



Athletic Handbook

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Mideastern Athletic Conference



History

HISTORY OF THE MIDEASTERN ATHLETIC CONFERENCE MEMBERSHIP

- 1973 Conference organized with five charter members:
Goldsboro, Jacksonville, Kinston, New Bern, and New Hanover High Schools
- 1975 Eastern Wayne and Southern Wayne High Schools admitted as members
- 1977 E. A. Laney High School admitted into membership
- 1979 Hoggard High School admitted as a member
- 1981 Kinston High School withdrew, becoming a member of the Big East AAAA Conference
- 1993 New Bern High School leaves Conference, having been switched to the Big East AAAA as a result of realignment by the North Carolina High School Athletic Association (NCHSAA)
- 1997 Goldsboro High School leaves Conference due to enrollment, moves to 3A Conference
- 1997 West Carteret High School joins the Conference as a member
- 2001 Southern Wayne, Eastern Wayne, and West Carteret High Schools leave Conference due to enrollment changes
- 2001 Ashley, Pender, West Brunswick, and White Oak High Schools are admitted into membership
- 2003 Pender withdraws from Conference due to enrollment, moves to 2A Conference (7 team conf.)
- 2004 Jacksonville moves to AAA status
- 2009 Jacksonville and White Oak are realigned to the Coastal Conference and West Brunswick moves to the Waccamaw Conference. New Bern and Rose join the Mideastern 4A conference.
- 2013 New Bern and Rose are realigned; South Brunswick, Topsail, and West Brunswick join the Mideastern 3A/4A Conference.

Admission into membership:

Jacksonville 1973	New Hanover 1973	New Bern 1973,	Laney 1977
Hoggard 1979	Ashley 2001	West Brunswick 2001	White Oak 2001
Greenville Rose 2009	New Bern 2009	South Brunswick 2103	Topsail 2013
West Brunswick 2013			

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CONSTITUTION

PREAMBLE

The purpose of the Mideastern Athletic Conference is to provide the organizational structure, leadership, and assistance to its members so that they may have an athletic program consistent with what is expected of them in the various communities, by the North Carolina High School Athletic Association and the North Carolina Department of Public Instruction. To achieve this purpose, the Mideastern Athletic Conference proposes that there are significant rights and responsibilities inherent and delegated in any membership and that each school shall honor and support all regulations of the North Carolina High School Athletic Association, the State Department of Public Instruction, and the Mideastern Athletic Conference.

ARTICLE I: NAME AND JURISTICTION

Section 1

- The name of this organization shall be the Mideastern Athletic Conference. This document shall officially be known as the Constitution and By-Laws of the Conference.

Section 2

- The jurisdiction of this organization shall lie with all schools included in the Conference.

ARTICLE II: PURPOSES

Section 1

- The main purpose of this Conference shall be to work toward the improvement of the athletic programs of the member schools in any reasonable and ethical manner possible.

Section 2

- To facilitate Conference scheduling.

Section 3

- To develop a high level of competition between Conference schools.

Section 4

- To make recommendations of common interest to the North Carolina High School Athletic Association.

Section 5

- To establish common goals and standards.

Section 6

- To resolve internal problems at the Conference level.

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Section 7

- To effectively administer a wholesome interscholastic athletic program.

ARTICLE III: MEMBERSHIP

Section 1

- Ashley High School, Hoggard High School, E. A. Laney High School, New Hanover High School, South Brunswick, Topsail and West Brunswick are current members of the Mideastern Athletic Conference.

Section 2

- Any school assigned by the North Carolina High School Athletic Association shall become a member of this Conference.

Section 3

- Any school may make written application for membership and become a member upon unanimous approval of the Conference and upon approval by the North Carolina High School Athletic Association.

Section 4

- All member schools are responsible for Conference dues and assessments as determined by a majority of the members of the Conference.

ARTICLE IV: OFFICERS AND BOARD

Section 1

- The officers of this Conference shall consist of a President and a Vice President (President elect). The term of office shall be for one year.

Section 2

- The President and the Commissioner shall not be from the same school. The position of President will rotate among the membership.

