

Table of Contents

Membership.....	2
General Rules.....	3
Sportsmanship.....	4
Safety.....	5
All-Star Contests.....	5
Cross Country -Boys and Girls.....	5
Football.....	6
Soccer-Boys and Girls.....	7
Volleyball.....	8
Basketball -Boys and Girls.....	9
Wrestling.....	11
Dance Team.....	12
Baseball.....	13
Softball.....	15
Golf -Boys and Girls.....	17
Track & Field -Boys and Girls.....	18
Music.....	20
Speech.....	22
One Act Play.....	23
Knowledge Bowl.....	23
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, Cotter, Dover-Eyota, Fillmore Central, LaCrescent-Hokah, Lewiston-Altura, Plainview-Elgin-Millville (PEM), Rushford-Peterson, Southland, St. Charles and Wabasha-Kellogg. Conference membership dues are \$1000. Houston is a member for Dance only and Kingsland is a member for X-Country only. Their dues are \$125 each.
- 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 affirmative vote by (8) of the 13 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, an East Division and West Division of the Conference shall exist. The East Division shall consist of the following schools: Caledonia, Cotter, Fillmore Central, Lewiston-Altura, LaCrescent, Rushford-Peterson. The West Division shall be: Chatfield, Dover-Eyota, Plainview-Elgin-Millville, St. Charles, Southland and Wabasha-Kellogg. 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. Using the MSHSL website, 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, 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. Conference Priority- In keeping with the purpose of being a member of the Conference, all Conference-scheduled contests, especially at the High School team levels, should be honored and take precedent over all other regular-season contests. If a significant circumstance beyond a school's control should arise unexpectedly that would force a team to be unable to compete at a specific team level, information must be communicated with opposing schools at the earliest possible time. If adjustments in schedules are necessary to accommodate pending conflicts of schedule, schools must mutually agree upon a favorable solution for both schools.
- E. 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.
- F. At the junior high level, the eighth grade team will play first.
- G. 6th graders will not be allowed to participate on any teams for grades 7-12 in any Conference competition.
- H. The JV team is to be made up of 11th grade and below. The “mutual agreement” rule would apply, if necessary, to allow Seniors to participate on the team.
- I. **Managers fees** at the varsity level shall be \$100.00. Dance Manager, Track Manager and Golf Manager fees will be \$150, Music Manager Fee will be \$200
- J. **The admission fees** for Three Rivers Conference events shall be \$6 for Adults and \$4 for Students. If a school charges out-of-town Senior Citizens 60 and older, they shall charge the

student rate (currently \$4). Those schools who let visiting Senior Citizens in free may continue to do so. Admission will be charged for all indoor events at the following levels: 9th, JV 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 with the exception of JV Wrestling and Jr. High Track

K. **Mileage** paid Judges, Clinicians, and Adjudicators driving to Conference events is \$.35/mile.

L. **Foreign Exchange Students** may be allowed to participate at any HS team level that fits their ability/experience regardless of their classified grade level by the school. This would be by mutual agreement with each competing Conference school. This applies to all competitive activities.

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

Race times are 4:00 PM and 4:45 PM

Site Rotation

2017 Wabasha-Kellogg	2023 Grand Meadow
2018 L-A/R-P	2024 Kingsland
2019 PEM	2025 FC/Lanesboro
2020 D-E	2026 St Charles

2021 LaCrescent-Hokah
2022 Chatfield

2027 Cotter
2028 Wabasha-Kellogg

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

There are 2 races. Boys Varsity and Junior Varsity run first on odd numbered years. Girls Varsity and Junior Varsity runs first on even numbered years. Any grade level (7-12) winner is eligible to earn a medal.

Distances

Boys – 5000 meters (Varsity & JV)
Girls – 5000 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, Austin Daily Herald, 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. The makeup date, if needed, will be on the next day (Wednesday) to begin at 3:30 PM.

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 to be taken by individuals who wish to have a picture.

Boys and Girls Soccer

Conference Alignment

The Conference will consist of 6 teams for **Girls**: Plainview-Elgin-Millville, St. Charles, Caledonia, Dover-Eyota, Cotter and Lacrescent-Hokah. There are 6 teams for **Boys**: PEM, Caledonia, Cotter, Lacrescent, St. Charles, 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 Varsity games will start at 7:00 PM. Starting time is 5:00 PM if the school has no lights 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 40-minute halves, 10-minute half-times, and two 5-minute over-times. **JV** games will consist of 40-minute halves, 10-minute half-time and no overtime. **Jr.Hi.** games will consist of 35-minute halves, 10 minute half-time and no overtime.

Media

Host school will report results to area media outlets (Winona Daily News, Austin Daily Herald, 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

When building programs for all Conference games, the team rosters will be taken from the League website.

