

SPORTS GUIDELINES

GENERAL GUIDELINES FOR ALL SPORTS

1. National Federation (USTA for tennis) rules, modified by the IHSA, will be followed as specified in these guidelines.
2. Seasonal limitations shall be according to the IHSA calendar.
3. Host schools will issue IHSA contracts for contest dates.
4. Member schools must submit final Conference contest schedules for Volleyball, Basketball, and Softball to the conference assignor for that sport by the designated date. (6/15)
5. Officials will be assigned by the Sports Assignment Chairpersons. It is the host school's responsibility to pay the officials at the completion of a contest. (9/05)
6. The host school shall provide competent personnel to serve as official scorer, timers, starters, etc. when applicable, for each contest.
7. Host schools will provide a safe environment for competition.
8. Uniforms will conform to the IHSA rules and regulations.
9. Coaches of member schools will attend all scheduled coaches meetings including, but not limited to, any pre-season, post-season, and seeding meetings. Failure to do so may result in a \$50 fine, payable to the GCAC. (6/15)
10. When applicable, IHSA guidelines for seeding and tournament play will be followed.
11. Tournament seeding will be conducted at the conclusion of regular seasonal play at a coaches' meeting.
12. Where applicable and when necessary, Divisional contests will take precedence over non-Divisional and non-conference contests. (6/15)
13. A player is limited to appearing on no more than two (2) team rosters versus individual Conference opponents. The IHSA team limitations must be adhered to for each player. (9/13) Seniors are prohibited from competing at the Junior Varsity level in all team-bracketed sports (i.e., basketball, soccer, softball and volleyball). Seniors are prohibited from competing on the Junior Varsity level in tournament competition in a non-team-bracketed sport with the exception of bowling. An exception to this rule would be allowed only if a senior was needed to allow for a team entry in a Junior Varsity tournament competition. (9/13)

14. All team level coaches will meet on the same date, time and location for the Divisional and tournament seeding meetings. The timetable for the meetings will be determined by the sports coordinator and approved by the AD Executive Board. (5/96)
15. The admission prices for all GCAC Tournament games (when applicable) shall be \$5.00 for adults and \$2.00 for students/senior citizens; children under 6 are free. (6/15)
16. There will be a GCAC "Athlete of the Year" for each division in the following sports: Basketball, Soccer, Softball and Volleyball, selected by the coaches of each sport at their respective post-season meetings. The Athlete of the Year for Cross Country, Golf and Track and Field will be determined by the results of the conference championship of those sports. Bowling's Athlete of the Year is awarded to the bowler with the highest average for regular season conference competition. (6/15)
17. Each host school will be responsible for providing warm-up balls (Basketball and Volleyball) and water for their guests.
18. Each member school must follow the directives of the individual Sports Coordinators with regard to tournament competition. (9/05)

BASKETBALL GUIDELINES

1. The host school of the Varsity semi-finals, finals and/or consolation and the host school of the Junior Varsity finals must have the Athletic Directors' Executive Board approval with the rationale of seating, lighting, parking, court size, safety, ceiling heights, and equipment.
2. The host school shall check uniform colors with the visiting team prior to the day of the contest and make adjustments, if needed.
3. Varsity games will be played in eight (8) minute quarters. Junior Varsity and Freshman games will be played in seven (7) minute quarters.
4. A player will be limited to playing in six (6) quarters against an individual Conference opponent. (9/13)
5. Conference Tournament positions will be determined at a post-season seeding meeting.
6. Basketball All-Conference Athletes selections shall be made at post-season Divisional meetings.
 - a) The 1st and 2nd place Divisional teams will each be entitled to two (2) All-Conference positions.
 - b) The 3rd and 4th place Divisional teams will each be entitled to one (1) All-Conference position.
 - c) The remaining All-Conference positions, based on the formula defined in the By-Laws, are wild card positions and may be selected from any Divisional team.
 - d) Selections will be made by a vote based on open discussion and statistics provided by the coach.
 - e) A vote will be taken at this meeting to determine the Athlete of the Year. (9/08)

7. The following procedures are to be followed for seeding meetings:
 - a) The Sports Coordinator should have all completed Divisional records at the time of each seeding meeting and that information should be sent to the Corresponding Secretary. (9/05)
 - b) All discussion of teams' wins and losses should be open with attempts at establishing common opponents.
 - c) Final ranking of the teams for tournament should be done after a complete review of all information on every school. The IHSA procedure/format for seeding tournaments will be used. The Executive Board officer present will vote only in the case of a tie.
 - d) Bracket sheets with assigned tournament sites should be handed out only after the rankings have been completed.
 - e) A school which is hosting a tournament game will be permitted to play at their home sites whenever possible.
 - f) A member, or members, of the Athletic Directors' Executive Board will be present at the seeding meeting.

