

# **HVL**

# **CONSTITUTION**

# **AND**

# **HANDBOOK**

**October 31, 2015**

## **CONSTITUTION**

### **NAME AND PURPOSE**

- I. The name of this association is the HIAWATHA VALLEY LEAGUE (HVL). The purpose of the league is to provide, promote and administer a program for the youth of the schools of the HVL in the fields of Athletics, Fine Arts, and Academics.

## **MEMBERSHIP**

- II. The membership of the HVL consists of the following schools: Byron, Cannon Falls, Goodhue , Hayfield, Kasson-Mantorville, Kenyon-Wanamingo, Lake City, Pine Island, Rochester Lourdes, Triton, Stewartville, and Zumbrota-Mazeppa.
- II. Each member school is entitled to one vote. Simple majority approves a change in the Constitution. Any amendment to change the Constitution shall be sent to the committee prior to the annual meeting. The amendment will be discussed on the floor at the annual meeting. Ballot will be by mail with a time limit of one month to reply.
- III. Acceptance into the league will require two/thirds (2/3) approval of all member schools in the HVL.
- IV. The league sponsorship of an activity requires a majority (50%) of the member schools sponsoring said activity. If the 50% majority criteria are not met, then a 2/3 vote will be needed. Exception: boys and girls tennis grandfathered in as an activity beginning with the 199394 school year.

## **ORGANIZATION, POWERS AND DUTIES, MEETINGS**

### **I. COMMITTEE ORGANIZATION**

- A. The committee shall consist of seven (7) members (2013)  
Membership will include - Superintendent, Principal, Athletic Director (Blue), Athletic Director (Gold), Fine Arts/Academic, Head Boys Coach and Head Girls Coach. (2013)

- B. Selection of each schools representative shall be appointed by that individual school under the following rotation:

2016-17 – KW, Goodhue, LC (Prin, AD Gold, Fine Arts)  
2017-18 – ZM, Lourdes, PI, Trit (Superint, AD Blue, Boys, Girls)  
2018-19 – Stew, Hayf, Byron (Prin, AD Gold, Fine Arts)  
2019-20 – C Falls, KM, KW, Goodhue (Superint, AD Blue, Boys, Girls)  
2020-21 – LC, ZM, Lourdes (Prin, AD Gold, Fine Arts)  
2021-22 – PI, Trit, Stew, Hayf (Superint, AD Blue, Boys, Girls)  
2022-23 – Goodhue, LC, ZM, Lourdes (Superint, AD Blue, Boys, Girls)  
2023-24 – PI Triton Stewartville (Prin, AD Gold, Fine Arts)

- C. No member school may have more than one representative on the committee.
- D. The term of office will be for a two (2) year term. No school can represent an activity if they do not have that activity.
- E. The administrators of the HVL member schools (by vote at the annual meeting) determine the size of the committee.

## **II. POWERS AND DUTIES OF THE COMMITTEE**

- A. The HVL Committee shall be responsible for the immediate and general supervision of the HVL Handbook, planning and managing interscholastic activities of the HVL. However, power to make changes in the constitution of the HVL shall not be within the authority of the committee.
- B. The committee shall:
  - (1) Set the dues for member schools each year. (\$700 for 2014-15)
  - (2) Call the annual meeting of the HVL in September.
  - (3) Call meetings of the HVL members or special activity groups, as it deems necessary.
  - (4) Furnish a report to all meetings to members of the HVL.
  - (5) Employ a League Director
    - a. Keep accurate records of receipts and disbursements of the HVL funds and report annually the status of such funds to the members.
    - b. Determine salary of said position.
  - (6) Approve any changes in the HVL Handbook that establishes the rules and conduct of intraschool activities.
  - (7) Fill vacancies that may occur on the committee by appointing a replacement.
  - (8) Perform such other duties as may properly come before the committee.

## **III. MEETINGS**

- A. Annual membership meeting this meeting to be held in September to develop plans for the conduct and welfare of the HVL.
- B. Special meetings such meetings may be called at the discretion of the committee.
- C. Committee meeting such meeting may be called by the chairman and any two members there of

- D. Administrators, Athletic Directors, Fine Arts/Academic and Coaches may meet as often as needed to discuss problems pertaining to the league and other topics.

## **ADMISSIONS AND PASSES**

- I. ADMISSION PRICES** will be recommended by the committee and voted on by member schools.  
Maximum: six (6) dollars adults; four (4) dollars students (2006) reaffirmed (2015)
- II. PASSES** each school will be issued 10 passes to HVL contests.

## **PROMOTIONAL**

PROMOTIONAL ITEMS any promotional item promoting the Hiawatha Valley League must be sanctioned by the Committee.

## **GRACE PERIOD**

- I. STATE PLAYOFF** A school that makes the state playoff in any sport may have the maximum of 12 calendar days before they play their first conference game. The first calendar day to be the day after the team is eliminated.

# **HANDBOOK**

## **SPORT ASSIGNMENT BY MEMBER SCHOOLS ATHLETIC DIRECTOR AS CHAIRPERSON**

Administrators	Executive Director
Baseball	Pine Island
Basketball - Boy/Girls	Hayfield/Goodhue
Cross Country	Kenyon-Wanamingo
Dance Team	Coaches

Football (SFA)	Cannon Falls
Golf - Boys/Girls	Coaches from KM/Lourdes
Music - Instrumental/Vocal	Zumbrota-Mazeppa
One-Act Play	Triton
Softball	Byron
Speech	Coaches from Cannon Falls/KM
Tennis	Coach from Stewartville
Track and Field	Kenyon-Wanamingo
Soccer	Stewartville
Volleyball	Kasson-Mantorville
Wrestling	Lake City

**Note:** Rochester Lourdes Athletic Director is presently (October 2003) the Executive Director and may help where needed.

It shall be the responsibility each School/HVL Athletic Director/Activities Director to post their most current roster to the MSHSL website and current schedules to the HVL website

## **CROSS COUNTRY BOYS AND GIRLS**

### **I. RULES**

- A. The National Federation Rules as found in the track and field guide will govern all league meets except as modified by the MSHSL.
- B. HVL meet will have three (3) heats. (Girls JV 4,000 meters, Boys JV 5,000 meters to be run at same time or with staggered start). The first heat will be JV Boys and Girls. The second heat will consist of the seven (7) designated A squad girls from each school. The third heat will be the seven (7) designated boys A squad from each school.
- C. Total points by the first five (5) individuals from each school will be the team score. Standings will be determined on a point basis determined by the number of schools participating. In case of a tie, national point distribution rules apply.

### **II. SCHEDULE** The HVL will host one meet per year for all HVL schools sponsoring Cross Country. The meet will be held on the Tuesday prior to the October MEA weekend (2011)

The rotation:

2015 ZM,

2016 Stewartville, 2017 KM, 2018 Lake City

2019 Pine Island, 2020 Goodhue 2021 Lourdes,

2022 Hayfield, 2023 Byron (rotation set 2013),

### **III. STARTING TIME** the league meet will start at 4:30 p.m. Teams may not be at the meet site before 3:30 p.m. (2012).

### **IV COURSE INFORMATION**

Race #1	4:30	Boys Junior Varsity
	4:35	Girls Junior Varsity
Race #2	5:00	Girls Varsity (7 members max)
Race #3	5:30	Boys Varsity (7 members max)

In case of inclement weather the meet manager can change the order of the races, placing the JV race at the end of the meet (2008).

- A. BOYS the distance of the course shall be 5000 meters for A squad and 5000 meters for JV squad.
- B. GIRLS the distance of the course shall be 4000 meters.
- C. A map should be made available to member schools showing the course outlay.

D. Recommendation – that there be a lead cart and a trail cart at the conference meet whenever possible. (2010)

**V. MANAGER** the manager of the HVL meet will be the Athletic Director or designee from the host school.

**VI. COURSE MAP** The meet Manager should send a course map and other information at least one week prior to conference meet to the Head Coach and Athletic Directors of conference schools. This information packet should also include directions to the meet site.

## **VII. OFFICIALS**

- A. The manager of the meet (from the host school) shall arrange for scorers, timers and others necessary for the operation of the meet to be paid for by the HVL.
- B. The manager (from the host school) will be in charge of meet statistics.

**VIII. PRESS** The manager (from the host school) will report the meet results to the Associated Press and to their usual media outlets. If the visiting schools wish any coverage beyond that of the host school they must supply the host school with the names and phone numbers for said coverage.

**IX. POSTPONEMENTS** under no circumstances shall a meet be postponed or rescheduled except in case of inclement weather. The host school shall make the determination and call the coaches of all schools regarding changes.

25974944. **AWARDS** A trophy and twelve (12) individual medals shall be awarded to the Champion.

