

Table of Contents

Membership.....	2
General Rules.....	3
Sportsmanship.....	3
Safety.....	4
All-Star Contests.....	5
Cross Country -Boys and Girls.....	5
Football.....	6
Girls Soccer.....	8
Volleyball.....	9
Basketball -Boys and Girls.....	11
Wrestling.....	13
Dance.....	14
Baseball.....	15
Softball.....	16
Golf -Boys and Girls.....	18
Track & Field -Boys and Girls.....	19
Music.....	21
Speech.....	23
One Act Play.....	23
Knowledge Bowl.....	24
All Conference.....	24
Academic All Conference.....	25

Three Rivers Conference Operating Rules For Conference Activities

Membership and Organization

- A. The Membership of the Three Rivers Conference consists of the following schools: Caledonia, Chatfield, Dover-Eyota, Fillmore Central, Kingsland, Lewiston-Altura, Plainview-Elgin-Millville (PEM), Rushford-Peterson, Southland, St. Charles and Wabasha-Kellogg. Conference membership dues are \$1000.
- B. Each member school shall be represented by its superintendent of schools at Three Rivers Conference Governing Board meetings. The Governing Board has the authority to change the Operating Rules for Conference Activities. A simple majority, (6) of the 11 superintendent Governing Board members, is required to change the Operating Rules.
- C. For activities and sports, where it is deemed appropriate by the Governing Board, a North Division and South Division of the Conference shall exist. The South Division shall consist of the following schools, Caledonia, Chatfield, Fillmore Central, Kingsland, Rushford-Peterson and Southland. Dover-Eyota, Lewiston-Altura, Plainview-Elgin-Millville, St. Charles and Wabasha-Kellogg will be members of the North Division. Schools are not bound to schedule junior high and ninth grade games and events with Conference schools or to follow the Conference schedule.
- D. In a cooperative venture between a conference school and non-member school, application by the co-op must be made to the Governing Board for inclusion into the conference schedule. Once the co-op is approved to participate in the Conference, it will be eligible for any conference events that apply to that activity and for all awards given to teams and participants. If the non-member school is the host school of the cooperative venture and belongs to another conference, the non-member's home conference must not offer the activity as a conference activity".
- E. The Conference will conduct an Annual meeting in September on a date approved by the Governing Board. The purpose of the meeting is to receive input regarding Conference operation from the Superintendents, Principal, ADs, MSHSL School Board Rep and Coaches/Directors of the activities of each school.

General Rules

All Conference contests shall be governed by the rules and regulations of the Minnesota State High School League.

- A. Each member shall furnish all other schools with the following information at least one week prior to the first conference games for football, basketball and volleyball:
 - 1. Name, weight (football), height, grade and position of each player.
 - 2. Color and number of jersey
 - 3. School colors, song and nickname.
 - 4. Names of coaches and cheerleaders.
- B. Home teams will provide dressing room accommodations for visiting teams.
- C. Any Three Rivers Conference event may be postponed by mutual agreement of the participating schools.
- D. To be sponsored as a Three Rivers Conference activity, four or more Conference teams must participate. If an activity has been a conference activity but because one or more teams have discontinued participation so as to leave the number of teams less than four (4), those remaining teams will be allowed to use the Three Rivers Conference name to host a tournament paid for by the participating teams.
- E. At the junior high level, the eighth grade team will play first.
- F. **Mangers fees** at the varsity level shall be \$100.00. **Dance Manager fees will be \$150**
- G. **The admission fees** for Three Rivers Conference events shall be \$5.00 for adults and \$3.00 per students. Admission will be charged for all indoor events at the following levels: 9th, B and Varsity games. Admission is charged for the Jr. Hi Track Meet (\$2 for adults & \$1 for students). All Conference event revenues will be turned over to the Conference.
- H. **Mileage** paid Judges, Clinicians, and Adjudicators for Conference sponsored events will be paid \$.35/mile for driving to the event.

Sportsmanship

- A. **Code**

The Three Rivers Conference Schools join together in requesting that all people attending games follow a code of ethical sportsmanship. This would include appreciation for the rules of the contest and respect for officials and opponents. Excellence in sportsmanship is the major goal of the Conference programs.
- B. **Fundamentals of Good Sportsmanship**
 - 1) Know, understand, and appreciate the rules of the contest.
 - 2) Show respect for the officials. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.

- 3) Show respect for the opponent at all times. Good sportsmanship is the Golden Rule in action.
- 4) Recognize and appreciate skills in the abilities of the participants as amateur in status.
- 5) Good sportsmanship is concerned with the behavior of all involved in the game.
- 6) Show a positive attitude in cheering, refraining from intimidating or negative cheering.