Section 3

- General control of the Conference and its operation shall be invested in the conference Executive Committee.
- The conference Executive Committee shall consist of the Principal and/or the Athletic Director of each member school.

ARTICLE V: ELECTIONS

Section 1

- The President shall be elected by popular vote of a majority of present, eligible members at the spring business meeting announced by the President. A quorum must be present. Each member school shall have one vote. The President will take office on July 1 following the spring election.

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Section 2

- In the event that a vacancy occurs in any elective position, the position shall be filled by nomination and election at the next announced meeting.

Section 3

- Any officer may be removed from office by a positive vote of three-fourths (3/4) of the membership.

ARTICLE VI: AMENDMENTS

Section 1

- Amendments to this Constitution may be introduced at any regular meeting or at any special meeting by any voting member of the Conference by submitting the amendment/amendments in writing at least ten days prior to the time that the vote is to be taken. A copy of the proposed amendment/amendments shall be provided to each school. A three-fourths (3/4) affirmative vote of the membership (five schools) is required for adoption and upon adoption shall become immediately effective unless otherwise stipulated. Each school will have one vote for this purpose and it is to be cast by the principal or his designated representative.

Section 2

- Proposed amendments to the By-Laws may be made by any voting member of the Conference by providing the proposed amendment in writing at a regular meeting. A three-fourths (3/4) majority of the membership (six schools) shall be required to pass an amendment. Each school shall have one vote for this purpose and it is to be cast by the principal or his designated representative.

BY-LAWS

ARTICLE I: RULES OF ORDER

- ***ROBERTS' RULES OF ORDER, REVISED*** shall be the authority on all questions of procedure at all meetings when not in direct conflict with this Constitution.

ARTICLE II: MEETINGS

Section 1

- Business meetings (6 per year) will be held in the fall, winter and in the spring at a time and place designated by the Conference President.

Section 2

- The President may call additional meetings as needed.

Section 3

- The President must call a meeting upon the petition of four or more member schools.

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ARTICLE III: QUORUM

Section 1

- A quorum for general meetings shall consist of a majority of the schools in membership.

Section 2

- A quorum of any committee shall consist of a majority of the membership of that particular committee.

ARTICLE IV: DUTIES OF OFFICERS

Section 1 – The President

- The President shall preside at all membership meetings, enforce the rules, appoint all committees not otherwise provided for, keep financial records in such manner that they may be easily audited, serve as a liaison between the Conference and the NCHSAA, maintain and keep Conference records, serve as a Administrator between the Conference and the Officials Booking Agents, bill members for dues, see that minutes are kept and provided for the membership, notify the membership of meetings, handle correspondence in the name of the Conference or delegates same to the Commissioner or a committee, and transact all other duties that are usual to the office or which may be required by the membership.

They shall be an ex-officio member of all committees except when committees may be appointed to resolve a dispute involving his school and another member school or when a committee may be appointed to investigate the behavior of either the President or his school. He/she shall be responsible for the affairs of the Conference between meetings, directs all general operations, business and communications of the Conference,

Section 2 – The Vice President

- Duties of the Vice President shall be to assist the President in the discharge of his duties and act as secretary. In the absence of the President, the Vice President or his designee shall perform the duties of the President.

Section 3 – The Commissioner:

- Serves at the pleasure and discretion of the Executive Committee and is therefore retained, dismissed or replaced by a two-thirds majority vote of the Executive Committee at any regular or called meeting where advance notice of such action shall have been given to all members.
- is remunerated at a rate determined yearly by the Executive Committee at its annual spring meeting
- serves as both corresponding and recording secretary for the Conference and is therefore responsible for preparing each meeting's agenda and communicating it to the membership prior to each meeting; keeps a written record of the actions and discussion of each meeting
- serves as the conference financial control officer and is therefore responsible for all receipts, disbursements and records inherent in that capacity
- is responsible for scheduling all conference contests
- serves as arbitrator for all inter-conference protests and grievances
- administers all conference competitions, including tournaments, playoffs and jayvee programs in accordance with NCHSAA and conference regulations
- procures all awards designated by the Conference

ARTICLE V: ADMISSIONS TO ATHLETIC CONTESTS

Section 1 - Admission Prices

- The host school shall determine admission prices for contests unless prices are stipulated by the North Carolina High

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School Athletic Association or the Mideastern Conference as a whole.