8. Tournament Format:
 - a) All Varsity teams will compete in the GCAC tournament. The Red and White division teams will be seeded 1-16. The Blue varsity tournament will be round robin. (6/15)
 - b) The Junior Varsity tournament will include all schools. The tournament dates and format will be determined by the number of teams entered. (6/15)
 - c) The Freshman tournament dates and format will be determined by the number of teams entered. Only freshmen who have stayed on the freshman team will be allowed to play in the tournament. Any exception must be approved by the Executive Board with notification from the Principal of the school involved. (6/15)
 - d) All level tournament sites will be determined by the sports coordinator and approved by the Athletic Directors' Executive Board. (5/96)

8. Schools will cover all expenses for GCAC tournaments that they are hosting. Host schools will be reimbursed upon the completion of a financial report which must be submitted to the GCAC Treasurer. (9/08)

Bowling Guidelines

1. The GCAC will sponsor a Varsity and Junior Varsity level.
2. Each school will be scheduled to compete against each opponent twice during the season.
3. Five (5) scores will be used for each match. Lineup changes can be only made at the beginning of each game, except in the event of an injury or illness.
4. All teams must have a **valid team** in order to compete. A **valid team** must have a minimum of three (3) eligible bowlers. A maximum of two (2) Vacancy Scores may be used per team per day per level. The Varsity score to use is 100 and the JV score is 75.
5. A player may not bowl on Varsity and JV on the same date.

6. A bowler may move up and down between the levels during the season. Once a bowler has competed on the Varsity level seven (7) times, she must remain on the Varsity team.
7. Six (6) individual awards will be given to the 1st and 2nd place teams. Individual awards will be given to the top fifteen (15) bowlers. The top fifteen (15) bowlers with the highest averages will be named to the All-Conference team (Varsity teams only).
8. Each school will be responsible for its own lane fees for the season. A budget will be drawn up at the beginning of each school year to determine the cost of lineage per school.
9. There will be one Athlete of the Year Award given to the individual with the highest average for the season at the Varsity level.
10. Tournament format:
 - a) All Varsity teams will compete in the GCAC Tournament. The teams will compete in a double round of play. After the first three games, the teams will be ranked by their total scores and assigned to a new set of lanes for round two. Final standings will be based on total pins.
 - b) All Junior Varsity teams will compete in the GCAC Tournament. The teams will compete in a double round of play. After the first three games, the teams will be ranked by their total scores and assigned to a new set of lanes for round two. Final Standings will be based on total pins.
 - c) A competitor may not be removed in order to take a blind score and then re-inserted in the lineup for another game. (9/11)

CROSS COUNTRY GUIDELINES

1. The host school is in charge of securing and lining the course.
2. The host school shall supply all required implements.
3. Prior seasonal competition is not required for a school or individual to be eligible for participation in the Conference Tournament.
4. Each school participating in the Conference Tournament, must field a varsity team entry (minimum of five (5) runners) before they enter a lower level team.
5. Schools may enter only seven (7) runners in the Varsity and Junior Varsity Conference tournament races. Unlimited entries are allowed in the open race.
6. Entries will be submitted to the tournament coordinator by the required date.
7. Any senior who is not entered in the Varsity Race at the Conference Championship must compete in the Open Race. (9/11)
8. All-Conference awards will be determined at the Conference meet and will include all 1st through 25th place varsity finishers. (6/16)

9. The varsity championship will be scored to determine two (2) divisional champions (Red and White). The motivation for this is to help grow the sport within the member schools. (9/12)