Admission

Admission to conference matches will be charged at the beginning of the JV contest. \$6 for adults and \$4 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 7:15pm

“JV 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. All Juniors are eligible to play. 9th grade – 4:45 pm. If 3 matches are played, the 3rd match is to 15 points. If a team has won 2 matches, a 3rd match is not required. The remainder of the allotted time left is to be a scrimmage refereed by volunteers.

“C” squad - 4:30 pm.

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 4-6-6-2-2.

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.

Libero is a starting position and is to be considered for All-Conference selection.

Media

The host school will report the meet results to the usual Media outlets (Winona Daily News, LaCrosse Tribune, Austin Daily Herald, 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 on "C" squad team.

When matches are played back to back, Eighth grade game is to be played first. Seventh grade to follow. There is an 1 hour time limit for each grade. Each grade should get the full hour of time; regardless of number of games played.

When matches are played simultaneously, each match will be 1 ½ hours in length.

Rally scoring will be used. All 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 2 Divisions (East and West). Each team will play 2 games (home /away) within their Division and 1 crossover game with all teams in the other Division. The games played in both Divisions will count toward the Division championship.

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 "JV" squad, no earlier than 7:30pm

“JV” Squad 6:15pm
9th 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 each Division 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, Austin Daily Herald, 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.

JV Squad

“JV” 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 11 and under are allowed to participate in “JV” Squad games. If mutually agreed upon by the coaches, Seniors may be used if they are needed to field a team.

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

Halftime – 3 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 two divisions (East/West) and teams will be scheduled to wrestle in their Division only. Wabasha-Kellogg will be placed in the East Division for Wrestling in order to balance teams within the Divisions. Teams will schedule cross-division matches on their own. Conference triangular and quadrangular games are 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.
- A 1st place medal provided by the Conference will be awarded. No trophies or other award.
- Start time: 8:00 AM weigh-in; 10:00 AM wrestling begins
- Officials must be certified and will be hired and paid by the host school.
- Each school will pay \$75 to help with the cost of officials.
- Admission will be charged at the conference rate. Host school will pay all expenses and will keep the gate receipts for covering costs.

Eligibility:

- All JV wrestlers grades 7-12 are eligible to participate.
- Four additional weight classes have been added: 78 lb, 88 lb, 93 lb, 98 lb

- Any wrestler having 6 or more wins (not including forfeits), is NOT considered JV.
- Any wrestler who is reasonably expected to compete in the Individual Section Tourney, is not considered JV.

Brackets:

- Brackets will be available to coaches prior to wrestling beginning.
- All Varsity weight classes will be used with 2 lb. allowance. MSHSL allowance protocol will be used if anyone has a weigh-in the night before.

Site Rotation:

2018 Caledonia	2023 LaCrescent-Hokah
2019 St Charles	2024 W-K
2020 LA/RP	2025 GMLOSK
2021 PEM	2026 Chatfield
2022 FC	2027 D-E

Starting Times

Weigh-ins	5:00pm
“JV” Squad	6:00pm
“A” Squad	7:00pm, 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, Austin Daily Herald, 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. At Dual meets it is 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

2018 Wabasha-Kellogg	2024 Chatfield
2019 PEM	2025 R-P
2020 St Charles	2026 D-E
2021 L-A	2027 Houston
2022 Kingsland	2028 Fillmore Central
2023 Southland	

If a school hosts the Section Dance Competition, they may choose whether they wish to host the Conference meet in the same school year. They must notify the Conference as soon as they know they are hosting the Section Contest.

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 \$450 may be allowed for sound system rental to include the cost of the operator.

Admission Prices

Adults - \$6.00
Students - \$4.00

Gate Receipts

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

Awards

High Kick and Jazz Funk will each have All-Conference selection as per Conference allowed number

Non-Conference School Participation

A non-conference school may be allowed to participate if formally approved. They will perform last in each category and will receive scores only. They 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 Two Divisions (East/West) with a champion in each Division. Each team will play 2 games (home/away) in their Division and one crossover game with all teams in the other Division. The games played in both Divisions will count towards the Conference championship. .

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, Austin Daily Herald, 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 JV squad will be made up of students in 11th grade and under. Seniors may be allowed to play if mutually agreed upon. JV 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 each Division 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 be 1 hr. and 15 min. or 5 innings; whichever comes first. All innings started should be completed.

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.

The home team must be off the field no later than 4:30. Visiting team will be allowed to take infield/outfield if time allows.

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 Two Divisions (East and West) with a champion in each Division. The Conference will be Two Divisions (East/West) with a champion in each Division. Each team will play 2 games (home/away) in their Division and one crossover game with all teams in the the other Division. The games played in both Divisions will count towards the Conference championship.