**XI. CONFERENCE MEET** - A fifteen-minute countdown procedure is to be used.

## **FOOTBALL**

- I. RULES** - All games shall be governed by the National Federation and the MSHSL Handbook.
- II. BALL** - The host school will provide the ball for the contest. Visitors may use their ball if they wish.
- III. DIVISIONS** Divide into two divisions of seven schools (2006), with school size being the deciding factor with a rotation, if necessary, from large to small every two years. Numbers for school size will be figured even numbered years at the March Athletic Director's meeting and will be used for a two-year period. (Minutes, Feb. 2, 2000)
- IV. SCHEDULE**
- Varsity – Two cross divisional non-conference games will be scheduled on a rotating basis every two years. (2006) During cross divisional games, the two teams by mutual agreement can find another non-conference opponent.
  - JV and C squad games Monday following Varsity game with same opponent opposite site.
  - 7th & 8th Tuesday following Varsity game with same opponent same site( 2008).
- Note:** Last opponent for Varsity could be the first JV and C opponent
- V. STARTING TIME**
- All conference varsity games will start at times stated by host schools (recommendation - evening games start at 7 p.m.).
- VI. OFFICIALS**
- A. Registered officials with the MSHSL shall be hired by the host school.
  - B. At least four (4) officials will be provided.
  - C. Timer and down box personnel must be adults and be provided by the host school. They should be reliable with some understanding of the game. Members of the chain gang must be provided with some type of clothing to distinguish them as officials.
  - D. Field clocks are official.
  - E. It is strongly recommended that schools use registered officials for JV games. (2006)
- VII. UNIFORMS** - The home team will wear dark jerseys with the recommended number system for the "A" Squad.
- VIII. SCOUTING, FILMING, AND OTHER AIDS** – Starting with the 2009 season video will be exchanged via DSV (2009)
- A. It is permissible to film conference games. If filming an away game is desired, permission

- must be obtained from the host school. If a school wishes to sideline film they must film from their sideline.
- B. Film exchange may take place between the two teams involved by mutual agreement.
  - C. A third team may not film. No filming or video other than the two teams involved may take place.
  - D. No exchange of film with a possible conference member's non-conference opponent may take place.
  - E. Scouting should take place in the appropriate areas only. Please stay away from bench areas
  - F. We will have a conference library plan with DSV. Each school can pull up all available games of their upcoming opponents.

**IX. PROGRAMS** - All host schools will provide a game program with minimum information as indicated as roster information.

**X. POSTPONEMENTS** - Under no circumstances will any school ask its opponent to postpone or reschedule a contest except in the event of inclement weather. Emergencies other than inclement weather shall be handled by mutual agreement of both schools.

## **XI. AWARDS**

- A. Two champions one each division. A trophy and medals equal to the official squad size as listed in the MSHSL Handbook for the champion's class size will be awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.
- B. Only HVL record will apply for championship.

**XII. MEDICAL AID** - It is recommended that a doctor or ambulance is in attendance, and immediately available, at home football games and recommend that the doctor visit both locker rooms after games to check and see if he can be of service.

**XIII. PRESS** - Host school will report the game results to the Associated Press and to their usual media outlets. If the visiting school wishes any coverage beyond that of the host school they must supply the host school with the names and phone numbers for said coverage.

**XIV. JV and C SQUAD GAMES** – JV squads will be made up with players 11<sup>th</sup> grade and down and C squads will be made up with players 9<sup>th</sup> grade and down (2009).

## **Below Varsity level contests**

**A. JV games**

- o will be four quarters, ten (10) minutes in length, stop time.
- o Halftime will be 5 minutes in length

**B. 7, 8 and C-squad**

- Time – 12 minute running time quarters will be used for all games(2011)

- Halftime will be 5 minutes

- Clock stoppage during running time:

- o Any score will stop the clock until the ensuing kick-off

- Time outs

- o Two time outs per half, per team
  - o All time-outs (including officials time-outs) will stop the clock

- Clock will stop the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters for the following

- i. Out of bounds
  - ii. Incomplete pass
  - iii. Following a score
  - iv. After a change of possession
  - v. Penalty (offensive penalty clock starts when ready for play)
  - vi. If a team is ahead by 30+ pts in the 4<sup>th</sup> the clock only stops for time outs

## **TENNIS**

**I. RULES** Except as modified by the MSHSL, the current United States Tennis Rules shall apply for all interscholastic matches.

**II. BALLS** The home team will provide two (2) new balls to start each match and two (2) new balls for the third set if needed.

**III. SCHEDULE** Double round robin.

**IV. STARTING TIME** Matches will start at 4:30 P.M.

**V. AWARDS** A trophy and twelve (12) medals will be awarded annually to the dual meet conference champion. In case of ties, a duplicate award will be made to each school.

## **VOLLEYBALL**

**I. RULES** The National Federation Volleyball Rules for the current year shall govern all games between conference schools along with MSHSL modifications.

**II. BALL** The ball used in conference games shall be an official top grade ball.

**III. STARTING TIMES**

A. C 4:30 p.m. or time (earlier or later) mutually agreed upon with competing school.  
C squads will be made up with players 9<sup>th</sup> grade and down (2009).

B. JV game at 5:45 p.m. (2010)  
JV squads will be made up with players 11<sup>th</sup> grade and down (2009)

C. Varsity game twentyfive (25) minutes after JV game - not before 7:00 p.m. (2010)

**IV. OFFICIALS** Two registered officials with the MSHSL shall be hired by the host school for both the Varsity and JV game. The line judges must be two (2) adults. (Post high graduate).

**V. SCORERS** – The official scorer for the Varsity games must be a responsible individual. The home team will provide one space for the visiting scorer at the official table.

**VI. POSTPONEMENTS** under no circumstances will any school ask its opponent to postpone or schedule a contest except in the event of inclement weather. Emergencies other than inclement weather shall be handled by mutual agreement of both schools.

**VII. AWARDS** A trophy and twenty (20) medals awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.

**VIII. SCHEDULE** Single round. The HVL scheduler will build and distribute a master schedule to each school annually. The second year of the schedule will be at opposite sites. The schedule will be rebuilt every two years.

**IX. Media** - Host school will report the meet results to Associated Press and to their usual media outlets. If the visiting school wishes any coverage beyond that of the host school they must supply the host school with the names and phone numbers for said coverage.

**X. COMPETITION** The following guide for teams is:

JV team grades 710                      Varsity team grades 712.

**X. GAMES** Play three (3) JV and three (3) C squad games regardless of the outcome of the first two games. 3<sup>rd</sup> game to 15 pts.

**XI. WARM-UP** Varsity: As per rules of the MSHSL guidelines (rules & policy manual) 5 min. passing,

6 min. visitor net, 6 mm. home team net serving 3 min. Line up at end line National Anthem, intro non starters, starters visitor, intro non starters, starters home team. Libero to be announced as a starter

**XII. JV and C SQUAD GAMES** – JV squads will be made up with players 11<sup>th</sup> grade and down and C squads will be made up with players 9<sup>th</sup> grade and down (2009).

**XIII. JR. HIGH**

- A. Scheduling JR HI volleyball games to be played at the same site. Start time 4:30. This would have all levels at the same opponent.
- B. Play 1 ½ hours, finishing the last game that was begun prior to the time limit. Games will be played to 25 points rally scoring, must win by 2 points.
- C. Depending on distance, all junior high teams will not play all teams in the conference. This will be decided on an individual basis. Conference teams are encouraged to play one another whenever possible.
- D. Coaches will agree prior to match on which skill level players will play in each game.(2005)
- E. Net lowered to 7 feet if possible.
- F. Serving line move up to 25 feet. Let serves are playable.
- G. No server in the 7<sup>th</sup> or 8<sup>th</sup> grade games will serve more than 5 in a row. After 5 successful serves the team must rotate or sub server out. (2007) (2013) (2014)

## **SOCER**

- I. **RULES** - The National Federation Soccer for the current year shall govern all games between conference schools along with the MSHSL modifications.
- II. **BALL** - The ball used in conference games shall be an official NFHS approved ball sanctioned by the MSHSL.
- III. **STARTING TIMES** - Varsity games with lights will start at 7:00 p.m. and varsity games without lights will start at 5:00 p.m. Sub-varsity games may begin at a mutually agreed upon time.
- IV. **OFFICIALS** - A minimum of two MSHSL registered varsity officials is required. Three officials are strongly preferred. One MSHSL registered official is required for junior varsity. MSHSL registered officials are not required for junior high games. Two ball handlers are required.
- V. **SCORERS** - The official scorer for the varsity games must be a responsible individual. The home team will provide 1 space for the visiting team scorer at the official table.
- VI. **ROSTER** - It shall be the responsibility of each school to send a current squad roster to all conference opponents. The roster shall include name, number and grade.
- VII. **POSTPONEMENTS** - Under no circumstances will any school ask its opponent to postpone or reschedule a contest except in the event of inclement weather. Emergencies other than inclement weather shall be handled by mutual agreement of both schools.
- VIII. **AWARDS** -A trophy and twenty-two medals will be awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.
- IX. **SCHEDULE** - The schedule will consist of a single(2005) round format.  
No conference games will be scheduled the week of Sectional playoffs.(2007)
- X. **PRESS** - Host school will report the meet results to the MSHSL site and to their usual media outlets. The visiting school will be responsible for calling in their score to their media outlets.(2011)
- XI. **GAMES** - There will be no overtime in junior varsity games. Both teams will sit on the same side during games with the spectators on the opposite side of players, unless it is in a stadium setting.
- XII. **JV and C SQUAD GAMES** – JV squads will be made up with players 12th grade and down and C squads will be made up with players 10th grade and down and Jr HI will be 7<sup>th</sup> and 8<sup>th</sup> graders only (2009).