GOLF GUIDELINES

1. The GCAC will sponsor Varsity and Junior Varsity levels. (9/12)
2. Each school will schedule six (6) GCAC opponents. As other members add Golf, they will be added to schedules as well. The post-season tournament will rotate between locations in the north and south of Chicagoland.
3. Eight (8) golfers are allowed to participate in a dual. In the case of a triangular, at least six (6) (but no more than eight (8)) golfers will participate depending on course availability. Individuals from schools not fielding a team may enter the Conference tournament per the IHSA regulations.
4. The four (4) low scores will count toward recording a team total. In the case of a tie, the fifth score will be counted to determine the winner. The Conference tournament will be an eighteen-hole event. In the case of a tie for the individual champion, there will be a sudden death play-off held beginning at the 18th hole going backwards to determine a champion. A school must have scheduled at least six (6) GCAC matches during the regular season to participate in the post-season Conference tournament. Where inclement weather becomes a factor, a nine-hole format may be adopted.
5. Six (6) individual awards will be given to the 1st and 2nd place teams. Individual awards will be given to the top fifteen golfers. The top fifteen (15) finishers will be named to the All-Conference team. This number may be adjusted if fewer teams participated than expected. (6/15)
6. Each school will be responsible for its own fees unless the host team has agreed to incur the expense. Each school will be obligated to pay their expenses for the tournament championship.
7. No golfer may participate in both the Junior Varsity and Varsity divisions of the championship in the same year.
8. There will be one Athlete of the Year Award given to the individual medalist of the Varsity Tournament. (9/05)
9. The "Circle 10" rule will be applied for the JV championship. (9/09)
10. Golfers who are not competing in the championships may not attend these events. (9/09)

SOCCER GUIDELINES

1. Member schools are required to play every school in their division. (9/05) Although cross-overs are encouraged, the results will not count in the Divisional standings. (9/05)

2. Two (2) officials will be required for all Varsity contests. A single official may be used for all lower level contests.
3. Game length will be in IHSA format (Varsity two (2) forty (40)-minute halves; lower levels two (2) thirty-five (35)-minute halves). A tie at the end of play will remain a tie.
4. A game is official at the conclusion of the first half. If a game is canceled due to conditions beyond the control of a member school, the game will be rescheduled. If rescheduling is not possible, the game is recorded as a tie. In order for a team to begin a game or continue a game, no fewer than eight (8) players must be on the field in accordance with the IHSA rule for forfeits. (9/11)
5. Final Divisional standings for the Junior Varsity Conference tournament seeding will be decided as follows, in order: (9/12)
 - a) three (3) points per win
 - b) one (1) point per tie (9/10)
6. Ties that may occur in the final standings for the Junior Varsity Conference tournament seeding will be decided as follows, in order: (9/12)
 - a) head-to-head competition
 - b) total points accumulated
 - c) goals against (total games)
 - d) goals for (total games up to three goals per game) (9/12)
 - e) coin flip (9/05)
7. The Junior Varsity tournament dates and format will be determined by the number of teams entered. Two 5-minute overtimes will be played to break a tie followed by two (2) sets of five (5) penalty kicks. (6/15)
8. All GCAC Tournament games will be played at pre-determined sites. The highest seed determines who will be the home team. (9/10) (9/12)
9. Soccer All-Conference athlete selections shall be made at the post-season meeting.
 - a) The 1st and 2nd place Divisional teams will each be entitled to two (2) All-Conference selections.
 - b) The 3rd and 4th place Divisional teams will each be entitled to one All-Conference selection.
 - c) The remaining All-Conference selections, based on the formulas defined in the by-laws, are wild card positions and may be selected from any Divisional team.
 - d) Selections will be made by a vote based on an open discussion and statistics provided by the coach.
 - e) There will be an Athlete of the Year Award given in each Division. (9/05)

SOFTBALL GUIDELINES

1. National Federation Rules for 12-inch fast pitch, modified by the IHSA, shall be followed except as specified in these guidelines.
2. The host school shall supply the official scorer for each game. The scorers should meet with the opposing scorekeeper after each inning.
3. The host school will supply the official game balls as sanctioned by the National Federation rules.
4. The host school will be responsible for setting up the field, bases, foul lines, pitching rubber, etc. in accordance with the National Federation rules.
5. If the field being used for games does not meet National Federation standards, the visiting team must be notified prior to the day of the contest.
6. Ten (10) run slaughter rule will be in effect for all Conference contests.
7. The host school shall have the option of designating the plate umpire. (8/03)
8. In the event that a make-up date is impossible, it is suggested that the teams involved play two (2) five-inning games. Divisional contests take precedence over non-Divisional play.
9. The host school is responsible for making a decision whether to call a game due to weather or field conditions. The host school must notify the opposing school and officials three (3) hours before the game time. Once the game starts, the umpires make any decision concerning cancellations of the game.
10. Softball All-Conference athlete selections shall be made at the post-season Divisional meetings.
 - a) The 1st and 2nd place Divisional teams will each be entitled to two (2) All-Conference positions.
 - b) The 3rd and 4th place Divisional teams will each be entitled to one (1) All-Conference position.
 - c) The remaining All-Conference positions, based on the formula defined in the By-Laws, are wild card positions and may be selected from any Divisional team.
 - d) Selections will be made by a vote based on open discussion and statistics provided by the coach.
 - e) There will be an Athlete of the Year Award given in each Division. (9/05)
11. The following procedures are to be followed for seeding meetings:
 - a) The Sports Coordinator should have all completed Divisional records at the time of the seeding meeting. (6/15)
 - b) All discussion of teams' wins and losses should be open with attempts at establishing common opponents.