Section 2 - Principals and Coaches

- Administrators with North Carolina Association of Educators Principals' cards/passes, coaches with their North Carolina Coaches' Association membership cards, and *Mideastern Conference Lifetime Membership card holders (must have had ten years' service to Mideastern Conference)* shall be admitted to all conference athletic contests at no cost.

Section 3 - Complimentary Tickets

- Complimentary tickets shall be the responsibility of the Athletic Director of the visiting team to be dispersed at his/her discretion. Integrity in the issue of complimentary passes should be used. Each school will receive 15 conference passes to distribute as the school desires.

Section 4 - Support Activities/Group Complimentary Admission

- Support group chaperones will be admitted free of charge when accompanying such a group (band, cheerleaders, etc.) at the ratio of one chaperone per fifteen support group members. Support group members will be admitted if in uniform and arrive with the support group.

Section 5 - Visiting Bands

- Bands wishing to visit and/or perform during football contests shall request permission from the principal and/or the athletic director of the home team. Chaperones for the bands shall be admitted without charge at a ratio of one per fifteen band members.

ARTICLE VI: AWARDS and RECOGNITION

Section 1 – Wells Fargo Cup and NCHSAA Qualifiers

- At the end of each sport season (fall, winter & spring) the Wells Fargo Cup Conference points will be reported to the NCHSAA using the following formula: 7 points awarded for first, 6 points awarded for second, 5 points awarded for third, 4 points awarded for fourth, 3 points awarded for fifth, 2 point awarded for sixth, and 1 point awarded for seventh in each sport. If teams are tied in the final standings they (all tied) will split the points equally (eg: 3 way tie for 2nd $(5+4+3=12) \div 3 = 4$ points for each team).

NCHSAA Team Qualifiers

- In the event of a tie, the team with the best record played among the tied teams will represent the Conference in the playoffs. If more than two teams are tied the representative will be determined according to the NCHSAA Handbook. The MEC will establish a hosting priority for establishing the host team for additional playoff games to determine NCHSAA seeding. If the additional game cannot be played or the teams mutually agree to break the tie by other means the teams should refer to NCHSAA/Competition/42/C/6.
- In soccer, per NCHSAA interpretation: a tie in your record counts as: .5 win and .5 loss. (E.G. 9-1-2 compared to 9-3, converts to 10-2 vs 9-3)
- Hosting Priority for 2014-15: 3A – West Brunswick, Topsail, and South Brunswick (rotates bottom to top each year)
- Hosting Priority for 2014-15: 4A – Hoggard, Laney, Ashley, and New Hanover (rotates bottom to top each year)