## **BOYS AND GIRLS BASKETBALL**

**I. RULES** The National Federation Basketball Rules for the current year shall govern all games between conference schools along with modifications.

**II. BALL** the ball used in conference games shall be an official top grade ball with the wide seam. The home team will provide guest with seven (7) good warmup balls.

**III. STARTING TIMES** C 4:30 p.m. or a time mutually agreed upon with competing schools. JV warmup for at least 12 minutes, can be shortened by mutual agreement, game not to start before 5:45 p.m. (2010). "A" game twenty minutes after "JV" squad but no sooner than 7:15 (2009) with a ten (10) minute half time. C and JV squad games will play sixteen (16) minute halves (2005) with a five (5) minute halftime for C and a seven (7) minute half time for JV. If C and JV are played at 5:30, varsity will follow in 20 minutes after the JV game but no sooner than 7:00 (2008).

**IV. OFFICIALS** Two registered officials with MSHSL shall be hired by the host school for both Varsity and JV games.

**V. SCORERS** the official scorer and timer for the Varsity game must be a responsible individual. It is recommended that the official scorer wears a black and white striped garment and his or her location is clearly marked. The home team will provide one space for the guest scorer at the official table.

**VI. POSTPONEMENTS** Under no circumstances will any school ask its opponent to postpone or reschedule a contest except in the event of inclement weather. Emergencies other than inclement weather shall be handled by mutual agreement of both schools.

### **VII. SCHEDULE**

A. Two Divisions - For 2014-15 (Two Divisions by enrollment)  
**Blue** KW, Hayfield, TRI, ZM, PI, Goodhue  
**Gold** BYR, C Falls, LOU, STEW, KM, Lake City (2014)

- B. Teams will play each team in their division twice for 10 (2014) divisional games. Teams will play all teams in the other division once. The cross divisional games will count in the standings.(2014) Total – 16 HVL games. Efforts will be made to play the divisional games at the beginning and end of the schedule (2014)
- C. Conference champion to be determined by a single game between two division champions on the Monday following the end of the regular season for the boys and the Saturday following the end of the regular season for the girls.(2013)
- D. Tie Breaker - (Advancement only)  
1. Best record in your division (2007)  
2. Head to Head  
3. "Rose Bowl" rule, the team that has not been to the championship most recently. (2007)

4. Flip of the coin. If after following the above procedure in numbers (I)(3) if a tie still exists; a flip of the coin will determine the team to represent the division. When two or more teams remain, revert back to (2). (2007)

## **IX. CHAMPIONSHIP**

- (A) DATE - Girls: the Saturday following the end of the regular season.  
Boys: the Monday after the last regular season game - time to be determined by mutual agreement. (2013)
- (B) SITE - Girls: held at Blue Division Champ even numbered years.  
Boys: held at Gold Division Champ even numbered years.
- (C) TIME: 7:00 p.m. start
- (D) OFFICIALS: 3 person crews be hired by Executive Director from coaches rating information at fall meeting (HVL will pay said officials).
- (E) CONCESSION: Host school to take care of.
- (F) MUSIC - The home team (only) may provide a band and half-time entertainment.
- (G) PASSES Only HVL worker passes accepted.
- (H) BALLS the home school will provide basketballs needed for warmup and the game.
- (I) PAY - Managers fee: \$100 Gym rental: \$150, Workers: \$35 Supervisor \$45 ,(2013)
- (j) ADMISSION PRICES – Adults \$6.00 Students \$4.00 (2007)

**X. AWARDS** A trophy and medals equal to the official squad size as listed in the MSHSL handbook, twenty (20) will be awarded annually to the teams winning the division championship. The plates for said trophies will be printed after completion of championship game, one to read: division and conference champion, the other to read: division champion.

**XI. ADMISSION** to the championship game for conference schools team members not playing. The coach is to contact the host school A.D. and indicate that his team members will be attending and to identify them at the gate.

**XII. JV and C SQUAD GAMES** – JV squads will be made up with players 11<sup>th</sup> grade and down and C squads will be made up with players 9<sup>th</sup> grade and down (2009).

## **JR. HIGH BASKETBALL RULES**

25975040. All games will be 4 quarters; each quarter will be 8 (2011) minutes in length.

2. Half time will be 5 minutes in length.

25975088. No zones of any type. Teams must play Man-to-Man defense.

4. Pressing: man-to-man pressing will be allowed in the 2nd half. This will include trapping and weak-side help (no pressing if 15 pts. ahead).
5. Two time outs per half. 1 timeout per overtime (no carry over from second half).
6. Overtime: 2 minutes in length. If tied after 2 overtimes, then sudden death.
7. If host school has two gyms and play 7th and 8th at two sites Two games for each grade level may be held. The first game played will be the B team (less skilled players) followed by the A game (more skilled players).

## **WRESTLING**

- I. **RULES** – The Official National Federation Wrestling Guide -High School Section will govern interschool meets unless modified by the MSHSL.
- II. **MEET REGULATIONS**
  - A. The Schedule – In the event a non-conference school is added to a dual meet to make a triangular, the host school will establish the competition order.
  - B. For a conference triangular, the host school will establish the order of competition while still accommodating the team traveling the furthest distance.
  - C. In all triangular competitions the host school should have the order posted on the HVL website schedule at the start of the season.
  - D. Start time for dual meet competition: JV 6:00 pm, Varsity no earlier than 7:00
  - E. Effort will be made to insure a school in a given year, a Friday night contest ([2014](#))
- III. **COMPETITION**
  - A. Seventh through 12<sup>th</sup> graders are eligible for Varsity Squad.
  - B. JV competition may include boys from grades seven through twelve. The JV squad weights will be the same as the “A” squad except with the addition of a 93 pound and 98 pound weight class.
- IV. **WEIGH-INS**
  - A. Only certified scales will be used.
  - B. Weigh-ins will be held in orderly manner.
  - C. The meet referee will conduct the weigh-in. In the event the meet referee is not present at the designated weigh-in time, the weigh-in will be conducted by the coaches. The meet manager or referee will arbitrate any disputed weight.
- V. **OFFICIALS**
  - A. A registered official with the MSHSL will be hired by the host school.
  - B. The home team will provide an official scorer. The home team will provide one space for the visiting scorer at the official table.
- VI. **PRESS** - Host school will report the meet results to The Guillotine and the Rochester Post Bulletin (2010). If the visiting school wishes any coverage beyond that of the host school they must supply the host school with the names and numbers for said coverage.
- VII. **POSTPONEMENTS** - Under no circumstances will any school ask its opponent to postpone or reschedule a contest except in the event of inclement weather. Emergencies other than inclement weather shall be handled by mutual agreement of both schools.
- VII. **AWARDS** - A trophy and medals equal to the official squad as listed in the MSHSL handbook,

nineteen (19) will be awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.

## **DANCE TEAM**

**I. Rules** - The Minnesota State High School League Rules as found in the Dance Team Rules Book and Judging Mechanics will govern league competitions.  
The HVL competition will have two divisions: Jazz and High Kick.

**II. Schedule** - The HVL will host one competition per year for all HVL schools sponsoring Dance Team. The HVL competition will be held on the 4<sup>th</sup> Friday of January. (2008)

**HVL Dance Rotation - 2015-Hayfield, 2016-Triton,  
2017-Kasson-Mantorville, 2018-Lake City, 2019-ZM, 2020 – Byron,  
2021 – Cannon Falls 2022 - KW 2023 - Goodhue,**

The Tournament rotation will stay as listed. Schools have the ability to opt out of the rotation due to facility limitations and/or conflicts. A one-year notice is required to opt out.

**III. Competition Rules -**

- The competition will begin at 5:00 4:30 Marking times will be set based on geography to limit early class dismissal. (2013) the competition will begin at 7:15 (2009).
- Marking times will be set according to start time with each dance routine allowed a maximum of ~~six~~(6) five (5) minutes for marking.
- Order of competition will be by random draw conducted by the tournament manager and according to MSHSL rules.
- No team should be first or last in consecutive years.
- Schedule for the competition and order of performance must be mailed no later than Friday of the preceding week.
- Number of judges and fees must follow the MSHSL rules.
- The host school shall hire a trainer to be present for marking and competition.
- Sound person must be a professional and have prior dance team competition experience.