C. Responsibility of the Game Manager.

It is the responsibility of the game manager to confront individuals whose unsportsmanlike conduct is not acceptable at an athletic event. If confronted and negative behavior persists, the game manager shall insist that the individual or individuals leave the school grounds.

The game manager shall also have the authority to stop or cancel an event if the conduct of participants or fans poses a threat to the safety or well being of others.

Examples of acts that pose a threat to the safety or well being of others are listed below.

1. Throwing of any object onto the playing surface or in the stands.
2. Behavior deemed dangerous or behavior which interferes with the rights of others to observe the game.
3. Possessing, consuming or being under the influence of chemicals.
4. Use of obscene, profane or abusive language or gestures, signs, posters or banners that show disrespect for the opponent's team, officials, cheerleaders, band or other performing groups.
5. The use of noisemakers.
6. Entry onto the playing surface at any time.

D. Fan Behavior:

- a. When a Conference school is the visiting team at another Conference school site, the team and fans must comply with the rules established by the host school. This includes any site hosting a Conference event.
- b. Conference school teams and fans are also expected to follow the rules established at non-conference school sites and at sites selected for hosting post season tournament play at all levels.

Safety

All schools shall have supplies available at Three Rivers Conference events for the clean up of blood-borne pathogens and other body fluids. The supplies shall be kept in an area that is easily accessible for both the home and visiting school. All coaches and advisors will be informed as to the location of these supplies prior to the start of the event.

The Conference will reimburse host schools for the cost of having some type of personnel with medical type training, i.e. certified trainer, EMT, Nurse, or other medical person at the Conference sponsored Varsity Track, X-Country, and Dance meets. Also at the JV Wrestling tourney and Jr. Hi. Track meet.

All-Star Games

It is policy that the Conference will not be involved in sponsoring any all-star athletic contests

Cross Country - Boys and Girls

Rules

The National Federation Rules as found in the Track and Field guide will govern all league meets except as modified by the MSHSL.

Conference Meet

The Conference Meet will be held on Tuesday of the week preceding the Section 1 Meet.

Starting Time

4:30pm

Site Rotation

2009-Wabasha-Kellogg	2012-Dover-Eyota
2010-Lewiston-Altura/Rushford-Peterson	2013-Chatfield
2011-PEM	2014-Kingsland

Manager

The manager of the Three Rivers Conference Meet will be the Athletic/Activities Director or designee from the host school.

Officials

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 Three Rivers Conference.

The host school may hire up to 12 meet workers who will be compensated \$25.00 each. and the meet manager will receive \$100.00. Timing system allowance - \$250

Course Information

Race #1 Boys and Girls Junior Varsity
Race #2 Girls Varsity
Race #3 Boys Varsity

Distances

Boys – 5000 meters (Varsity & JV)
Girls – 4000 meters (Varsity & JV)

Map

A map shall be available to member schools showing the course outlay.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Postponements

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

Awards

Individual - All Conference individuals shall receive a conference medal.

Team - A trophy shall be given to the championship teams, varsity boys and varsity girls.

Ceremony - All medals and trophies shall be given out at the awards ceremony immediately following the last race.

All-Conference picture will follow on site at the conclusion of the meet. Meet manager to arrange for a photographer.

Football

Rules

The National Federation Football Rules govern all contests involving schools in the Three Rivers Conference, except as modified by the MSHSL.

Conference Alignment

The Conference will be divided into North and South Divisions with games scheduled on a two-year rotation. The first three games are to be played with the conference teams from the other division. The 3 largest schools from one division are to play the 3 largest schools from the other division. This is also true for the 3 smallest schools in each division.

Determination of the 6 largest schools will take place at February AD meeting in odd numbered years. Enrollment numbers from the previous October will be used.

Schedule

All varsity games will be Friday evenings with the exception of the games played during the week on the October Education Minnesota Conference, it will then take place on Wednesday.

Starting Times

Varsity	7:00pm
"B" Squad	6:00pm
9 th grade	5:00pm
"C" Squad	4:30 pm

Officials

Varsity-minimum of 4 registered officials shall be used for varsity games.

B squad - 3 officials, minimum of one registered official to work with others scheduled by the host school.

9th grade - 3 officials

C squad - 2 officials per game.

Scouting, Filming and other Aids

Game films are to be exchanged if either coach requests it.

Standard Guidelines for Film Exchange

When Filming:

Include quarter scores

Show receiver to receiver, safety to running backs

Show breaking of the huddle to the end of the play

Do not film ball flight during passes or kicks.

Each team is to be allowed a video-taper and coach in the press box.

Headsets are permitted but each school must furnish their own.

Rosters

It shall be the responsibility of each school to send a current squad roster for programs to all conference opponents. Name, number (smallest to largest), year in school, position, height, and weight.