Games

Games shall be scheduled as single seven inning games.

The JV squad will be made up of students in 11th grade and under. Seniors may be allowed to play if mutually agreed upon. JV 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. JV squad games will start at 5:00 PM.

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 must complete their infield/outfield warmup 15 minutes prior to game time. The visiting team will be allowed to take the field at that time.

Awards

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

All conference selection will be done electronically when the season is over.

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 be 1 hr. and 15 min. or 5 innings; whichever occurs first. All innings started should be completed.

Jr Hi pitching distance will be 40 ft.

Maximum 4 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.

Regular pitching will be used in 7th grade games. Soft toss will no longer be used.

The home team must be off the field no later than 4:30. Visiting team will be allowed to take infield/outfield if time allows.

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 East and West divisions. In order to balance the number of teams in the 2 Divisions, Wabasha-Kellogg was moved to the East Division for Golf only. 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. Golf will be scheduled as boy/girl meets at the same site on the same date. The meets can be changed by the teams if the course availability becomes an issue.

Conference Varsity Golf Tourney (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. The Golf meet manager will be paid \$150

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 have a current squad roster on the MSHSL website. This list will be pulled off the League website 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 Division 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. Stroke averages for players will be used for AC selection. 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. A golfer must play in at least 2/3 of the Conference varsity matches in order to be eligible for All-Conference recognition.

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	9:00am
Running Events	10:00am
Coaches meeting can begin no earlier than 8:00am	

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	\$6.00
Students	\$4.00

Gate Receipts

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

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:

- 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. Point values will be: 1st-12, 2nd-10, 3rd-8, 4th-6, 5th-5, 6th-4, 7th-3, 8th-2, 9th-1. 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:

2018 R-P	2023 PEM
2019 Cotter	2024 L-A
2020 Caledonia	2025 St Charles
2021 LaCrescent-Hokah	2026 Chatfield
2022 D-E	2027 Wabasha-Kellogg

Media

The host school will report the meet results to the usual media outlets. (Winona Daily News, LaCrosse Tribune, Austin Daily Herald, 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.

There will be 2 Divisions – 7-8; 8-9

Girls will use same size shot and discus as the High School.

Boys in the 7-8 group will use the 1kg discus and 4 kg shot

Boys in the 8-9 group will use the same size discus and shot as the High School.

Both **Shot and Discus** will follow the 3+3 format which consists of 3 prelim throws and the top 10 will get three additional throws in Finals.

Long Jump/Triple Jump will also follow the 3+3 format.

Hurdle Events:

7/8 Boys 200 Hurdles – 30” height; 100 Hurdles – 33” height

8/9 Boys 300Hurdles – 36” height; 110 Hurdles – 39” height

7/8 Girls 200 Hurdles – 30” height; 100 Hurdles – 30” height

8/9 Girls 300 Hurdles – 30” height; 100 Hurdles – 33” height

The Jr. High Conference meet will be held on Tuesday after the Varsity meet. The Jr. High meet make-up date will be the following Thursday.

Field events will begin at 4:15 and Running events at 4:45

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

2018 St Charles	2023 Caledonia
2019 R-P	2024 Chatfield
2020 Cotter	2025 Wabasha-Kellogg
2021 D-E	2026 PEM
2022 LaCrescent-Hokah	2027 Lewiston-Altura

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

Shot Put	Discus
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 Div. 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- (8 th /9 th Div. Only)

Awards

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

Jr. Hi Admission

\$2 for Adults; \$1 for students. All gate receipts are retained by the host school. All expenses are paid by the host school except for the ribbons which is provided by Conference

Music

Nature

The All Conference concert is an evening concert performed by an All Conference chorus and band consisting of selected students 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.

Performance and Rehearsal Time and Dates

Both band and chorus will have all rehearsals and the performance on the either the 1st or 2nd Monday in November. The host school must notify the other schools of the date at least one year in advance of the Concert. 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.

Music Commissioning

A piece of music will be commissioned every year beginning in 2015; starting with band and then alternating years with chorus. This will be an original piece composed for the Three Rivers Conference. Each member school will equally share the cost of paying the composer of the piece. Each school receives a copy. The current commission fee is \$3000.

Dress Code

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

Site Rotation:

2018 PEM	2024 Chatfield
2019 R-P	2025 W-K
2020 Caledonia	2026 LaCrescent
2021 Lewiston-Altura	2027 D-E
2022 Cotter	2028 FC
2023 St Charles	2029 Southland

Publicity, Ticket Sales and Programs

This shall be taken care of each year by the host school. Conference music admission fees will be, Adults \$6.00, Students \$4.00.

