meeting Date Calendar;
- Conference Constitution and By Laws;
- Conference Athletic Operating Procedures;
- Conference Report Forms for reporting statistics and results;
- Conference Report Formats for reporting Conference Tournament and Meet results;
- Link to the Illinois High School Association;
- Link to the Illinois Athletic Directors Association;
- Link to the NCAA Clearinghouse;
- Link to the National Interscholastic Athletic Administrators Association;
- Hall of Fame Information;
- Scholar Athlete Information;
- Access to directions to schools;
- Team Pictures and Individual Pictures.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to use the website to the benefit of their programs.

Conference sport discipline coaching staff members and Athletic Directors are encouraged to supply necessary material, information, and championship pictures to the website coordinator and to proof posted materials.

#### **Section 2 – Schedule Keeper**

The East Suburban Catholic Conference provides access to yearly schedules and future schedules for all East Suburban Catholic Conference personnel through resource ADs.

Schedule revisions, cancellations, and reschedules should be communicated to the Conference Statistician.

#### **Section 3 – Meetings**

The East Suburban Catholic Conference has scheduled meetings throughout the school year to facilitate the operation of the Conference and its activities.

The specific sport resource Athletic Director may conduct a preseason meeting as deemed necessary and appropriate.

Each school is required to present a knowledgeable representative to all scheduled meetings.

It is expected that the head coach of each conference school would make every effort to attend.

In the event there is a need to send a substitute, it is expected that the head coach will prepare the designee with necessary agenda and information so that each school will be represented in a positive manner.

#### **Section 4 – Tournament Post Season Meeting**

The boys Wrestling tournament is scheduled for the following dates:

- Wednesday, January 25, 2023 (Seed);
- Friday, January 27, 2023 (Varsity);
- Saturday, January 28, 2023 (Freshman and Junior Varsity).

East Suburban Catholic Conference Tournament Seeding Meeting - This meeting will be scheduled for the Wednesday evening prior to the East Suburban Catholic Conference Tournament. This meeting will be hosted at Notre Dame High School. The meeting will be scheduled to start at 07:00 pm;

East Suburban Catholic Conference post-season meeting - This meeting will be scheduled for the Tuesday evening after the Illinois High School Dual Team State Tournament. This meeting will be hosted at Notre Dame High School. The meeting will be scheduled to start at 07:00 pm;

The boys Wrestling post season meeting is scheduled for Tuesday, March 7, 2023 (tentative).

#### **Section 5 – Conference Meet Results**

The East Suburban Catholic Conference has designated Kevin Kelly (Marian Catholic) as the Conference Statistician.

Official Conference Meet results will be kept in boys Wrestling for the freshman, junior varsity and varsity levels of competition.

Final team standings and Conference Meet results will be posted on the East Suburban Catholic Conference website.

The host school for the Conference Meet in boys Wrestling will be responsible to provide results of the varsity, junior varsity and freshman levels to the league statistician/ webmaster and provide results to the media (varsity level).

Conference Meet results should be made available to the website host at the conclusion of the competition and those results will be posted on the East Suburban Catholic Conference website.

There is a particular presentation format for the results of the freshman, junior varsity and varsity levels of competition for boys Wrestling.

The host school administrator should contact the website host for the presentation format for boys Wrestling.

## CONFERENCE BOYS WRESTLING ADMINISTRATION

### **Section 6 – Scheduling**

Scheduling of boys Wrestling will be done by the Athletic Directors or their designees.

The Chairperson of the East Suburban Catholic Conference Athletic Directors will prepare a Master Contract that will contain all conference schedules for the succeeding year. The Master Contract will be signed by the Principal and Athletic Director of each member school at the May Board of Control Meeting.

The member schools of the East Suburban Catholic Conference will compete in a Mega Dual concept vs. three or four teams at one site in January on the varsity level (junior varsity and freshmen levels if numbers warrant). Matchups will be determined based on standings from the ESCC tournament the previous year.

Mega dual wrestling competition within the East Suburban Catholic Conference will begin at 9 a.m. with an 8 a.m. weigh-in.

Travel distance should be a consideration when scheduling Mega Duals.

A level of competition should be assigned to a particular mat. Each mat should run continuous dual meets until that level is completed. Adequate warm up time should be allowed between dual meets.

If a level finishes early, matches from another mat and level may be moved to the mat that has finished its level. Protocol dictates that both involved coaches agree to this move or the move should not be pressed.