Section 2 – All Conference and Honorable Mention

- The Mideastern Conference allows coaches to nominate All-Conference athletes in those team sports where individual athletes do not determine All-Conference by head to head competition. In Cross Country Golf, Swimming, Track, and Wrestling the All-Conference teams are based on individual performance. All other sports are voted on by the coaches (Player of the Year, and Coach of the Year) and approved by the Executive Committee.
- There will be a mandatory coaches meeting, in each sport at Jungle Rapids at 7:00pm on the first Monday after the last regular season scheduled game/match is completed for fall and spring sports to select and vote on an all conference team. The winter sports will meet the first Saturday, after the last regular season scheduled game/match at 10:00am at Jungle Rapids. There will be a \$50.00 fine if the school's coach/representative does not show up for the meeting.
- Mideastern Athletic Conference certificates will be distributed to 1st team All Conference.
 - Men's/Women's Tennis 6 First Team, 6 Second Team, 6 Third Team
 - Volleyball 6 First Team, 6 Second Team, 6 Third Team
 - Men's/Women's Soccer 11 First Team, 11 Second Team, Honorable Mention
(1) Goalie, (3) – Defenders, (4) – Midfielders, & (3) – Forwards
 - Football 22 + 4 Specialists 1st team, 22 + 4 Specialists 2nd Team, Honorable Mention
(1)-QB, (2)-RB, (5)-OL, (2)-WR, (1)- TE, (5)-DL, (2)-LB, (4)-DB, & 4 Specialists
 - Men's/Women's Basketball 5 First Team, 5 Second Team, 5 Third Team
 - Men's/Women's Lacrosse 11 First Team, 11 Second Team, Honorable Mention
 - Baseball/Softball 9 First Team, 9 Second Team, Honorable Mention
 - *Cross Country-(Conference Meet)* 7 First Team, 7 Second Team (Conference Meet Finish)
 - *Golf- (Conference Tournament)* 7 First Team, 7 Second Team (Conference Tournaments Finish)
 - *Swimming-(Conference Meet)* First and Second Place Finishers in each event
 - *Track- (Conference Meet)* First and Second Finishers in each event
 - *Wrestling-(Conference Meet)* First and Second Finishers in each Weight Class

Section 3 - Sportsmanship Award

- The members of the Mideastern Athletic Conference have the desire and commitment to improve sportsmanship at all levels of their interscholastic program. To encourage and reward efforts toward sportsmanship the Conference will present, a Mideastern Athletic Conference Sportsmanship Award each sport season.

Team Sportsmanship Award

- The conference shall sponsor a sportsmanship award for all varsity sports. This award will be given to the team that displayed the best sporting behavior or generally conducted themselves with a high degree of character and good sportsmanship, coaches included. ([MEAC Code of Ethics](#))
- The noteworthy act or acts of sportsmanship must have occurred during the current sport season.
- The teams will be judged by their peers. At the conclusion of each season all head coaches will receive a nomination form to complete and return to their athletic director.
- In order for your team to win the sportsmanship award, your team must submit a nomination. You may not nominate your team.
- There will be one winner per varsity sport each season. The MEAC Commissioner will distribute certificates to each seasonal winner.

MEAC Sportsmanship School of the Year Award.

- All varsity seasonal winners will count toward the sportsmanship school of the year award. The school with the highest number of team wards during the current academic year will win the award. In case of a tie, the MEAC will recognize co-winners. The MEAC Commissioner will distribute a plaque to the Sportsmanship School(s) of the Year.

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Section 4 - Coach of the Year

A Coach of the Year will be chosen by vote of the coaches of that sport. A coach may not vote for himself/herself. The coach with the greatest number of votes shall be Coach of the Year.

Section 5 - Player of the Year Award

A Player of the Year will be chosen by vote of the coaches of that sport. A coach may vote for his/her own player. The player receiving the greatest number of votes shall be Player of the Year.

ARTICLE VII: POWERS AND DUTIES OF THE MEMBERSHIP

Section 1

The membership shall use the [North Carolina High School Athletic Association Handbook](#), rulebooks, and other official publications as guides in establishing regulations.

Section 2

- Each school is expected to abide by Mideastern Athletic Conference regulations. All member schools are expected to participate in all scheduled conference events. Failure to do so could result in fines, forfeitures or other sanctions according to MEC and NCHSAA policy. Unless both schools (administration) agree not to play (facility/school conflict) and/or a medical situation arises, we will honor all commitments and schedules on all levels.
- Postponed games will be rescheduled for the first available date (NCHSAA policy), except that no school will have to play on a night preceding a semester examination. Saturday will not be used as a make-up day unless mutually agreed upon by both teams.
- Member schools shall not exchange or make available conference films with non-Mideastern conference opponents.
- (Coaches/AD's) make sure schedules and scores are posted in a timely manner on Max-Preps as required by the NCHSAA and the MEAC.
- Fine for failure to follow MEC policy: \$200.00 and/or any conference expenses for sponsoring the event. An invoice will be mailed and is due to the conference by the end of the regular season contests.

Section 3

- The membership may establish whatever dues it deems necessary to carry on its business and the dates on which the dues are to be paid.