Programs

The host schools will provide a varsity game program with minimum information as indicated as roster information.

Awards

A trophy will be awarded annually to the divisional champion. In case of ties, a duplicate award will be made to each school.

The championship of a division is based only on the intra-divisional games.

All-Conference team selection will be on Wednesday evening of the week of the Section championship game. North and South Divisions will hold separate meetings.

Medical Aid

It is recommended that a doctor or ambulance is in attendance, and immediately available, at home games, and recommend that the doctor visit both coaches.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Competition

Competition at all team levels will occur during the same week against the same school. A Varsity game may be held on a Thursday or Saturday by mutual agreement.

Coaches must notify the opposing coach by noon the day of a Jr. Hi., 9th or B squad game if they plan to dress older players for the game.

B Squad Games

To be held on Mondays at the opposite site of the week's varsity game. The first game of the season will be held on Thursday prior to the first Varsity game.

Four 10-minute quarters.

Seniors are not allowed to play in "B" Squad games. Juniors may play if both "B" squad coaches mutually agree to allow their participation.

Lower levels are allowed to participate at the discretion of the district.

C Squad Games

Games will be played on Monday at the same site of the week's varsity game.

Four 16-minute running quarters, Time outs and touchdowns stop the clock throughout the game.

Dead balls stop the clock the last minute of each half.

Only 7th and 8th grade students may participate in "C" squad games. Only Seventh grade coaches (1 coach) may stay on the field to organize and instruct participants. One the play is ready to begin, they must step back and not coach during the play.

9th Grade games

Games will be played on Thursday at the opposite site of the varsity game.

Tenth graders may play in the ninth grade game if it is mutually agreed to do so by both 9th grade coaches.

They will play four 10-minute quarters.

Girls Soccer

Conference Alignment

The Conference will consist of 4 teams: Plainview-Elgin-Millville, St. Charles, Caledonia, and Dover-Eyota.

Schedule All teams must play each other twice to determine a conference champion. All conference games will have as recommended days of the week Tuesday and Thursday. Games are preferably to be scheduled in late August and early September.

Starting Times

All conference games will start at 7:00 PM. JV game times will be 5:00 PM.

Officials

All conference games will have a minimum of 2 certified officials for the varsity match (3 recommended). JV will have a minimum of 1 certified official (2 recommended).

Game Configuration

All Varsity conference games will consist of two 40-minute halves, 10-minute half-times, and two 5-minute over-times.

Media

Host school will report results to area media outlets (Winona Daily News, LaCrosse Tribune, Rochester Post Bulletin, KTTC and KAAL TV).

Medical

Each host school is to have ice at the site of the match. It is recommended that each host school have medical personnel at each conference match.

Rosters/Programs

Names and numbers will be faxed/emailed/mailed to the host school for each conference match for the purpose of making programs.

Admission

Admission to conference matches will be charged at the beginning of the JV contest. \$5 for adults and \$3 for students.

All-Conference

The All-Conference team will be selected according to Conference guidelines for selection of honorees.

Volleyball

Rules

The National Federation Volleyball Rules govern all contests involving schools in the Three Rivers Conference, except as modified by the MSHSL.

Conference Alignment

The Conference will consist of only one division. All games within the Three Rivers Conference count toward the championship. Schools will play each team once.

Schedule

Varsity volleyball matches will take place on Tuesdays and Thursdays; the only exception will be Monday games, which are scheduled to avoid conflicting with the football playoff schedule.

Starting Times

“A” squad - 20 minutes after the “B” game but not before 7:30pm

“B” squad – These games will precede varsity contest. They are to begin no earlier than 6:00. Should the 9th grade game end after 6:05 PM, a maximum warm-up time of 10 minutes will be provided.

9th grade – 4:45 pm. 3 matches are played. The 3rd match is to 15 points.

“C” squad - 4:30 pm. When 7th and 8th matches are played simultaneously, they will be 1 ½ hrs in length. When the matches are back-to-back, they will be 1 hour long.

Officials

Two registered officials with the MSHSL shall be hired by the host school for both the “A” and “B” game.

Line Judges

The varsity line judges must be 2 adults (post high school graduate). They are required to wear attire that distinguishes them as officials.

Warm-up

When only one net is available for warm-ups, the warm-up will be 5-6-6-3.

The host school shall furnish volleyballs for warm up for all levels of visiting teams.

Scorers

The official scorer for the “A” game must be a responsible adult (post high school graduate).

The host team will also provide one space for the visiting scorer at the official scorer’s table.

The home team is to provide a tracker for the libero at the scorer’s table.