**IV. Manager** - the manager of the HVL competition will be the Athletic Director or designee from the host school.

- The manager is responsible for providing the next year's host school with all materials from that year's competition.
  - Marking and competition order and Sound person's name and address.

**V. Awards** - will be 1<sup>st</sup> place trophies for Jazz and High Kick, with medals for all 1<sup>st</sup> place participants. (2007)

**VI. Press** - The manager will report the competition results to the regional media outlets. If the visiting schools wish coverage beyond that of the host school they must supply the host school with the names and phone numbers for said coverage.

**VII. Postponements** - Under no circumstances shall a meet be postponed or rescheduled except in case of inclement weather. The host school shall make the determination and call the coaches of all schools regarding changes.

**VII. Varsity and JV SQUADS** – Varsity: Seniors and below      JV: Seniors and below

# BASEBALL

I. The National Federation Baseball rules govern all contests involving schools in the HVL except as modified by the rules and applicable sections of the MSHSL Constitution and bylaws. Seven inning games except in case of ties.

**II. BALL - BAT** The ball used in conference games shall be The Diamond Di Pro, Rawlings (R100HSNF model) or the Fitzgerald (2011). The home team will supply game balls for doubleheaders.(2008) . Starting with the 2013 season - all levels of baseball in the Hiawatha Valley Conference need to use BBCOR baseball bats. This would cover Varsity, JV, C-Team, and Jr. High levels of play. They may also use wood bats for any of these levels (2012).

### **III. GAME REGULATIONS**

- A. Conference baseball games will be scheduled to be played at 5:00 p.m. for single games. For Doubleheaders – if school has lights -4:15 – if no lights 3:45. Game times (earlier or later) may be changed by mutual agreement of competing schools.
  - B. Doubleheaders will be 2 - " 7 inning games" where the Host Team will be the Home Team for the first game, and The Visiting Team for the second.
  - C. Two divisions by enrollment

For 2014-15

**Blue** KW, Hayfield. TRI, ZM, PI, Goodhue

## **Gold BYR, C Falls, LOU, STEW, KM, Lake City (2014)**

- Teams will play each team in their division twice for 10 (2014) divisional games. Teams will

play all teams in the other division once. The cross divisional games will count in the standings.(2014) Total – 16 HVL games.

- Play a 16 game schedule, Two (2013) double headers (7 innings) each to be scheduled with a team from the same division. All double headers cannot be away games in any one-year. The double headers will be on Saturdays.
- There shall be 10 divisional games plus 6 cross divisional games for a total of 16 conference games. (2013)
  - HVL Championship; Blue division even numbered years, GOLD division odd numbered years.

- D. Home team is to be finished with hitting and infield practice 15 minutes before game time.
- E. If because of weather postponement the championship game cannot be played the day it is scheduled, co-champions will be declared and no attempt will be made to make up the game.(2005)
- F. Play all games whether (or not) they have a bearing on the conference championship or playoffs. Note: In a worse case scenario where two teams cannot agree to play a game(s), the Executive Director will be called and a request will be made for a “neutral” three-person panel to determine whether a forfeit should be declared for the teams involved. The panel will consist of a Principal, Athletic Director, and a HVL Baseball Coach from different schools representing the HVL (but not from either of the teams involved in the dispute.) Their decision will be both final and binding on all parties involved.
- G. The tie breaker
- 25975184 Over all conference record
- 2 Head to Head
- 3 Best record in your division
- 4 The “Rose Bowl” rule, the team that has not been to the championship most recently
- 5 Flip of the coin. If after following the above procedure in number 1-4, if a tie still exists, a flip of the coin will determine the team to represent the division. When two or more teams remain, revert back to 2.

**IV. POSTPONEMENTS** on scheduled dates - first attempt to travel to your opponent's site, weather permitting. If this is not possible it should be the first date mutually agreed upon. If make-up attempts result in doubleheaders, the double header should be at site of second scheduled single game.

**V. INCOMPLETE OR SUSPENDED GAME** - as per the rules set forth by MSHSL (2007)

**REGULATION GAME:** It is a regulation game if: (a) five full innings have been played, or if the team second at bat has scored an equal or greater number of runs in four or four-and-a-fraction terms at bat than the opponent has scored in five terms at bat; or (b) if play has gone beyond five full innings.

In (b), the game is called when the teams have not had an equal number of completed terms at bat, the score shall be the same as it was at the end of the last completed inning; except that if the home team, in their half of the uncompleted inning, scores a run (or runs) which equals or exceeds the opponent's score, the final score shall be as recorded when the game is called.

**SUSPENDED GAME:** A non-regulation baseball game that has to be ended due to darkness, poor weather conditions, or other causes; or a regulation game that is ended due to darkness, poor weather conditions or other causes, with the score tied; shall be declared a suspended game. A suspended game shall be continued from the point of suspension at a later time. The lineup and batting order of each team shall be exactly the same as the lineup and batting order at the moment of suspension, subject to the rules governing the game. **NOTE: This is in effect for all games both regular season and post-season.**

**VII. CONFERENCE VS NONCONFERENCE** - If the only open date for a conference game is on a non-conference-scheduled night, the conference game takes precedence, and the nonconference game gets rescheduled.

**VIII. All Conference Selections** - 36

**VII. OFFICIALS** There shall be two registered officials. Athletic Director will notify the officials of the starting time for their home games.

**VIII. PRESS** Host school will report the game results to sports score central and to their usual media outlets. If the visiting school wishes any coverage beyond that of the host school they supply the host school with the names and numbers for said coverage.

**IX. AWARDS** A trophy and medals equal to the official squad size as listed in the MSHSL handbook, twenty two (22) will be awarded annually to the two teams winning the division championship. The plates for said trophies will be printed after completion of championship game, one to read: division and conference champion, the other to read: division champion.

**X. ARRIVAL TIMES** - Teams are not to be excused from classes (home or away) to arrive at the field sooner than one hour before game time. The home team will take infield first followed by the visiting team at approximately 15 minutes before game time.

**XI. JV and C SQUAD GAMES** – JV squads will be made up with players 11<sup>th</sup> grade and down, the exception would be seniors and or exchange students who are participating for the first time and C squads will be made up with players 9<sup>th</sup> grade and down (2009).

## **JR. HIGH BASEBALL RULES**

1. The first game will not start any earlier than 15 minutes after the visiting bus arrives so that the visiting team has an adequate time to warm-up.
2. 7<sup>th</sup> grade will play first
3. each game will be 5 innings or an hour and 30 minutes in length, whichever comes first. If the length of the game is changed, it must be mutually agreed upon by both coaches. The inning can be completed if it is started before the end of the playing time, but no new inning can start if the hour and 30 minute time limit is up.
4. 55' pitchers mound and 75' bases.
5. Besides these particular rules set up, follow the MSHSL rules.
6. Double headers are encouraged for each grade when possible. Each game of the double header would be one hour and 15 minutes (2011) in length. The inning can be completed if it is started before the end of the playing time.
7. Bat size – lightest bat for 7<sup>th</sup> grade should be -5, lightest bat for 8<sup>th</sup> grade -3 (2007)
8. 7<sup>th</sup> graders may use -5 BBCOR bats for 7<sup>th</sup> grade games, but if an 8<sup>th</sup> grader is playing in a 7<sup>th</sup> grade game, due to player shortages for the 7<sup>th</sup> graders, they must use -3BBCOR bats. If a 7<sup>th</sup> grader plays in the 8<sup>th</sup> grade game, they would have to use the -3 bats. Any BESR bat is illegal and should not be allowed. (2014)

## **GOLF BOYS AND GIRLS**

**I. RULES** Summer rules will be played if at all possible. USGA and MSHSL rules will govern play. Any local course rules will be discussed the day of the meet. Any infraction of the rules will be dealt with in this order:

- A. Golf Coaches
- B. Local Club's Golf Professional
- C. Minnesota Golf Association (MGA)
- D. United States Golf Association (USGA)

**II. BALL AND CLUBS** USGA Rules govern.

### **III. SCHEDULE**

A. The following 11 schools will compete in one division: (2015)

Cannon Falls	Byron
Kenyon-Wanamingo	Hayfield
Lake City	Kasson-Mantorville
Pine Island	Rochester Lourdes
Triton	Stewartville
Zumbrota-Mazeppa	

- B. There will be three (3) triangular 18-hole conference meets with both varsity boys and girls together at the same site. These triangular matches will be scheduled to start at 3:00 pm.
- C. There will be two (2) separate conference championships (boys and girls) at different sites on the same day (2009).

**IV. TEAMS** each team is to consist of six (6) designated golfers, four (4) of whom will figure in the team scoring.

**V. OFFICIALS** - Two score keepers (Bill Glomski – Boys and Lee Gisvold - Girls) shall be hired to computerize the results of each meet in their division, the conference meet and the allconference standings. They shall each be paid \$200 for the season. At the conclusion of each triangular match and within one day, the host school will fax or e-mail the individual and team results to the appropriate score keeper.