- c) Final ranking of the teams for tournament should be done after a complete review of all information on every school. The IHSA procedure/format for seeding tournaments will be used. The Executive Board officer present will vote only in the case of a tie.
- d) Bracket sheets with assigned tournament sites should be handed out only after the rankings have been completed.
- e) A school which is hosting a tournament game will be permitted to play at their home sites whenever possible.
- f) A member, or members, of the Executive Board will be present at the seeding meeting.

12. Tournament format:

- a) All Varsity teams will compete in the GCAC Tournament. The teams will be seeded into separate Red and White tournaments with the top eight (8) seeded schools being in the Red Tournament and the remaining teams seeded 9-17 in the White Tournament,
- b) The Junior Varsity tournament will include all schools. At the meeting, teams will be seeded, with the top eight (8) ranked teams playing in the Red bracket and the remaining teams playing in the White bracket. Both brackets will include consolation play.
- c) The Executive Board reserves the right to reschedule or cancel tournament contests due to weather and/or IHSA scheduled tournament dates.

TENNIS GUIDELINES

For dual matches between member schools:

- 1. Varsity matches (two (2) singles and three (3) doubles) shall play two (2) out of three (3) sets. Additional matches may be two (2) out of three (3) sets or an eight (8) game Pro-Set as decided by the mutual agreement of the coaches. Additional matches will play Wimbledon tie breaker if competitors split sets.
- 2. No one will be allowed on the courts except competitors.
- 3. All matches will use a twelve (12) point tie breaker as in the IHSA state series competition.
- 4. No line judges will be provided for any match unless requested by both players in order to eliminate conflict.
- 5. If a dispute cannot be settled by the contestants, both coaches may enter the playing area in order to settle the disagreement.
- 6. A player may not enter both singles and doubles events on the same day.
- 7. Ranking of singles and doubles players shall be exchanged before the matches. Once the exchange takes place, ranking may not be changed for the remainder of the day.
- 8. A thirty (30) minute grace period should be allowed for late arrivals, except for the GCAC Tournament, where a fifteen (15) minute grace period will be given.
- 9. Only two (2) singles and three (3) doubles teams may compete in the GCAC tournament. At the GCAC tournament, coaching will only be permitted during the cross-over.

10. At the GCAC Tournament, team winners shall be determined as follows:
 - (a) Two (2) points for a bye, provided the player with the bye wins her next match;
 - (b) Two (2) points for a win;
 - (c) In case of a tie, use the point spread for the top finishers of those teams that tied, and on down the line to break the tie
 - (d) There will be separate tournaments conducted in the Red Division and White Division;
11. Each host school shall supply the tennis balls needed for the matches. New USTA tournament approved balls shall be used.
12. Schools entering the GCAC Tournament shall supply their own balls (five (5) cans).
13. Participation in seasonal tennis play is not required for an individual attending a member school that does not field a tennis team to be eligible for the GCAC Tournament.
14. In order to qualify for a team award, GCAC schools must have played a minimum of six (6) Varsity vs. Varsity GCAC contests.
15. Positions for the GCAC tournament will be determined at the mandatory seeding meeting. True bracket seeding will determine the pairings i.e., 3 vs. 6 with the winner playing 2; 4 vs. 5 with the winner playing 1. (9/12)
16. All-Conference Athlete awards will be determined at the Conference meet and will include the 1st through 3rd Place finishers from first singles, the 1st and 2nd Place finishers from second singles, and the 1st Place finishers from first, second and third doubles. (9/08) (9/12) The number one singles champion of Red and White conference tournaments shall be designated Athlete of the Year. (6/15)
17. All GCAC Tournament guidelines shall apply at the JV level, with the additional guideline in effect for a JV Tournament: only those players who have not participated in more than three GCAC Varsity matches are eligible to compete in this tournament.