Rosters

It shall be the responsibility of each school to send a current squad roster for programs to all conference opponents. Name, number (smallest to largest), year in school, position.

Awards

A trophy will be awarded annually to the conference champion. In case of ties, a duplicate award will be made to each school.

All Conference selection is to take place the Wednesday before the playoffs begin, at a central site.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

C Squad

Only 7th and 8th grade students may participate in "C" squad team.

Eighth grade game is to be played first. Seventh grade to follow. There is an 1 hour time limit for 8th grade and for 7th grade. Each grade should get the full hour of time; regardless of number of games played.

Rally scoring will be used. Games will be to 25; win by two.

Service Line is to be moved forward 6 feet.

No server may serve more than 5 consecutive serves. After scoring 5 consecutive points, the server and other position players will rotate with the team maintaining service.

Basketball- Boys and Girls

Rules

The National Federation Basketball Rules govern all contests involving schools in the Three Rivers Conference, except as modified by the MSHSL.

Conference Alignment

There will be 1 division with all teams playing each other on a home and home basis.

Schedule

Varsity games are to be scheduled on Tuesdays, Thursdays and Fridays. Games that need to be rescheduled may be scheduled on Mondays and Saturdays. The second and third Thursdays in December will be left open for music concerts.

Starting Times

"A" Squad	20 minutes after the "B" squad, no earlier than 7:30pm
"B" Squad	6:15pm
9 th Grade	5:00pm
"C" Squad	4:30pm

Scorers

The official scorer for the "A" game must be a responsible adult (post high school graduate). The host team will also provide one space for the visiting scorer at the official scorer's table.

Rosters

It shall be the responsibility of each school to send a current squad roster for programs to all conference opponents. Name, number (smallest to largest), year in school, position, and height is to be included.

Awards

A trophy will be awarded annually to the Conference champion. In case of ties, a duplicate award will be made to each school.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Warm-up

The host school shall furnish basketballs for warm up for all levels of visiting teams.

B Squad

"B" Squad games will precede varsity events and will begin no earlier than 6:15pm. Should the 9th grade game end after 6:05pm, a maximum warm-up time of 10 minutes will be provided.

The number of regular season and tournament games shall not exceed the number of varsity games.

Only students in grade ten and under are allowed to participate in "B" Squad games, unless mutually agreed upon by the coaches.

Halves Length - 15 minutes

Half time - 5 minutes

Overtime - 3 minutes

9th Grade

Only students in grade 9 and below may participate in 9th grade games. Any ninth grade player who has played in a varsity game shall not be allowed to play in any remaining ninth grade games during the same week.

Halves length - 14 minutes.

Halftime - 3 minutes.

Overtime two minutes, second overtime=sudden death.

"C" Squad

"C" squad games will be scheduled by each individual school.

Only students in grades seven and eight are to be allowed to participate in "C" squad games.

Halves length - 14 minutes

Overtime length - 2 minutes

Officials at least one official must be over 18 years of age.

Only defense allowed in 7th grade is man to man.

Pressing (full court) at the 7th and 8th grade levels is permitted if your team is ahead by 9 or fewer points.

Two time outs per half, no carry over.

One time out per overtime.

Teams may elect to play 5-quarter games by mutual agreement.

Wrestling

Rules

The National Federation Wrestling Guide governs all contests involving schools in the Three Rivers Conference, except as modified by the MSHSL.

Conference Alignment

There will be one division with all schools playing each other. Conference triangular and quadrangular matches are strongly encouraged to be scheduled. The second and third Thursdays in December will be left open for music concerts.

Schedule

Conference matches are to be scheduled on Thursdays or Fridays. Tuesdays are allowable if schedule conflicts dictate such days be used.

Junior Varsity Individual Wrestling Tournament to be held the weekend before team Sections.

No awards, no trophies.

Each school will provide an official.

Admission will be charged at the conference rate.

Site Rotation:

	2014-Southland
2010-Caledonia	2015-Wabasha-Kellogg
2011-St. Charles	2016-GMLOK
2012-LA/R-P	2017-Chatfield
2013-Dover-Eyota	2018-PEM

Starting Times

Weigh-ins 5:30

“B” Squad 6:00pm

“A” Squad 7:30pm, no earlier than

Officials

The official scorer for the “A” game must be a responsible adult (post high school graduate). The host team will also provide one space for the visiting scorer at the official scorer’s table.

Rosters

It shall be the responsibility of each school to send a dual meet line up between 7:45 and 8:00am the morning of the meet.

Awards

A trophy will be awarded annually to the Conference champion. In case of ties, a duplicate award will be made to each school.

All Conference selection is to take place the Wednesday before the section team tournament begins.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent’s area.

