

Philosophy of the Association

The Association is formed to promote the physical, social, emotional and intellectual growth and development of the middle level student. The Association recognizes that broad-based student participation is essential to accomplish this growth and development.

Through an athletic program, the member schools agree to provide age appropriate activities that foster:

- Positive self concept
- Sportsmanship
- School spirit
- Good Citizenship and effort
- Academic Achievement
- Skill Development

Basketball Participation Structure

- A. A and AA games will be scheduled.
- B. A maximum of 12 games will be played each year. If conference schools play twice in one year, one contest will be home and one will be away. (amended 12/5/06)
- C. A minimum of twenty players will be carried at each grade level.
- D. Rosters will be developed for each game. Half of the players will be on the A roster and half on the AA roster. The A and AA rosters will contain the names of an equal number of students ranked according to their abilities. (MODIFICATION: In the event of short term injury, ineligibility, or illness, an imbalance of rosters may occur up to a maximum of two players.) Coaches may move a maximum of two students per game from A to AA, or vice versa.
- E. The AA roster will contain the names of those students who are in the higher skilled half. The A roster will contain the names of those students who are considered in the lower half, skill wise.
- F. The three-point line will be used at both levels.
- G. During the first round contests of the season, AA teams will play the first game followed by the A teams. During the second round contests of the season, A teams will play the first game, followed by the AA teams.
- H. The starting time for all games is approximately 4:00 p.m.
- I. One start date to include try-outs and practices will be determined by the NPC. (amended 12/3/08)
- J. A maximum of five games/practices may be scheduled during a week.
- K. An end of the year conference tournament will be scheduled for A and AA teams at each level. There will be two separate tournaments at each grade level. (Sites for the semi & finals will be designated at the beginning of the season.)
 - 1. Seeding for Tournament: The season conference record will include 11 games of the regular season. The first game is to be considered pre-season only. (amended for new schedule 5/6/09.)
 - 2. Each coach will submit a good faith roster of players listed by ability level. The level at which a player is rostered for the tournament will be determined by the level at which the majority of the player's regular season conference contests were played. (added 5/1/08)
- L. Tournament rules will be reflective of the rules during the regular season play.
- M. The tournament will be a single elimination tournament with no third place games being played.
- N. All players on the A & AA teams must play in a minimum of two quarters in each regularly scheduled season game & tournament games.
- O. Overtime periods will be three minutes in length.
- P. Boys' ball size – 7th grade and 8th grade, regulation size.
- Q. Girls' size basketballs will be used at both levels.
- R. In girls' basketball, pressing will be allowed during the following times only: 7AA, 8A – second half & overtime, 8AA – all game. Pressing is not allowed during 7A games.
- S. Violation of the above rule:
 - First offense – verbal warning
 - Second offense – technical foul (team)
 - Subsequent offense – technical foul (team)
- T. A ten-minute warm up time will be allowed before each game. Half time breaks will be six minutes (unless mutually agreed upon by both coaches.)
- U. During tournament play, only participating athletes can sit on the bench. (approved 12/5/06)

Volleyball Participation Structure

Definitions:

Contest: a combination of AA & A level matches played between two schools on one day at grade level.

Match: one level of play in a contest/either AA or A

Game: Seventh grade – one 25 segment of a match using the rally scoring system.

Eighth grade – one 25 segment of a match using the rally scoring system.

- A. A maximum of twelve matches may be played, including conference games. (This was amended 12/5/06)
- B. A minimum of twenty players will be carried at each grade level. A coach may choose to roster more than 20 players.
- C. Players must participate in a minimum of one game per contest.
- D. Rosters will be developed for each game. Half of the players will be on the A roster and half on the AA roster. The A and AA rosters will contain the names of an equal number of students ranked according to their abilities. (MODIFICATION: In the event of a short term injury, ineligibility, or illness, an imbalance of rosters may occur up to a maximum difference of two players.) Coaches may move a maximum of two students per game from A to AA, or vice versa.
- E. Each AA and A level match will be the best two out of three games.
- F. During the first round contests of the season, AA teams will play the first game, followed by the A teams. During the second round contests of the season, A teams will play the first game, followed by the AA teams.
- G. The rules of play governed by the IHSA will be followed in all conference contests, with the exception of any rule specifically altered in these guidelines. (1) Net height shall be seven feet. (2) If a ball hits the net during a serve and falls into the opponents' court (let ball) play continues. (3) Rally scoring format will be used for both 7th and 8th grade games. (25 points, with a win by 2 points).
- H. NPC will allow follow IHSA's "Libero" rule. The player must wear a penny to designate a different color jersey. (approved 12/5/05) (amended 12/3/08)
- I. A maximum of five games/practices may be scheduled during a week.
- J. A single elimination tournament will be played at the end of the regular season.
 - 1. Separate AA and A tournaments will be played.
 - 2. Tournament rules will be reflective of the rules of the regular season.
 - 3. Each coach will submit a good faith roster of players listed by ability level. The level at which a player is rostered for the tournament will be determined by the level at which the majority of the player's regular season conference contests were played.
 - 4. Ribbons and medals for the tournament shall be as follows:
 - Medal and blue ribbon – first place
 - Red ribbon – second place
 - 5. Two referees will be hired for both the semifinal and final matches.
 - 6. Seeding for Tournament: The season conference record will include only the last 11 games of the regular season. The first game is to be considered pre-season only. (amended 5/6/09)
- K. Before each regular and tournament match, a pre-game meeting to clarify rules and ground rules with the referee(s) is required. Pre-match warm up time should follow the following format – 4-4-4-4 (amended 5/6/10) with three minutes between games. The first three-minute warm-up is for the first match only. During tournament matches, the team playing the second match will be given a three minute warm up as well. (amended 12/5/07)
- L. During tournament play, only participating athletes can sit on the bench. (approved 12/5/06)
- M. During the preseason game only; all three games played regardless of the outcome of the first two. (approved 12/3/08)