Section 4

- The membership shall determine the officials associations to be used in the Conference.

Section 5

- No student is eligible to participate on a Jr. Varsity team after completing his/her sixth semester of high school.

Section 6

- The Mideastern Athletic Conference will provide medals (1st, Gold, 2nd, Silver and 3rd, Bronze (if applicable, see below) for each NCHSAA automatic qualifier(s) at the Conference Meet/Tournament in tennis, swimming, wrestling, and track. The Conference will recognize the Tournament/Meet Champion in all of the above and basketball with an 8' x 10" plaque. No other medals/awards may be distributed at the conclusion of Mideastern events except those recognized by the Mideastern Conference. The Mideastern Conference will distribute certificates to each First team All Conference selection and 8x10 plaques to (COY, POY, DPOY OPOY, etc.)
 - Cross Country - 7 gold, 7 silver (each gender)
 - Wrestling - 14 gold, 14 silver
 - Tennis - 6 gold, 6 silver, 3 bronze (each gender)
 - Swimming - 20 gold, 20 silver (each gender)
 - Track - 30 gold, 30 silver (each gender)

Section 7

- The membership may formulate policy, pass regulations and pass resolutions for and concerning the Conference. When formation of policy does not involve a change in either the Constitution or By-Laws, only a simple majority vote shall be required to set policy. Each member school shall have one vote.

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Section 8

- Non-conference opponents may not compete in Mideastern events without prior approval of all participating schools. When a minimum of five (5) member schools choose to field a team in any sport for conference competition, a conference champion shall be declared and Wells Fargo points awarded.

Section 9

GAME TIMES:

- Games and matches will start at the following times, unless changes are made by mutual agreement to start earlier by the schools (Coach and Administration) involved. Please adhere to the warm-up times listed in the by-laws and make every effort to get contests started at the designated time. Unless mutually agreed upon before the start of the contest, the MEAC does not have a time limit for contests.

Baseball: (V)	6:00	
Baseball (JV):	5:00	
Basketball (JV):	4:30/6:00	
Basketball (V):	6:00 (Women)	7:30 (Men)
Cross Country:	4:00 (Walk)	4:30 (Run)
Football (JV):	6:30	
Football (V):	7:30	
Golf:	2:00 unless dictated by course/facility	
Lacrosse (W)	5:30 (if part of a DH, 6:00pm if one game)	
Lacrosse (M)	7:15 (if part of a DH, 6:00pm if one game)	
Soccer (JV):	5:00	
Soccer (V):	6:30 (or 20 minutes after field cleared for JV game)	
Softball (JV):	5:00	
Softball:	6:00	
Swimming:	Dictated by pool availability	
Tennis:	4:30	
Track:	4:15	
Volleyball:	4:30 (jayvee followed by varsity) Warm-Ups: 5 minute home, 5 minute visitor, 5 minute home, 5 minute visitor)	
Wrestling Varsity:	7:00 (Weigh-ins at 6:00pm, all prelims completed prior to 7:00)	

Section 10

Conference Tournaments and Events

- In the event that individual(s) that qualify to represent the MEAC in the NCHSAA playoffs cannot or choose not to participate, the next highest seed will qualify to represent the MEAC.
- Tournament Directors will be paid fifty (\$50) dollars per day plus thirty (\$30) for planning (game workers, scorekeepers, officials, security, etc) time. Game workers, scorekeepers, etc will be paid as per NCHSAA policy. All proceeds, after expenses, will be placed in the conference treasury.

STANDING RULES

BASEBALL

Section 1

- Each team will play each Conference team two Conference games during the season. Individual schools may schedule additional games.

Section 2

Concerning starting times for pre-game practice:

1. For afternoon games – the visiting team shall begin practice one hour and five minutes prior to game time. The home team shall have the field thirty-five (35) minutes prior to the game time. There shall be a five (5) minute period prior to the game for a “home plate” meeting between the coaches and officials.
2. For night games – the home team shall have thirty (30) minutes of practice beginning one and one-half hours prior to the game time. The visiting team will have pre-game practice for thirty (30) minutes. The home team will have

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infield practice for fifteen (15) minutes and the visiting team will have infield practice for fifteen (15) minutes.