**VI. SCORING** Total strokes by the top (4) individuals from each school will be the team score. The Conference Champion will be determined after 72 holes of triangular and tournament play by the

fewest total strokes over par. Both individual and team scoring will be carried out based on adjusted course ratings. .

**VII. PRESS** Host school will report the meet results to sport central and to their usual media outlets.

If the visiting schools wish any coverage beyond that of the host school, they must supply the host school with the names and phone numbers for said coverage.

**VIII. AWARDS** A trophy and eight (8) medals will be awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.

**VI. SITE FEES** each member school will be responsible for any green fees.

**VII. COACHES MEETING** At each conference meet there will be a coaches meeting 30 minutes after the scheduled start of the meet. This meeting will take place in the clubhouse and the agenda will include any appeals, an overview of the past season and an anticipation of the future season.

**VIII. SOFT SPIKES** Soft spikes are **required** at all HVL Golf Meets.

**IX. Varsity and JV -** Both Varsity and JV should include seniors down to 7<sup>th</sup> grade

## **SOFTBALL**

**I. RULES** - The National Federation Softball Rules govern all contests involving schools in the HVL, except as modified by the rules and applicable sections of the MSHSL Constitution and by laws. Seven inning games; except in case of ties.

**II. BALL** the ball used in conference games shall be an official top grade ball.

### **III. GAME REGULATIONS**

- A. Conference softball games are scheduled to be played at 5:00 p.m. **Note:** The time for all games may be different (earlier or later) by mutual agreement of the two competing schools.
- B. A single round 11 game schedule (2014)
- C. One conference champion, if tied multiple trophies.
- D. Home team is to be finished with hitting and infield practice 15 minutes before game time

**VI. OFFICIAL GAME** If game is suspended and will affect who wins the championship, it must be completed. A suspended game will only be a game that has gone 5 innings and is tied. A game not going 5 innings will be started from the beginning.

**VII. POSTPONEMENTS** – the make-up date will be the first date mutually agreed upon, the game would be made up at the end of the schedule if it has a bearing on the Conference Championship

**VIII. OFFICIALS** There shall be two registered officials. Athletic Director will notify the officials of the starting time for their home games.

**IX. PRESS** Host school will report the game results to sports score central and to their usual media outlets. If the visiting school wishes any coverage beyond that of the host school they supply the host school with the names and numbers for said coverage.

**X. AWARDS** A trophy and medals equal to the official squad size as listed in the MSHSL handbook twenty two (22) will be awarded annually to the team winning the conference championship. In case of ties, a duplicate award will be made to each school.

**XI. ARRIVAL TIMES** - Teams are not to be excused from classes (home or away) to arrive at the field sooner than one hour before game time.

**XII. JV and C SQUAD GAMES** – JV squads will be made up with players' 11<sup>th</sup> grade and down and

C squads will be made up with players 10th grade and down (2009).

## **JR. HIGH SOFTBALL RULES**

1. The first game will not start any earlier than 15 minutes after the visiting bus arrives so that the visiting team has an adequate time to warm-up.
2. 7<sup>th</sup> grade will play first
3. Each game will be 7 innings or an hour and 30 minutes in length, whichever comes first. If the length of the game is changed, it must be mutually agreed upon by both coaches. The inning can be completed if it is started before the end of the playing time, but no new inning can start if the hour and 30 minute time limit is up.
4. 40' pitchers mound and 60' bases.
5. 6 runs maximum per inning and the trailing team will bat in the last inning regardless of the score. 7<sup>th</sup> and 8<sup>th</sup> grade steal all bases (passed balls). Runners may score on passed balls and wild pitches 3 times per inning as part of your 6 run max in 7<sup>th</sup> grade games. (2014)
6. Besides these particular rules set up, follow the MSHSL rules.
7. Double headers are encouraged for each grade when possible. Each game of the double header would be one hour and 15 minutes (2011) in length. The inning can be completed if it is started before the end of the playing time.
8. To encourage more hitting/fielding and to allow more innings to be completed – each batter in the 7<sup>th</sup> grade game begins with an 0-1 count (2007)
9. Allow coaches to bat the entire bench and play any 9 of those in the field from start to finish. This is optional, but must be declared at the beginning of the game. (2012)

## **TRACK AND FIELD BOYS AND GIRLS**

- I. **RULES** - The track and field rules adopted by the National Federation of High School Athletics will prevail, except as amended by the MSHSL.
- II. **MEETS** – There will be a conference meet for boys and girls.
- III. **CONFERENCE MEET**
  - The HVL conference meet will be a one day meet held on the 2<sup>nd</sup> Saturday before the sub section meets. (2009)
  - Starting times : 10:00 Coaches meeting, 10:30 Field events and 11:30 running events (2009)
  - Rain date will be set to the following Monday. Start time for the rain date will be 12:30 (2010)
  - Should inclement weather force a postponement of the Conference Meet to the rain date, the games committee will (2013) cancel performances from incomplete events and re-start the competition (s) from the beginning. Preliminary competitions that have been run through to their entirety shall be considered to be completed events. (2011)
- B. Site Rotation: (2013)
  - 2015 Lake City,
  - 2016 Byron
  - 2017 Stewartville
  - 2018 Hayfield
  - 2019 Triton
  - 2020 Kasson-Mantorville
  - 2021 Pine Island
  - 2022 Cannon-Falls
- IV. The host school is responsible for reporting the meet results to the Associated Press and to their usual media outlets. If the visiting schools wish any coverage beyond that of the host school they must furnish the host school with the names and numbers for said coverage.
- V. **WORKERS** The HVL will hire the manager, starter (\$150 + mileage), assistant starter (2009) stager scorer, Clerk of Course, field events workers, curve judges and exchange zone judges. Member schools will be responsible for supplying two (2) qualified adult workers for each meet. It is the responsibility of the Athletic Director to secure the workers from their school. Coaches will serve on the rules committee as designated by the meet manager. The manager will keep a complete set of results and update the record sheet and pass on to executive Director and next year's meet manager.
- VI. **Timing** – The host school is responsible of securing FAT timing. The Managers fee will remain as stated on the fee schedule. Schools that have their own timing system will be

compensated for the use of their system. (2013)

**VII. ENTRY SHEET AND INFORMATION** – Seeding will be done over the internet. Entries are to be sent over the internet on “HYTEK” by the Wednesday before the conference meet (2009) Schools are limited to three (3) entries per event.

**VIII. SCORING** The scoring of the HVL Meet shall be nine (2013) places, 1stI2, 2ndI0, 3rd8, 4th6, 5th5, 6th4, 7th3, and 8th2, 9<sup>th</sup>-1 (2009)

**IX. SCRATCHES** Scratches may be made up at the coaches meeting. Any contestant scratched from one event is scratched from all open events; this includes field events. They are, however, eligible for any relay team. "If an athlete is absent from the conference meet, another athlete can replace that person in the open event(s) that the absent person was to be in." This substitution policy follows that of the MSHSL.

**X. PRELIMINARIES** all races will be seeded with no preliminary. There will be finals in the throwing and the horizontal jumps. The participants will be seeded into flights with the best seeds going first in the first flight. The best performers in the prelims will go last in the finals.

**XI. ORDER OF EVENTS** Events are to follow the format as set by the National Federation Rule Book as to both order and scoring. (Except that the 3200-meter relay will be the first event for the boys).

**Field Events (2013)** – Throwing events will be flighted and the horizontal jumping events will be cafeteria style.(2005)

**Starting heights for conference meets:**

**4'4" Girls High Jump**

**5'2" Boys High Jump**

**7'0" Girls Pole Vault**

**9'0" Boys Pole Vault**

**The rules committee may raise or lower the starting heights each year at their consideration. (2013)**

**XII. AWARDS**

A. Team trophy will be awarded to the team champion.

1. Three (3) medals will be awarded to the champion team for coaches and manager.

B. Medals awarded to places one through five and ribbons awarded to places six through eight.

C. In case of ties duplicate medals will be awarded.

D. If there are wheel chair entrants, they are able to be receive HVL awards

**XIII. Junior High** - Standardized Heights and Weights for Jr. Hi. Track meets.

Girls shot – 6 lbs. Boys shot 4K.

Girls 100 hurdles – 30" Boys 110 hurdles – 33"

Girls and Boys will run the 200 hurdles at 30" 5 hurdles (2008)

# HVL ALL CONFERENCE

25975664. There seems to be no easy way to establishing a number for the AllConference selections. Each sport wants the maximum number of selections for their own good reasons. There needs to be some guidelines for such things as pairing and sharing of teams, teams that drop or teams that are added to the conference, and sports that are changed at each school within the conference.

II. The All-Conference policy should take into consideration two (2) things:

- A. The number of schools offering the sport
- B. The number of people who participate simultaneously on the field or court of play.

III. AllConference awards should be made only in sports in which 50% or more of the conference schools participate. If two schools pair they will be counted as two (2) schools.