TRACK AND FIELD GUIDELINES

1. The host school shall assume the following responsibilities:
 - (a) supply competent individuals to serve as timers and judges for all events;
 - (b) be sure the track facility is properly marked;
 - (c) supply the official starter;
 - (d) contact visiting teams by 12:00 noon if it becomes necessary to postpone the meet because of inclement weather;
 - (e) send a copy of meet results to competing school within one week.
2. There is no limit to the number of competitors on a track team.
3. All team members shall remain in designated areas when they are not competing.

4. Each coach, prior to the beginning of the meet, shall have assigned their team members to their respective events.
5. The number of competitors from each school allowed in an event shall be agreed upon by the competing schools prior to the day of the meet.
6. Each school involved in a meet shall provide two (2) stopwatches for their timers.
7. All competitors shall return to the finish line at the competition of a race until times and places have been recorded.
8. The order of events shall be that specified by the IHSA, except that there will be no preliminaries or semi-finals in meets other than the Conference meet.
9. Once a meet has begun, it must be continued unless the safety of the competitors is threatened. This judgment to postpone the meet shall be the mutual decision of the coaches.
10. All member schools competing in the Conference Meet must attend the seeding meeting.
11. Prior seasonal competition is not required for a school or individual to be eligible for participation in the Conference tournament.
12. Lane and heat position for the Conference meet shall be seeded from entry forms submitted to the sports coordinator by the predetermined deadline. Verification of prior competition must be available to qualify for seeding. Converted times will be allowed for the GCAC meet.
13. All Conference Athlete awards will be determined at the Conference meet and will include all 1st and 2nd place finishers.
14. There will be one Athlete of the Year Award determined by the final results of the Conference Championship. (6/15)

VOLLEYBALL GUIDELINES

1. The host school of the Junior Varsity finals must have the Executive Board approval with the rationale of seating, lighting, parking, court size, safety, ceiling height and equipment. (9/13)
2. The assignment chair shall determine which officials serve as umpire and which serves as referee. If the host school has no preference, the officials shall decide between themselves. The assignments shall be reversed for the Junior Varsity contest.
3. The host school shall supply a structure from which the official can view the game clearly.
4. JV and Freshman Conference tournament positions will be determined at a post-season or on-line seeding meeting. (9/13)

5. Volleyball All-Conference Athletes selection shall be made at the post-season Divisional meetings.
 - a) The 1st and 2nd place Divisional teams will each be entitled to two (2) All-Conference positions.
 - b) The 3rd and 4th place Divisional teams will each be entitled to one (1) All-Conference position.
 - c) The remaining All-Conference positions, based on the formula defined in the By-Laws, are wild card positions and may be selected from any Divisional team.
 - d) Selections will be made by a vote based on open discussion and statistics provided by the coach.
 - e) A vote will be taken at this meeting to determine the Athlete of the Year.
6. The following procedures are to be followed for seeding meetings:
 - a) The Sports Coordinator should have all completed Divisional records from the coaches at the time of the seeding meeting and should send the final standings to the Corresponding Secretary.
 - b) All discussion of teams' wins and losses should be open with attempt at establishing common opponents.
 - c) Final ranking of the teams for the tournaments should be done after a complete review of all information on every school. The IHSA procedure/format for seeding tournaments will be used. The Executive Board officer present will vote only in the case of a tie.
 - d) Bracket sheets and pool play pairings with assigned tournament sites should be handed out only after the rankings have been completed.
 - e) A member, or members, of the Executive Board will be present at the seeding meeting.
7. Tournament format:
 - a) The Junior Varsity tournament will include all schools. There will be a seeding or on-line meeting for all Junior Varsity coaches. The tournament will be structured in two brackets - Red and White. The top eight-ranked teams will play in the Red bracket. The remaining teams will play in the White bracket. A qualifying round will be used to fill the White bracket.
 - b) The Freshman team tournament is structured the same as the Junior Varsity tournament.
 - c) All level tournament sites will be determined by the Sports Coordinator and approved by the AD Executive Boards. (5/96)
8. Schools will cover all expenses for GCAC tournaments that they are hosting. Host schools will be reimbursed upon the completion of a financial report which they must submit to the GCAC Treasurer. (9/05)