Section 3

- Games will be seven innings in length. Admission is the responsibility of the host school.

Section 4

- The home team will be responsible for furnishing NFHS and NCHSAA approved baseballs.

BASKETBALL

Section 1

- Each school will play both home and home varsity and junior varsity games with each of the other Conference members. Each individual school will schedule non-conference games.

Section 2

- Games will generally be played on Tuesday and Friday nights with the junior varsity games beginning at 4:30 p.m. at the opposite site of the varsity, the girls' varsity game beginning at 6:00 p.m., and the boys' varsity game beginning at 7:30 p.m. unless there is a prior agreement to different times.

Section 3

The home team will wear white jerseys.

Section 4

The home team will provide basketballs and water for the visiting team.

Section 5

The official timer for varsity games shall be a trained adult.

Section 6

Member schools shall not exchange Conference films with non-Mideastern Conference opponents.

Section 7

Conference Tournament

- When at the end of the regular season, ties exist; the tied team with the best record of wins involving only the tied teams shall have the higher seed. When no tied team has the best record, tournament position shall be determined by using the NCHSAA tie breaking procedure. Once the seed order has been determined, the tournament will be held in accordance with a plan approved by the MEAC and NCHSAA. Revenue from the Conference tournament shall be held in the Conference treasury to cover Conference dues and other expenses.

Tournament Format

MONDAY – at BCC

4:30 – Men's 1st Round (#4 vs. #5)

6:00 – Men's 1st Round (#3 vs. #6)

7:30 – Men's 1st Round (#2 vs. #7)

TUESDAY – at BCC

4:30 – Women's 1st Round (#4 vs. #5)

6:00 – Women's 1st Round (#3 vs. #6)

7:30 – Women's 1st Round (#2 vs. #7)

WEDNESDAY – at BCC

6:00 – Men's Semifinal (#1 seed vs. #4/#5 winner)

7:45 – Men's Semifinal (#2 vs. #7 winner) vs. (#3 vs. #6 winner)

THURSDAY – at BCC

6:00 – Women's Semifinal (#1 seed vs. #4/#5 winner)

7:45 – Women's Semifinal (#2 vs. #7 winner) vs. (#3 vs. #6 winner)

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FRIDAY – at BCC

6:00 – Women’s Championship Game

7:30 – Men’s Championship Game

***Men/Women’s playing days will be rotated each year, In 2015, Women will play on Monday & Wednesday and Men will play on Tuesday & Thursday. The Higher seed will be the home team, will wear white uniforms through out the tournament and be the official scorer if not supplied by host.

Admission Prices and Passes:

Admission is \$6.00 per night (one game or two) school age and up. Only **NCCA, MEAC and NCHSAA** Passes are accepted at Conference Sponsored Events

CHEERLEADERS

Section 1

Each school is encouraged to field a representative cheerleading team.

Section 2

- Conference members will admit cheerleaders of participating teams to Conference games and matches at no cost if they are in uniform.

Section 3

Cheerleaders shall have an adult chaperone with them while visiting other schools.

Section 4

- Varsity cheerleaders are permitted to travel to away games. Junior varsity cheerleaders will not travel to any away Conference games unless there is mutual agreement between the schools involved.

Section 5

- Cheerleaders will not take any noisemakers into the gymnasiums. Signs other than welcome signs are prohibited. Individual musical instruments, can lids, noise making objects, battery powered megaphones, banners, streamers and placards are prohibited inside gymnasiums. Non-electronic hand megaphones are legal.

During basketball games organized cheering will only be permitted at time outs. Cheerleaders must remain seated during all live balls, which includes after the free throw shooter is handed the ball. Cheerleaders may not come onto the floor during 30-second timeouts.

CROSS COUNTRY

Section 1

- Conference meets will be scheduled among Conference schools on Thursday’s unless there is a conflict or dictated by the facility.