Dance

Schedule

Dance team is recognized as a Three Rivers Conference activity, consisting of Jazz/Funk and High Kick. Dual meets are a decision of each school to schedule as they wish.

Conference Tournament

A dance team tournament shall be held each year with a championship trophy awarded for both high kick and jazz/funk categories.

Conference Meet Rotation

2012	Wabasha-Kellogg	2016	Chatfield
2013	PEM	2017	Rushford-Peterson
2014	St. Charles	2018	Dover-Eyota
2015	Lewiston-Altura	2019	Wabasha-Kellogg

Worker and Fees

Manager-\$150.00
Ticket takers 2 @\$25 each
Site fee-\$75
Announcer-\$25
Sound Board Operator \$25
Sound System Rental – Up to \$250 may be allowed for sound system rental to include the cost of the operator.

Admission Prices

Adults \$5.00
Students \$3.00

Gate Receipts

The conference shall receive the gate receipts from the Conference Meet.

Awards

The total number (includes High Kick & Jazz Funk) of dancers selected for All-Conference shall be 3 times the number of schools participating.

Non-Conference School Participation

A non-conference school may be allowed to participate if formally approved. They will be critiqued but are not eligible for any awards. They will be charged a \$50 fee.

Baseball

Rules

The National Federation Baseball Rules govern all contests involving schools in the Three Rives Conference, except as modified by the rules and applicable sections of the MSHSL Constitution and by-laws.

Conference Alignment

The Conference will be One Division with all teams playing each other on a home and home basis.

Starting Times

All conference games will start at 5:00 pm. The time may vary if mutually agreed upon.

Postponements

Games called before regulation and postponed contests will be made up at the earliest date by taking precedence over non-conference games. Rescheduled games may be played as full seven inning games or as part of a six inning double header.

Incomplete or Suspended game

If a regulation game ends in a tie and is the first game of the double round robin, it shall be completed at the next meeting of the two teams prior to the scheduled contest. Rules of a suspended game shall apply. If the tie game is the second game, or a game with the other division, it will be completed if it affects the conference championship.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Games

The Three Rivers Conference will not schedule double headers as part of the conference schedule. Schools may choose, through mutual agreement, to play a doubleheader rather than two separate games.

The B squad will be made up of tenth grade students and under.

B squad games, at a minimum, should have a certified umpire behind the plate.

Warm-up

The home team is to have completed their infield/outfield warm-up by 15 minutes prior to game time. The visiting team is allowed to take the field at that time.

Awards

A trophy will be awarded annually to a Conference champion. In case of ties, a duplicate award will be made to each school.

All Conference selection is to take place the Wednesday before the playoffs begin.

Jr. High

Game time – 4:45 pm. Time may vary if mutually agreed upon.

Eighth grade students may be allowed to play in 7th grade games, at certain positions, by mutual agreement.

Bases length-75 feet

Pitcher's mound 55 feet to the plate.

10 players shall be allowed to be used in the field and batting order. If a team chooses to play 9 players, there shall be no penalty. A team may also choose to bat the whole line up/team without penalty. Original batting order will be maintained throughout the game.

Stealing of bases is allowed at the 7th or 8th grade level. The runner may not leave the base until the ball has left the pitcher's hand.

Game Length-Junior High games shall have no innings begin after 55 minutes after the start of the game. All innings started should be completed. If five innings of play are completed in less than 55 minutes, complete innings will be played until at least one hour of play has transpired.

Maximum 6 runs can be scored in any one inning.

Speed up rules as presented in the MSHSL Rule Book are adopted by the conference.

No infield/outfield by the visiting teams.

Softball

Rules

The National Federation Softball Rules govern all contests involving schools in the Three Rives Conference, except as modified by the rules and applicable sections of the MSHSL Constitution and by-laws.

Conference Alignment

The Conference will be divided into North and South divisions. All games within the Three Rivers Conference count toward the divisional championship. Schools will play each team within their division twice and in the other division once.

The last game of the season is a regular game (no bearing on a championship). The # 1 team in each division will play each other; the #2 teams will play each other; the #3 teams, etc.

Games

Games shall be scheduled as single seven inning games.

The B squad will be made up of tenth grade students and under.

B squad pitching distance will be 43 ft.

B squad games, at a minimum, should have a certified umpire behind the plate.

Incomplete or Suspended game

If a regulation game ends in a tie and is the first game of the double round robin, it shall be completed at the next meeting of the two teams prior to the scheduled contest. Rules of a suspended game shall apply. If the tie game is the second game, or a game with the other division, it will be completed if it affects the conference championship.

Starting Times

All conference games will start at 5:00 pm. The time may vary if mutually agreed upon.