Gate Receipts

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

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 Conference Annual meeting in September. At the Honors Festival in November a list of 5 names in order of preference for each Chorus and Band shall be presented for the following year along with the music selected. The potential guest conductors should be contacted and hired this same November for the following year.

Director’s Fees

The guest director and all clinicians will be paid \$500 plus the Three Rivers Conference mileage rate. See Page 3. If necessary, \$100 will be allowed for a night of lodging if they live 120 miles or more from the performance site. Schools should make a reasonable attempt to hire a conductor within the 120 mile distance.

Managers fee will be \$200.00

Accompanist fee of \$160.00

Awards

A special Music Medal will be provided to the individuals selected for the All-Conference band and choir. Up to 8 medals per school will be allowed Band and up to 10 for Chorus. Awards will be distributed by the host school on concert night.

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	\$150.00
Assistant Manager	\$40.00
Tabulator	\$40.00

Appropriate software will be used to do tabulation and is paid for by the Conference. Current coach recommendation is On-Line Tabulation.

Site Rotation

2018	Chatfield	2022	Rushford-Peterson
2019	Cotter	2023	Fillmore Central
2020	PEM	2024	W-K
2021	L-A		

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. Academic All-Conference will be awarded to those selected.

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.

Academic All-Conference may be selected upon criteria being approved by the Board.

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.

Conference Alignment

If 10 or more teams are participating in the Conference meet, there shall be 2 Divisions; East and West. 9 teams or less would be 1 Division. 10 teams would be 2 Divisions. W-K is the site for the single Conference meet. Two sites will be used for the Divisions' championship with one site being W-K. The 2nd site will be alternated between Caledonia and R-P. To determine the number of teams annually, all teams must sign up by December 15 with the W-K meet manager.

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. There is an East and a West Division. East Division – Caledonia, Cotter, FC, L-A, LaCrescent, R-P. West Division – Chatfield, D-E, Kingsland, PEM, St Charles, Southland, W-K

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 the site with the most points.

Academic All-Conference may be selected upon criteria being approved by the Board.

Athletic All Conference Procedures

<u>Sport</u>	<u>No. Teams</u>	<u>No. All-Conference</u>
X-Country	11	21
Volley Ball	13	24
Boys Soccer	6	18
Girls Soccer	6	18
Wrestling	10	36
Boys Basketball	13	20
Girls Basketball	13	20
Dance	11	27 Total (includes HK & JF)
Baseball	13	34
Softball	13	34
Track	11	Event Champions & point qualifiers
Boys Golf	12	25
Girls Golf		

All-Conference Selection – In the event an activity is divided into 2 Divisions, All-Conference selection shall be done Conference-wide. Coaches may choose to select AC via email or face-to-face. A coach will be selected to manage the email selection process (send details about the process, record results, and send results to AD). If face-to-face selection is used, a coach will be selected as a facilitator to manage discussion, record the results and send them to the ADs. Each school should list/rank their own candidates for selection in the order they feel they should be chosen. Coaches may not vote for their own candidates. No student is to be excluded from the All-Conference selection process based solely upon the lack of representation at the All Conference Meeting.

Tie Breaker – If there is a tie for the last available All-Conference spot, a vote should be taken by all coaches to break the tie. If the tie still cannot be broken, each coach will list/rank each player in

the tie (1, 2, 3, etc). The ranking numbers would be totaled and the lowest total would determine the selectee.

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. Stroke averages for players will also be used as part of A-C selection. A golfer must have competed in 2/3 of the Conference matches in order to qualify for A-C recognition. 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. Point values will be: 1st-12, 2nd-10, 3rd-8, 4th-6, 5th-5, 6th-4, 7th-3, 8th-2, 9th-1. 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.

Cross Country – Any runner in the meet who finishes in the top 21 places will earn All-Conference honors.

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

The Athletic Director of each school will be responsible for awarding Academic All-Conference honors to qualified recipients.

Grade Point Average: This criteria applies universally to all activities. Each activity may have other qualifying criteria unique to their situation.

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.

In order to qualify a student may either have a 3.5 GPA figured for the end of the quarter when their contest season is completed (no grade below a C-) or they can qualify with a 3.5 accumulative GPA for their HS career up until that time and including that quarter. All Students must be in good standing with their activity.

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. 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.

Music

- Superior rating in either solo or ensemble at their respective subsection small group music contest.
- GPA will be based on the 3rd quarter grades

Speech

- Student must participate in the Conference meet.
- GPA will be based on the 3rd quarter grades

One Act Play

- Student is a member of a 20 person roster
- Student must participate in the Conference contest and all Section 1A sanctioned contests.
- No High School League violations during the OAP season (first day of practice thru the season final performance).
- GPA will be based on 2nd quarter grades.