IV. Team sports will select their All-Conference at the end of the season by the coaches. Sports that are classified as team and individual or individual only will select All-Conference by the winning person in each class or event in the conference tournament.

V. Any participant receiving a violation during the season of play cannot receive all-conference honors. Definition of season is beginning with the first day of practice through the last game/event. Fine Art activities season is from the time of selection through the concert.

Proposed formula: # of Teams (2007) X # of starters X N (.25)

The number of teams used in the formula will be determined each year by the number of teams that participate. EX. – if a team drops a sport for lack of players, the number will be reduced for that year.

Sport	VB	CC	Tennis	FB	Soc	WR	Base	Basket	Golf	Soft	TR
			G/B		B/G			B/G	B/G		B/G
#Teams	12	10	4/3	0	7	11	12	12/12	11/11	12	11/11
#Starters	8	7	10	0	12	14	10	6	6	10	1 <sup>st</sup> pl
If N =.25	24	18	10/8	0	21	39	30	18/18	17/17	30	11/11

(2007) (2008) CC (2012) (2013) Changes for the 2014-15 year

# ALL-CONFERENCE SELECTION

## I. SPORTS

- |                  |               |
|------------------|---------------|
| 1. Volleyball    | 7. Basketball |
| 2. Cross Country | 8. Baseball   |
| 3. Tennis        | 9. Golf       |
| 4. Football      | 10. Softball  |
| 5. Soccer        | 11. Track     |
| 6. Wrestling     | 12. Dance     |

## II. # PLAYERS SELECTED (2014)

- |                                |                                     |
|--------------------------------|-------------------------------------|
| 1. Volleyball – 24             | 7. Basketball – 18/18               |
| 2. Cross Country – 18/18 (B/G) | 8. Baseball 30                      |
| 3. Tennis 10/8 (B/G)           | 9. Golf – 17/17 (B/G)               |
| 4. Football 0                  | 10. Softball 30                     |
| 5. Soccer - 21                 | 11. Track (see method of selection) |
| 6. Wrestling – 39              | 12. Dance (see method of selection) |

## III. METHOD OF SELECTION

### A. VOLLEYBALL

1. All conference players awarded on the following basis:  
First Place: 3 automatic All Conference selections  
Second Place: 2 automatic All Conference selections  
Third Place: 2 automatic  
Fourth Place – Eighth Place 1 automatic all conference
2. The coaches would then vote on the other 12 (2014) selections as an at large ballot. Coaches would submit all players that they feel are worthy of AllConference status and we would be the coaches' choice for the remaining part of the All Conference team.
3. Following this process would give us leeway in choosing players by their ability; not what school that they come from. It is important to note that the vote may result in some schools not receiving an AllConference player.
4. All HVL Schools should have their Head Volleyball coach in attendance at this meeting to ensure their representation and vote. The vote would be taken the night of the meeting to ensure no confusion. Athletic Director in charge of volleyball receives all conference

information and gets it out to the media when the last conference team has completed their season.

## B. CROSS COUNTRY

1. The first ~~18 (2007)~~ ~~21 (2008)~~ 18 (2014) place winners will be named to all-conference team. Ties for ~~18th~~ ~~21<sup>st</sup> (2008)~~ 18<sup>th</sup> (2014) place will result in additional awards. If an athlete, who has been in Cross-Country all season, is absent from the conference meet for a valid reason, he or she can still make all-conference by a majority vote of the conference coaches. The hardship case shall be voted on by secret ballot. The coach making the request is responsible to present the reason in writing at the coaches meeting the day of the conference meet.
2. All conference – the schools can release all conference winners but the tournament manager will release the full list of winners at the end of the season after the conference tournament.

## C. TENNIS

1. All conference performers will be awarded on the following basis of conference team standings: 13 players

Girls	Boys
First..... 4	First..... 4
Second..... 3	Second .....3
Third ..... 2	Third.....1
Fourth ..... 1	

## D. FOOTBALL

1. All-conference players awarded on the following basis of team standings within each division: SE District
2. In case of a tie in the standings, any ties in the final standings, each tied team gets the full number of all conference selections for position. After the tied teams receive their selections; the next teams take the selections for there given place. Ex. 3 teams tie for first (all 3 get 6 picks), the next team is 4<sup>th</sup> and receives 3 picks, etc.
3. Athletic Director in charge of football receives all conference information and releases when the section tournament is complete.
4. Honorable mention players will be left up to each individual school.
5. Any player receiving a MSHSL violation during the season of play cannot receive all-

conference honors.

#### E. SOCCER

1. Based on the formula, there will be 28(2007) 21 (2014) players selected to the all-conference team.
2. All conference – All conference will be selected at the section 1A-seeding meeting and will be released the next day by the Lourdes boys and girls coaches.

#### F. WRESTLING

1. A total of 42(2007) 39 (2014) all-conference wrestlers will be selected by the wrestling coaches following the completion of the dual meet season.
2. The first twenty-eight of these all conference selections will be selected, two from each of the fourteen (14) weight classes.
3. To be eligible for all-conference selection in a weight class a wrestler must have wrestled in five conference meets, with four matches at the at the weight class in which he is nominated.
4. An additional 14 individuals will be determined by each coach submitting his own candidates. The results will be based on coaches ranking seven opposing wrestlers. Each coach will rate seven opposing wrestlers on a one (1) to seven 7 scale. The wrestlers will receive seven points for each first place vote they receive, six for every second place vote they receive and so forth down to one for every seventh place vote they receive. The top seven individuals accumulating the most points will be the seven additional allconference selections. If a tie results for the seventh place position a coach's vote will prevail.

#### G. BASKETBALL

1. Vote to be done by division.  
Blue Division Gold Division – 12 teams = 9 per division = 18 players
2. The Monday following the last conference game each coach should submit a list of their own candidates for the all-conference team to Lake City Head Coach for girls and Kenyon-Wanamingo Head Coach for boys.
3. After this list of all candidates is compiled, it will be sent to each head coach.
4. Coaches will vote for players in their division only, excluding any member of their own team. All conference will have 9 players from each division. Each conference coach **must** vote for 8 players and not fewer. If there is a tie for the last spot/spots for each division regarding the all conference team: if there are 2 tied give both a spot, if more than 2 , coaches will re-vote for the last spot among those who are tied, if still tied after re-vote-give an award to all who are tied. 2014
5. Head Girls Coach from Lake City and Head Boys Coach from K-W will tally the votes and send a complete copy of the results to each coach.

## H. BASEBALL

1. HVL All Conference selections get sent to Pine Island Head Coach by Friday of the week of the conference championship game. Nominations should be sent to all other teams' coaches by the date of the championship game. Pine Island Coach will then send out the results to all coaches by the Monday following the championship game.
3. The coaches upon receiving all nominations will select 30 candidates exclusive of their own and send them to the designated coach. He will compile the all conference team and send it back to the coaches.
4. All conference (2013)– the all conference selection process rotates by school each year - 2015 Goodhue, 16 Byron, 17 C Falls, 18 Hayfield, 19 KM, 2020 KW, 21 LC, 22 PI, 23 RL. 24 Stew 25 Triton 26 ZM All conference will be sent our formally to the media after the last team is eliminated, through the State Tournament. Individual school can release it in their locale, ex. At their banquet, etc.

## H. GOLF

1. All conference golfers will be identified by determining the average strokes over the course ratings.
2. To be selected for allconference honors, a golfer must play in a minimum of 54 holes during the season. Each score will count towards the golfer's average. A disqualification or a withdrawal will eliminate the golfer from All Conference consideration.
3. Based on the HVL's formula there will be 17 boys and 17 girls selected all conference.
4. Any unusual circumstances may be appealed to a committee made up of all conference golf coaches. In this appeals process each school has one vote and the coach of the golfer in question does not have a vote. Therefore in any appeal there should be 12 votes cast (for, against or abstain). Majority rules, with a tie (6 for and 6 against) for instance meaning the appeal fails.(2007)

## I. Dance

1. HVL High Kick Formula - # of Teams x Average # of Dancers/Team x 25% = \_\_
2. HVL Jazz Formula - # of Teams x Average # of Dancers/Team x 25% = \_\_

It will be the site manager's responsibility to collect formula statistics regarding All-Conference placements utilizing MSHSL certified roster each year.



## I. SOFTBALL

25976528. All-Conference: 33(2013) 30 (2014) members to be determined by their own school according to their place finish in the conference.

1st	5 all conference	= 5
2 <sup>nd</sup> - 3 <sup>rd</sup> -	4 all conference each	= 8
4 <sup>th</sup> and 5 <sup>th</sup>	3 all conference each	= 6
6th through 9th	2 all conference each	= 8
10th - 12th	1 all conference each	<u>= 3</u> TOTAL    35(2007)

2. All conference – records will be sent to the Hayfield Athletic Director after each teams last conference game. No release to the media until after every team's season has ended. Individual school can release it in their locale, ex. At their banquet, etc

## J. TRACK and FIELD

1. All first place finishers (including relays) in the conference track meet will be all-conference and all 2<sup>nd</sup> place finishers in the conference track meet will be all-conference (2012). Any finisher who equals or breaks an existing conference record will be all-conference. A participant who scores 12 or more points at the conference meet will be all conference. The hardship case for all conference shall be voted on by secret ballot. The coach requesting the hardship is responsible to present the reason for the request in writing at the coaches meeting the day of the conference meet.