B squad games will start at 4:45

Postponements

Games called before regulation and postponed contests will be made up at the earliest date by taking precedence over non-conference games. Rescheduled games may be played as full seven inning games or as part of a **seven** inning double header.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Warm-up

The home team is to have completed their infield/outfield warm-up by 15 minutes prior to game time. The visiting team is allowed to take the field at that time.

Awards

A trophy will be awarded annually to each divisional champion. In case of ties, a duplicate award will be made to each school.

All conference selection to take place on the Wednesday before the playoffs begin.

Jr. High

Game time – 4:45. The time may vary if mutually agreed upon.

Eighth grade students may be allowed to play in 7th grade games, at certain positions, by mutual agreement.

Game Length-Junior High games shall have no innings begin after 55 minutes after the start of the game. All innings started should be completed. If five innings of play are completed in less than 55 minutes, complete innings will be played until at least one hour of play has transpired.

Jr Hi pitching distance will be 40 ft.

All 7th and 8th batters will start with a 1-1 count.

Maximum 6 runs can be scored in any one inning.

Roster/Line up-10 players shall be allowed to be used in the field and batting order. If a team chooses to play 9 players, there shall be no penalty. A team may also choose to bat the whole line up/team without penalty. Original batting order will be maintained throughout the game.

Stealing of bases is not allowed at the 7th grade level. The runner may advance if the ball gets by the catcher or catcher makes a pick-off attempt.

No walks at the 7th grade level. After ball four, the coach of the team on the field will soft-toss to the batter.

No infield/outfield by the visiting teams.

Golf -Boys and Girls

Rules

USGA and MSHSL rules will govern play. Any local course rules will be discussed the day of the meet.

Conference Alignment

The Conference will be divided into North and South divisions. A double round robin schedule (home and away) shall be followed within the division.

Starting Times

The matches will begin after both teams arrive at the course.

Matches

A match will consist of 9 holes of play.

Conference Varsity Golf Match (18 holes), open to date, course and time. Preferably a Saturday, if during the week, start time will be 4:30pm

Cost per player will be charged to each school. Any local course rules will be discussed the day of the meet.

Junior High Golf Match (9 holes), open to date, course and time. Preferably a Saturday, if during the week, start time will be 4:30pm
Cost per player will be charged to each school. Any local course rules will be discussed the day of the meet.

Conference Golf Tournament: A tournament may be held in the spring with a 2:00 pm start.

Roster

It shall be the responsibility of each school to send a current squad roster between 7:45 and 8:00am to that evenings conference opponents. This list will be used to determine foursomes for the evening's contests and tee-off times.

Participation: Juniors will be allowed to play on a B/JV team. Seniors can be used to fill out a B/JV team only if needed.

Awards

The conference champion will be the team with the best won-lost record within the division.

A trophy will be awarded annually to each divisional champion. In case of ties, a duplicate award will be made to each school.

All Conference selection is to take place the Wednesday before the playoffs begin. North and South will conduct separate meetings. In case of an end-of-season point total tie between golfers, their individual scores in the Conference tournament will be used as the tie breaker for determining All-Conference.

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Track & Field - Boys and Girls

Rules

The Track and Field Rules adopted by the National Federation of High School Athletics will prevail, except as amended by the MSHSL.

Meets

The Three Rivers Conference Track Meet shall be held the Saturday of the week prior to the State True Team.

All weather tracks are to be used for varsity meets.

No prelims in the Conference meet and three participants allowed per event per team.

Starting Times

Field Events	10:00am
Running Events	11:00am

Workers

Host school is required to provide a meet manager	
Meet manager-Varsity	\$150.00
Meet manager-Jr. High	\$75.00
Worker at a varsity meet	\$25.00 (pay up to 37 workers)
Worker at Jr. High meet	\$15

Admission

Adults	\$5.00
Students	\$3.00

Gate Receipts

The conference shall receive the gate receipts from the Conference Meets.

Postponements

Should a postponement occur, the make-up date would be Tuesday of the following week.

If a postponement from the Saturday meet occurs, pole vault and high jump will begin at 3:30pm, running events begin at 4:30pm

Awards

Team - A Conference Championship trophy will be awarded to the winning team (boys and girls) at the conference meet.

Individuals-Medals will be given to the first place winners, and ribbons will be given to participants who take second through sixth place.

Ways to earn All-Conference honors:

- Finishing 1st place in a Conference meet event.
- Breaking a Conference record at the Conference meet.
- Earning a total of 14 points at the Conference meet. No finishes below 3rd place will count towards the total. National Federation point values will be used (1st =10, 2nd = 8, 3rd = 6). If an athlete has earned All-Conference honors via "a" and "b" above, he/she will not receive an additional medal for having earned 14 points.