Approved Varsity Weight Classes For Double Dual Competition:

106 Pounds - 113 Pounds - 120 Pounds - 126 Pounds –  
132 Pounds - 138 Pounds - 145 Pounds - 152 Pounds –  
160 Pounds - 170 Pounds - 182 Pounds - 195 Pounds –  
220 Pounds - 285 Pounds

Approved Junior Varsity Weight Classes For Double Dual Competition:

106 Pounds - 113 Pounds - 120 Pounds - 126 Pounds –  
132 Pounds - 138 Pounds - 145 Pounds - 152 Pounds –  
160 Pounds - 170 Pounds - 182 Pounds - 195 Pounds –  
220 Pounds - 285 Pounds

Approved Freshman Weight Classes For Double Dual Competition:

098 Pounds - 106 Pounds - 113 Pounds  
120 Pounds - 126 Pounds – 132 Pounds - 138 Pounds  
145 Pounds - 152 Pounds – 160 Pounds - 170 Pounds  
182 Pounds - 195 Pounds – 220 Pounds - 285 Pounds

### **Section 7 - Eligibility**

The Rules of Eligibility of the Illinois High School Association shall apply.

Freshman level competition in boys Wrestling shall be limited to students in their first two semesters after entering the ninth (9<sup>th</sup>) grade.

Junior Varsity level competition in boys Wrestling shall be limited to students in their first six semesters after entering the ninth (10<sup>th</sup>) grade.

Varsity level competition in boys Wrestling may include students in the freshman, sophomore, junior, or senior years of school unless individual operating procedures designate otherwise.

No contestant shall compete on more than one level per conference scheduling period.

A wrestler may only compete on one level of competition in the Conference tournament.

A wrestler may only compete on one level against one school during dual meet competition. A wrestler may wrestle two different levels against different schools during double dual competition.

### **Section 8 - Starting Times**

The recommended starting time is 9 a.m. for all freshman, junior varsity and varsity Wrestling competition using the Mega Dual format.

### **Section 9 - Officials**

The East Suburban Catholic Conference will employ an officials' assignment chairman who will be responsible for assigning officials for double dual competition and for the conference tournaments.

Assignments are to be made for officials designated for certain levels of competition officiating.

Conference wrestling coaches are responsible for forwarding a composite listing of acceptable officials for their own school to be used in assignment of their meets.

The assignment chairman will make Officials Evaluation Forms available for conference coaches for the purpose of rating and evaluating assigned officials.

One Illinois High School Association official is to be contracted for a varsity boys Wrestling contest.

One Illinois High School Association official is to be contracted for a junior varsity boys Wrestling contest.

One Illinois High School Association official is to be contracted for a freshman boys Wrestling contest.

## CONFERENCE BOYS WRESTLING HONORS

### **Section 10 - Championships**

The freshman, junior varsity, and varsity championships shall be determined by the points awarded according to the teams' finishes in the Conference meet.

### **Section 11 – Team Awards**

A plaque will be awarded every year to the team champion or co-champion at the varsity level according to the results of the Conference dual meet standings and the results of the Conference meet.

## **Section 12 – Individual Awards**

Individual medals shall be awarded to the first three placers in each weight class at the varsity level.

An award will be given to the Most Valuable Wrestler at the East Suburban Catholic Conference Tournament. The head coaches at the championship meet will vote this award on.

## **Section 13 – Special Post Season Conference Awards**

Excellence in boys Wrestling will be recognized with the selection of a Player of the Year and a Coach of the Year.

The criteria for the selection of the Player of the Year and the Coach of the Year will be developed by the boys Wrestling coaches of the Conference.

The Most Valuable Player of the conference in boys Wrestling will be the individual that receives the highest number of votes in the balloting for All Conference.

A specially designed Conference Certificate of Honor will be presented to the Player of the Year and Coach of the Year in boys Wrestling.

## **CONFERENCE BOYS WRESTLING SPECIFIC RULES**

### **Section 14 - Conference Tournament**

The East Suburban Catholic Conference will conduct individual conference wrestling tournaments at the freshman, junior varsity, and varsity levels. The tournaments will be conducted one week prior to the Illinois High School Association Regional Tournament.

The place and time of the Conference meet will be determined by agreement of the Athletic Directors each year and the designated hosts of the Conference meets will be responsible for conducting the tournaments.

The weight classes, format, and scoring for the varsity and junior varsity level tournament will be the same as the Illinois High School Association for the current year. Wrestling will take place in the following weight classes:

106 Pounds - 113 Pounds - 120 Pounds - 126 Pounds –  
132 Pounds - 138 Pounds - 145 Pounds - 152 Pounds –  
160 Pounds - 170 Pounds - 182 Pounds - 195 Pounds –  
220 Pounds - 285 Pounds

The weight classes, format, and scoring for the junior varsity level tournament will be identical to the varsity tournament with the exception that there be a wrestle back round to fifth place. The freshman and junior varsity East Suburban Catholic Conference will wrestle back to fifth place during their conference tournaments. The wrestle back should take place from the semifinalists with cross-bracketing occurring. There should be automatic advancements (walk over). Scoring will take place to sixth place. Awards will be given to third place. Wrestling will take place in the following weight classes:

106 Pounds - 113 Pounds - 120 Pounds - 126 Pounds –  
132 Pounds - 138 Pounds - 145 Pounds - 152 Pounds –  
160 Pounds - 170 Pounds - 182 Pounds - 195 Pounds –  
220 Pounds - 285 Pounds

The weight classes, format, and scoring for the freshman level tournament will be identical to the varsity tournament with the exception that there be a wrestle back round to fifth place. The

freshman and junior varsity East Suburban Catholic Conference will wrestle back to fifth place during their conference tournaments. The wrestle back should take place from the semifinalists with cross-bracketing occurring. There should be automatic advancements (walk over). Scoring will take place to sixth place. Awards will be given to third place. Wrestling will take place in the following weight classes:

098 Pounds - 106 Pounds - 113 Pounds  
120 Pounds - 126 Pounds – 132 Pounds - 138 Pounds  
145 Pounds - 152 Pounds – 160 Pounds - 170 Pounds  
182 Pounds - 195 Pounds – 220 Pounds - 285 Pounds

\*\*\*The weight classes, in addition to those sanctioned by the Illinois High School Association, must have the approval of the Athletic Directors.\*\*\*

The varsity Conference tournament will be wrestled on a Friday, one week prior to the Illinois High School Association Regional Tournament. The varsity Conference tournament will be scheduled to start at 03:30 pm. Weigh-in time will be designated from 01:30 pm through 03:00 pm. Scratch meetings will be held (as necessary) during the time between the weigh-in and the designated starting time.

The junior varsity Conference tournament will be wrestled on a Saturday, one week prior to the Illinois High School Association Regional Tournament. The junior varsity Conference tournament will be scheduled to start at 09:00 am. Weigh-in time will be designated from 07:00 am through 08:30 am. Scratch meetings will be held (as necessary) during the time between the weigh-in and the designated starting time.

The freshman Conference tournament will be wrestled on a Saturday, one week prior to the Illinois High School Association Regional Tournament. The freshman Conference tournament will be scheduled to start at 09:00 am. Weigh-in time will be designated from 07:00 am through 08:30 am. Scratch meetings will be held (as necessary) during the time between the weigh-in and the designated starting time.

Meetings will be conducted on the Wednesday prior to the conference tournament to seed the freshman, junior varsity, and varsity level tournaments. The seeding meetings will be conducted at the centrally located Notre Dame High School in Niles, Illinois, and will begin at 07:00 pm. A general meeting should be conducted to discuss tournament procedure and to answer pertinent questions. Three meeting areas should be designated for freshman, junior varsity, and varsity level coaches to convene and to seed the three level tournaments.

An award will be presented to the student-athlete named the "Outstanding Wrestler of the East Suburban Catholic Conference Varsity Wrestling Tournament." The student-athlete will be selected by vote of the varsity coaches at the varsity conference meet. Each coach will vote for three individuals. The first listed position is worth three (03) points, the second listed position is worth two (02) points, and the third listed position is worth one (01) point. The "Outstanding Wrestler of the East Suburban Catholic Conference Varsity Wrestling Tournament" will be named from this voting process.

## **Section 15 - Conference Tournament Criteria**

### **EAST SUBURBAN CATHOLIC CONFERENCE SEEDING CRITERIA FOR WRESTLING**

## ILLINOIS HIGH SCHOOL ASSOCIATION SEEDING

### CRITERIA

1. Record versus common opponents (including head-to-head)
2. Returning champion or runner up in the same weight class
3. Quality of competition
4. Season record
5. Vote of coaches who have wrestlers in the same weight class

## EAST SUBURBAN CATHOLIC CONFERENCE

### SEEDING CRITERIA FOR WRESTLING

1. Conference record which includes head to head competition (This will be matches contested in the Mega Duals)
2. Season record (Overall record)
3. Record versus common opponents
4. Returning champion or runner up in the same weight class as last year
5. Vote of coaches who have wrestlers in that weight class

(Obviously #04 does not fit the freshman level and might not fit the junior varsity level)

When figuring a wrestler's record, it should be done at the weight class that he is going to enter. A wrestler's overall record is every match he has wrestled. It should be understood that when a wrestler comes down in weight class (say from 112 pounds to 103 pounds), his record should also come down with him. However, the converse is not true for a wrestler going up a weight class (say from 112 pounds to 119 pounds). The record at 112 pounds does not go up.

A WRESTLER IS ENTERED IN THE CONFERENCE WRESTLING TOURNAMENT AT ANY ONE OF THE THREE LEVELS WHEN THAT INDIVIDUAL MEETS THE SCALE REQUIREMENTS AT THE WEIGH IN.