## **HONOR CONCERT**

### **I. NATURE**

The Honor Concert is an evening concert performed by an Honor Chorus and Band consisting of selected students from the league schools. Students are selected to be in the chorus or band, but no individual may participate in both. The site of the concert is to be rotated yearly as indicated in the adopted rotation schedule for all HVL Music Events. The band and chorus are to be directed by guest conductors.

### **II. PURPOSE**

The Honor Concert is an opportunity for the more talented and developed musicians of each league school to get together and perform in an organization made up of students of their own level of ability and accomplishment. The music selected should be of such a quality that it will provide an attainable challenge, a stimulating rehearsal situation and rewarding musical experience through its masterful performance.

It should also be kept in mind that our working together in the Honor group for a common goal of musical excellence should be utilized as a situation to foster good relations between student bodies of the various League Schools.

### **III. POLICIES AND PROCEDURES**

#### **A. SCHOOL REPRESENTATION**

BAND - The number is to be dependent upon the number of qualified musicians available and the selection of individuals to be made at a meeting with all band directors present and mutual agreement reached. If it becomes impossible for a director to attend this meeting, he should see that the chairman has a list of his qualified musicians prior to the meeting, and those present will select from that list to complete the instrumentation. The actual placement of the individual within the section shall also be agreed upon at this meeting.

CHORUS - The number is to be dependent upon the number of qualified singers available and the schools representation is to be decided at a meeting with all choral directors present and mutual agreement reached. If it becomes impossible for a director to attend this meeting, he should see that the chairman has a list of his qualified singers (the number of sopranos, altos, tenors, and basses) prior to the meeting and those present will complete the representation quota.

B REHEARSAL TIME Both band and chorus will have two evening rehearsals, from 6:30 9:00 p.m., before the date and one afternoon rehearsal the date of the Honor Concert. The time schedule on the day of the concert is:

4:00 start (directors schedule the rest of the time)  
7:00 concert

The dates of rehearsal and concert will be set by the HVL committee.

## **HONOR CONCERT (CONT.)**

### **C. SELECTION OF MUSIC**

Music is selected by Guest Conductor. The participating high school directors should have the music list by the HVL annual meeting in order that the music can be obtained immediately. An effort should be made to include a variety of music in both choral and instrumental selections.

### **D. DRESS CODE**

On the day of the Honor Concert, rehearsal dress shall be appropriate dress clothes. Concert dress shall be band uniforms and choir robes.

### **E. ADMISSION**

Set by the HVL Committee. Contact the HVL Executive Director for current admission prices.

### **F. PUBLICITY & TICKET SALES - Shall be taken care of each year by the host school.**

### **G. FACILITIES**

A homeroom should be provided for each school the day of the concert, after the school day is over.

### **I. MANAGER**

Fee is \$200

### **J. CONDUCTORS**

Will be hired by the manager of the concert.

Fee two @ \$600 (2013) plus mileage up to \$250 total (2008)

### **K. SOLOIST - \$100.00 when applicable**

### **L. PIANIST - \$300.00 (2013)**

### **M. REHEARSAL COORDINATOR**

Band \$75.00

Choir \$50.00

N. FEE PAYMENT – Contact the HVL Executive Director for current amounts and check request procedures.

	<u>HVL Honor Concert</u>	<u>Instrumental Clinic Blue Div.</u>	<u>Instrumental Gold Div.</u>	<u>Vocal Clinic Blue Division</u>	<u>Vocal Clinic Gold Division</u>
2015 - 2016	Lake City	Cannon Falls	Stewartville	Cannon Falls	Hayfield
2016 - 2017	Hayfield	Zumbrota-Mazeppa	Hayfield	Pine Island	Kasson-Mantorville
2017 - 2018	Stewartville	Goodhue	Triton	Kenyon-Wanamingo	Lourdes
2018 - 2019	Zumbrota - Mazeppa	Pine Island	Byron	Lake City	Stewartville
2019 - 2020	Triton	Kenyon-Wanamingo	Lourdes	Zumbrota-Mazeppa	Byron
2020 - 2021	Lourdes	Lake City	Kasson- Mantorville	Goodhue	Triton
2021 - 2022	Cannon Falls	Cannon Falls	Stewartville	Pine Island	Hayfield
2022 - 2023	Kenyon - Wanamingo	Zumbrota-Mazeppa	Hayfield	Cannon Falls	Kasson-Mantorville
2023 - 2024	Pine Island	Goodhue	Triton	Kenyon-Wanamingo	Lourdes
2024 - 2025	Byron	Pine Island	Byron	Lake City	Stewartville
2025 - 2026	Kasson-Mantorville	Kenyon-Wanamingo	Lourdes	Zumbrota-Mazeppa	Byron
2026 - 2027	Goodhue	Lake City	Kasson- Mantorville	Goodhue	Triton
2027 - 2028	Lake City	Cannon Falls	Stewartville	Pine Island	Hayfield
2028- 2029	Kasson-Mantorville	Kenyon-Wanamingo	Lourdes	Zumbrota-Mazeppa	Byron
2029 - 2030	Goodhue	Lake City	Kasson- Mantorville	Goodhue	Triton

\*\* revised Fall 2015

## **Rotation for hosting Divisions –**

**Gold – Triton, Byron,  
Lourdes, KM, Stew,  
Hayfield**

**Blue – ZM, Cannon  
Falls, Goodhue, PI, KW,  
Lake City**

## **VOCAL AND INSTRUMENTAL CLINICS**

### **I. NATURE**

The HVL sponsors a vocal and instrumental clinic each year. Each school is given an allotted period of time in which the prepared selections are presented under their own conductor and then the group is taken over by the clinician for the remainder of the period.

### **II. PURPOSE**

- A. The clinics are basically a critique for individual performance by a recognized authority.
- B. They provide an educational opportunity for the music students of the League Schools to observe what the other schools are doing.
- C. They provide an excellent motivation for the students in that they have an immediate goal in the preparation of clinic music to be presented at a specific time. The student's natural desire to excel in performance and be accepted as a musician enables a high caliber of preparation to take place.

### **III. POLICIES AND PROCEDURES**

- A. PREPARATION -The degree of readiness of the music to be presented is up to the individual director. It should be understood, however, that a clinician can be of more service if the performing groups are past the notechasing stage. The criteria should be to come as well prepared as the school schedule and time will allow.
- B. CLINIC HOSTS - The music director of the host school shall be the manager of the clinic. His duties in general are to set up and manage the clinic. The specific duties shall include the following:
  1. Secure the approval list of clinicians and hire the clinicians.
  2. Draw up the actual schedule for the clinic.
  3. Take care of all the physical details of the clinic. This includes such things as sufficient stands, choral risers, good public address system, etc.
  4. Notify the directors in sufficient time as to the details of the clinic.
- C. CLINIC TIME ALLOTMENTS - A uniform time period is recommended for each school. It is

further recommended that not more than onethird of the period be used to present the prepared selections and that the other twothirds be given to the clinician. If a school plans to present more than one group, such as a mixed chorus and a glee club, the same ration should be kept. The clinician should be notified at the start of the period if more than one group is to be presented.

D. WARM-UP - Each school should have the use of a warm up room immediately prior to the clinic period. All warm up and tune up should be accomplished at the warm up site.

E. Show dates for the winter clinics – in the event they are postponed due to bad weather.

For the Band Clinic – if there is a postponement it will be rescheduled within the next 2 days of the postponement date.

For the Choir Clinic – if there is a postponement it will be rescheduled the next Wednesday from the original date which would be one week later. (2012)

## **VOCAL AND INSTRUMENTAL CLINICS (cont.)**

### **E. STUDENT PARTICIPATION**

1. While at the clinic students shall be in one of four places warming up, performing, and observing, other sessions or at lunch at the specified time. Washroom facilities and privileges should not be abused.
2. Students are expected to observe a minimum of two other clinic sessions. (It is imperative that a good public address system be employed so that the performers and observers may clearly hear the clinician.)

### **F. STUDENT DRESS CODE**

1. Students shall wear appropriate dress clothes.
2. The dress code shall apply throughout the day and deviation shall not be allowed.