Schedule

The following schedule of varsity conference meet sites will be as follows:

2010	Wabasha-Kellogg	2013	PEM
2011	Rushford-Peterson	2014	Lewiston-Altura
2012	Caledonia	2015	St Charles
		2016	Chatfield

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Red Wing Republican Eagle, Austin Post Bulletin, KTTC, Rochester Post Bulletin, KAAL, Associated Press) Results shall especially be called in to outlets that service the opponent's area.

Jr. High

There is a limit of 2 participants from each team per event, 1 relay team per grade/gender. Ninth graders may participate as part of the junior high meet.

The Jr. High Conference meet will be held on a Saturday prior to the Varsity meet.

The Jr. High meet make-up date will be the following Monday with a 3:30 PM start time for the Pole Vault and the High Jump.

The below listed schedule of junior high meet sites will be followed:

2010 - PEM	2013 - Caledonia
2011 - Lewiston-Altura	2014 - Chatfield
2012 – St. Charles	2015 – Wabasha-Kellogg

Junior High Events (for both boys and girls unless otherwise indicated)

Shot Put	Discuss
Pole Vault	Long Jump
High Jump	Triple Jump
100 meter low hurdles-girls	110 meter intermediate hurdles-boys
100 meter	200 meter low hurdles (7 th & 8 th only)
200 meter	400 meter
800 meter	1600 meter
4 x 100 meter relay	4 x 200 meter relay
4 x 400 meter relay	300-meter low hurdles- (9 th grade)

Awards

Ribbons will be awarded to those who finish in the top six places.

Admission

\$2 for Adults; \$1 for students.

Music

Nature

The All Conference concert is an evening concert performed by an All Conference chorus and band consisting of selected schools from the Conference Schools. Students are selected to be in 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. The band and chorus are to be directed by guest conductors.

Purpose

The All Conference concert is an opportunity for the more talented and developed musicians of each Conference 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 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 All Conference groups for a common goal of musical excellence should be utilized as a situation to foster good relations between student bodies of the Conference schools.

Policies and Procedures

School Representation

Band: Each school's representation should be a maximum of 8 students.

Chorus: Each school's representation should be a maximum of 10 students.

Rehearsal Time and Dates

Both band and chorus will have all rehearsals and the performance on the 2nd Monday in November. The rehearsals will occur during the day with a performance in the evening.

Concert shall start at 7:00pm

Participating directors from each school must attend all rehearsals and the concert.

Selection of Music

Music is selected by the directors, also taking into consideration one suggested number from the guest conductor. The participating high school directors shall have the music list by September 1 in order that the music can be obtained immediately. An effort shall be made to include a variety of music in both choral and instrumental selection.

Dress Code

Choir members should wear dark slacks, dark socks, and dark dress shoes under their robes.

Date of the All-Conference Concert

The All-Conference concert is to be held on the 2nd Monday in November.

Site Rotation

2009	Rushford-Peterson	2014	Chatfield
2010	Caledonia	2015	Dover-Eyota
2011	Lewis-Altura	2016	Fillmore Central
2012	St Charles	2017	Southland
2013	Wabasha-Kellogg	2018	Kingsland
		2019	PEM

Publicity, Ticket Sales and Programs

This shall be taken care of each year by the host school. Conference music admission fees will be, Adults \$5.00, Students \$3.00.

Gate Receipts

The conference shall receive the gate receipts from the Conference Meet.

Home Rooms

A homeroom shall be provided for each school during the day and after school hours on the day of the concert.

Selection of Conductors

The host school shall hire the Conductors.

The Three Rivers Directors shall compile a list of conductors at the principals' May meeting to enable the host school to proceed with hiring their services. Each list, vocal and instrumental, shall include five names in order of preference. The guest conductors shall be hired prior to August 1.

Director's Fees

The guest director and all clinicians will be paid \$450 plus the Three Rivers Conference mileage rate. See Page 3.

Managers fee will be \$100.00

Accompanist fee of \$160.00

Awards

Medals will be provided to the individuals selected for the All-Conference band and choir. Up to 10 medals per school will be allowed for each of Band and Chorus.

Awards will be distributed by the host school the night of the concert.

Speech

Tournament

A conference speech tournament will be held each spring for the purpose of preparing students to compete at the regional and state levels.

Format

Each school is limited to 4 participants in each division.

Each is responsible for providing judges

Number of judges is determined by the contest manager.

Contest Salaries

Manager \$150.

Assistant Manager \$40.00

Tabulator \$40.00

Speechmeet.Com will be purchased and paid for by the Conference.

Site Rotation

2010 Fillmore Central

2014 PEM

2011 Wabasha-Kellogg

2015 Lewiston-Altura

2012 Chatfield

2016 Rushford-Peterson

2013 St Charles

2017 Kingsland

Awards

Team-A trophy will be awarded annually to the Conference champion. In case of ties, a duplicate award will be made to each school.

Individual- Awards are to be presented for students who place in the top 6 of each division. The first place winner will receive a medal and the other 5 place finishers will be given ribbons.

One Act Play

The Three Rivers Conference will conduct, on an annual basis, a Conference One-Act Drama contest. It is to take place before the subsection One-Act Play competition.

A trophy will be awarded to the champion.

Districts and the Conference will not be charged a fee to participate.

Students will not be allowed to miss any instructional time to practice for or participate in the Conference One Act Drama contest.

No admission fees to be charged as this procedure requires an increase in the royalty fees paid for the use of materials.

Event is to be held at Wabasha-Kellogg High School.

Site Managers Fee

\$100.00

Judges

3 certified HS drama judges at a rate of \$100 each per day.

Stage Manager and Sound/Light Technician - \$50 each

Knowledge Bowl

Schedule

Schools must report at the annual meeting (Nov.) whether or not they will be participating in Knowledge Bowl.

Schedule will be distributed by Dec. 1. Each Division will have 2 regular Conference meets; one in January and one in February. All schools in a Division will be included in each meet. The meets will be held at a central location either after school or on a Saturday. Division winners will be determined by their overall scoring performance at the 2 meets. There will then be Conference Finals meet between the 2 Division champions to determine the Conference Champion.

Conference competition will be held in January and February, with sections in March, State Tournament in April.

Conference Championship will be determined by the top team from the North Division taking on the top team from the South Division, after the regular season has been completed. Championship match will take place at alternating sites.

2009 North Site	2012 South Site
2010 South Site	2013 North Site
2011 North Site	2014 South Site

Athletic All Conference Procedures

The following numbers will be used as starting players to calculate the number of All Conference recipients, Football (14 starting players), Softball (10), Baseball (10), Basketball (5), Volleyball (6), wrestling (14) and cross-country (7), Soccer (11).

The Conference does not encourage nor facilitate in the taking of All-Conference team pictures. No travel is allowed by member schools for the specific purpose of taking a team picture.

The following formula shall be used to determine the number of All-Conference members.

$$\frac{(\text{Number of starting Players}) \times (\text{Number of Teams})}{4} + 1$$

Golf - the maximum number of members of the All Conference team will be equal to twice the number of participating teams plus one. All Conference selections will be determined by all-conference differential compared to MGA course rating. In case of an end-of-season point total tie between golfers, their individual scores in the Conference tournament will be used as the tie breaker for determining All-Conference.

Track - Ways to earn All-Conference honors:

- a. Finishing 1st place in a Conference meet event.
- b. Breaking a Conference record at the Conference meet.
- c. Earning a total of 14 points at the Conference meet. No finishes below 3rd place will count towards the total. National Federation point values will be used (1st = 10, 2nd = 8, 3rd = 6). If an athlete has earned All-Conference honors via “a” and “b” above, he/she will not receive an additional medal for having earned 14 points.

No student is to be excluded from the All Conference selection process based solely upon the lack of representation at the All Conference Meeting.

When an activity has 2 divisions, there shall be an all-conference team selected for each division.

Dance - The total number (includes High Kick & Jazz Funk) of dancers selected for All-Conference shall be 3 times the number of schools participating.

Academic All Conference

Athletic

The Three Rivers Conference will give All Conference Academic recognition to all athletes who meet the following requirements:

- a. Must be a letter winner
- b. Must have a 3.5 (on a 4.0 scale) grade point average or better in the preceding quarter grading period with no grade below a "C-".
- c. Football, volleyball, cross-country and cheerleading will be based on first quarter grades.
- d. Basketball, wrestling, cheerleading and dance will be based second quarter grades.
- e. Golf, track, baseball and softball will be based on third quarter grades.

The athletic director of each school will be responsible for awarding academic all conference honors to qualified recipients. The executive secretary will provide all athletic directors with a supply of certificates.

Music

The Three Rivers Conference will give All Conference Academic recognition to all music students who meet the following requirements:

Member in good standing of a high school music group.

Cumulative grade point average of 3.5 (on a 4.0 scale) or higher calculated at the end of the third quarter with no grade below a "C-".

Superior rating in either solo or ensemble at their respective subsection small group music contest.

The athletic director of each school will be responsible awarding the academic all conference honors to music students who meet the criteria listed above. The executive secretary will provide all athletic directors with a supply of certificates.

Grade Point Average

To convert letter grades, all schools shall use the following points: A = 4.0, A- = 3.67, B+ = 3.33, B = 3.0, B- = 2.67, C+ = 2.33, and C- = 1.67.