### **H. DATES**

Instrumental – Wednesday of the 1<sup>st</sup> full week in February or a date agreed upon by the HVL instrumental directors and activity directors. (2007)

Vocal – Wednesday of the 2nd full week in February or a date agreed upon by the HVL instrumental directors and activity directors. (2007)

### **I. FEES**

Manager \$100.00/Division

Two clinicians at \$150.00 each plus mileage (current rate) per clinic

## **SPEECH**

### **I. DIVISIONS**

<b><u>Blue</u></b>	<b><u>Gold</u></b>
Cannon Falls	Byron
KenyonWanamingo	Hayfield
Lake City	Rochester Lourdes
Pine Island	Kasson-Mantorville
Triton	Stewartville
ZumbrotaMazeppa	

### **II. DATES/SCHEDULE**

The contest will be held the 3<sup>rd</sup> (2009) Monday of March. Kasson-Mantorville High School will be the site Start time 3:00 (2013)

**Note: Any school that would host both the sub section and sectional speech meet would not be expected to host the HVL meet the same year move one site ahead.**

### **III. FORMAT**

A. Three Rounds & No Finals

B. Team trophy for team with most points. Top six in each category earn points for their team. Top 3 receive medals. 4 through 6 receive ribbons.(2005)

C. Each school supplies his/her own judges. One (1) for every seven (7) or fraction thereof.

### **IV. MANAGERS FEE**

25976576.        \$185/Div. if one meet (both division @ one site) \$250 (2007)

B. Two tabulators \$50 each if one meet (both division @ 1 site)

C. 4 tabulators @ \$50 (2007)

(1) May be assigned as draw manager.

### **V. JUDGES (Recommendations)**

A. Should be out at school at least two years before being allowed to judge

B. Should receive rules prior to contest

C. Should be instructed to make meaningful comments

## **ONE ACT PLAY**

25976624.      **FORMAT**

- A. Plays to be starred.
- B. All starred plays receive a plaque.

### **II. DATE**

Saturday will be held the 3rd weekend of January. Alternate make-up date will be Saturday – 4<sup>th</sup> week of January

### **III. ENTRY FEE:**

\$100.00 per school and payable to HVL

### **IV. JUDGES**

25976720.    Three.

- B. Fee: \$25 (2014) per play plus mileage (current rate)

### **V. MANAGERS FEE/DUTIES**

26005552.    \$25.00 (2014) per play

- B. Secure judges, set up schedule, order awards (Executive Director), etc.

### **VI. SITE**

- 26005600.    To be determined.
- 26005601.    Triton has agreed to host each year if needed (begin 1994).
- 26005648.    Could be rotated if so desired (see Manager/Site Fee).

## FEES

### MANAGER/SITE

#### I. CATEGORY I

Two conference schools, playing a championship game, one date.

Boys Basketball, Girls Basketball, Baseball - Managers Fee: \$100.00(2013)

Site Rental

Basketball:      Gym Rental    \$150 (2013)

Ticket Takers, PA, Scorer, Timer = \$35.00/person (2013)

Supervisors = \$45/person (2013)

Baseball:      Field Rental    \$150 (2013)

Ticket Takers, PA, Scorer, Timer = \$35.00/person (2013)

Supervisors = \$45/person (2013)

#### II. CATEGORY 2

All schools, split divisions, one day event

Band Clinic                         \$ 100/Division

Choir Clinic                         \$ 100/Division

One Act Play Festival    \$25 per play

Speech                                 \$185/Division \$250 if one meet (2007)

Speech Tabulators                 \$50/person

Site Rental: If site is rotated, no site rental is paid

If one school continually host, rental expense can be submitted.

#### III. CATEGORY 3

A. All schools, one site.

Golf/Tournament                     \$100 (2007)

Golf – one tournament B/G         \$150

Boys Track                             \$300

Girls Track                             \$300

Track – one meet B/G                 \$400 (2007)

Boys and Girls Cross Country         \$150

Honor Concert Practice Site         \$70

Concert Site                             \$75

Honor Concert Managers' Fee:         \$200

Dance meet                                 \$200 (2007)

Site Rental: One Day/All HVL School, submit expenses.

Golf tourney, each school will be responsible for any green fees.

\*Honor Concert Practice Coordinator: Band \$75.00, Choir \$50.00

## **Below Varsity and Junior High HVL rules and regulations**

### **Volleyball**

#### **JR. HIGH**

- A. Scheduling JR HI volleyball games to be played at the same site. Start time 4:30. This would have all levels at the same opponent.
- B. Play 1 ½ hours, finishing the last game that was begun prior to the time limit. Games will be played to 25 points rally scoring, must win by 2 points.
- C. Depending on distance, all junior high teams will not play all teams in the conference. This will be decided on an individual basis. Conference teams are encouraged to play one another whenever possible.
- D. Coaches will agree prior to match on which skill level players will play in each game.(2005)
- E. Net lowered to 7 feet if possible.
- F. Serving line move up to 25 feet. Let serves are playable.
- G. No server in the 7<sup>th</sup> or 8<sup>th</sup> grade games will serve more than 5 in a row. After 5 successful serves the team must rotate or sub server out. (2007)

### **Football**

#### **JR. HIGH, C, and JV**

- B. JV games
  - o will be four quarters, ten (10) minutes in length, stop time.
  - o Halftime will be 5 minutes in length
- B. 7, 8 and C-squad
  - Time – 12 minute running time quarters will be used for all games(2011)
  - Halftime will be 5 minutes
  - Clock stoppage during running time:
    - o Any score will stop the clock until the ensuing kick-off
  - Time outs
    - o Two time outs per half, per team
    - o All time-outs (including officials time-outs) will stop the clock
  - Clock will stop the last two minutes of the 2<sup>nd</sup> and 4<sup>th</sup> quarters for the following
    - Out of bounds
    - Incomplete pass
    - Following a score
    - After a change of possession
    - Penalty (offensive penalty clock starts when ready for play)
    - If a team is ahead by 30+ pts in the 4<sup>th</sup> the clock only stops for time outs

## **Basketball**

### **JR. HIGH**

- All games will be 4 quarters; each quarter will be 8 (2011) minutes in length.
- Half time will be 5 minutes in length.
- No zones of any type. Teams must play Man-to-Man defense.
- Pressing: man-to-man pressing will be allowed in the 2nd half. This will include trapping and weak-side help (no pressing if 15 pts. ahead).
- Two time outs per half. 1 timeout per overtime (no carry over from second half).
- Overtime: 2 minutes in length. If tied after 2 overtimes, then sudden death.
- If host school has 2 gyms and play 7th & 8th at two sites 2 games for each grade level may be held. The 1st game played will be the B team (less skilled ) followed by the A game (more skilled).

## **Baseball**

### **JR. HIGH**

- The first game will not start any earlier than 15 minutes after the visiting bus arrives so that the visiting team has an adequate time to warm-up.
- 7<sup>th</sup> grade will play first
- each game will be 5 innings or an hour and 30 minutes in length, whichever comes first. If the length of the game is changed, it must be mutually agreed upon by both coaches. The inning can be completed if it is started before the end of the playing time, but no new inning can start if the hour and 30 minute time limit is up.
- 55' pitcher's mound and 75' bases.
- Besides these particular rules set up, follow the MSHSL rules.
- Double headers are encouraged for each grade when possible. Each game of the double header would be one hour and 15 minutes (2011) in length. The inning can be completed if it is started before the end of the playing time.
- Bat size – lightest bat for 7<sup>th</sup> grade should be -5, lightest bat for 8<sup>th</sup> grade -3 (2007)
- 7<sup>th</sup> graders may use -5 BBCOR bats for 7<sup>th</sup> grade games, but if an 8<sup>th</sup> grader is playing in a 7<sup>th</sup> grade game, due to player shortages for the 7<sup>th</sup> graders, they must use -3BBCOR bats. If a 7<sup>th</sup> grader plays in the 8<sup>th</sup> grade game, they would have to use the -3 bats. Any BESR bat is illegal and should not be allowed. (2014)

## **SOFTBALL JR. HIGH**

1. The first game will not start any earlier than 15 minutes after the visiting bus arrives so that the visiting team has an adequate time to warm-up.
2. 7<sup>th</sup> grade will play first
3. Each game will be 7 innings or an hour and 30 minutes in length, whichever comes first. If the length of the game is changed, it must be mutually agreed upon by both coaches. The inning can be completed if it is started before the end of the playing time, but no new inning can start if the hour and 30 minute time limit is up.
4. 40' pitchers mound and 60' bases.
5. 6 runs maximum per inning and the trailing team will bat in the last inning regardless of the score. 7<sup>th</sup> and 8<sup>th</sup> grade steal all bases (passed balls). Runners may score on passed balls and wild pitches 3 times per inning as part of your 6 run max in 7<sup>th</sup> grade games. (2014)
6. Besides these particular rules set up, follow the MSHSL rules.
7. Double headers are encouraged for each grade when possible. Each game of the double header would be one hour and 15 minutes (2011) in length. The inning can be completed if it is started before the end of the playing time.
8. To encourage more hitting/fielding and to allow more innings to be completed – each batter in the 7<sup>th</sup> grade game begins with an 0-1 count (2007)
9. Allow coaches to bat the entire bench and play any 9 of those in the field from start to finish. This is optional, but must be declared at the beginning of the game. (2012)