Section 2

- The Conference champion shall be determined at a Conference meet after the completion of the regular season.

Section 3

- For medical and safety purposes, it is strongly recommended that a communication system be available during a meet.

Section 4

Cross Country Conference Meet Format:

- Coaches Meeting 3:35pm
- Men’s A group 4:00pm
- Women’s A group 4:30pm
- Men’s and Women’s B Group 5:00pm
- Awards Presentation 5:30pm

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FOOTBALL

Section 1

- Each team will play varsity and junior varsity games with each of the other Conference members. Each individual school will schedule non-Conference games.

Section 2

- Varsity games will be played at 7:30 p.m. on Friday nights unless there is prior agreement by the teams involved. Junior varsity games will be played at 6:30 p.m. on Thursday nights unless there is prior agreement between both teams. Both varsity and junior varsity games will be played the same week at opposite sites. Rescheduled games will be played on Saturdays or Mondays with the home team having the final authority.

Section 3

- The home team will wear dark colored jerseys unless both teams have agreed to a change.

Section 4

- The clock operator shall be a trained adult.

Section 5

- The two most recent game films, not including the game played the preceding week, will be exchanged between Conference schools. Member schools shall not exchange with non-Mideastern Conference opponents (films of Mideastern Conference games). Exchange films only with your immediate opponent during the playoffs.

Section 6

- The home team will provide emergency medical services on or near the field.

GOLF

Section 1

- The host school will be responsible for any course expenses. Only one Conference meet will be scheduled per week. In the event of a make-up match, two may be played in one week.

Section 2

- Matches will begin at 2:00 p.m. Six (6) players in boys' golf from each team may play in each match with the lowest four (4) scores counting as team points. In girls' golf five (5) players constitute a team with the three (3) lowest scores being counted as the team score.

Section 3

- The Conference champion will be determined by the cumulative scores from all *Conference matches. The final Conference match of the season will be played on a neutral course (course must be approved by the membership) and scores from this match MUST be counted for both individual scores and team totals. Triple-bogey rule will apply.
- * Individuals must participate in each MEAC tournament and may drop (2) 9 hole scores. If an individual does not participate in an MEAC tournament the triple-bogey rule will apply for each hole.

Section 4

- In the event of a tie after the last Conference match of the season, for either Individual Conference Championship or Team Championship (and/or playoff qualifying), a Sudden Death stroke play playoff will be held, starting on the 18th hole and continuing numerically through as many holes as necessary, until the tie is broken. In the event that teams are tied, only the individual golfers whose scores were counted in the team total THAT DAY will be allowed to participate in the sudden death playoff. If darkness or weather prevents completion of a sudden death playoff that day, a comparison of cards will be used, starting with the #1 handicap hole on that course and working down until the tie is broken. In the event that teams are tied, only the individual golfers whose scores were counted in the team total THAT DAY will have their cards used in the hole comparisons.

LACROSSE

Section 1

- Each team will play home and away games with each Conference member if applicable. (see section seven) Individual schools may schedule additional games.

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Section 2

The home team will wear light colored jerseys unless both teams have agreed to a change.

Section 3

If a regular season Conference match ends in a tie, there will be overtime periods as per NF rules.

Section 4

The price of admission is the responsibility of the host school.

SOCCER

Section 1

- Each team will play home and away games with each Conference member. Individual schools may schedule additional games.

Section 2

- The home team will wear white jerseys unless both teams have agreed to a change.

Section 3

- If a regular season Conference soccer match ends in a tie, there will be two regulation ten-minute overtime periods.

Section 4

- The price of admission is the responsibility of the host school.

SOFTBALL

Section 1

- Each school shall schedule two games with other Conference schools on a home and home basis.

Section 2

- The visiting team shall have the field thirty (30) minutes prior to the start of the game for the purpose of warm-ups, which will not exceed fifteen minutes. The home team shall have the field fifteen (15) minutes prior to the start of the game for warm-ups.

Section 3

- The home team shall furnish NFHS softballs per State regulation for Conference play. Admission charges are the responsibility of the host team.

SWIMMING

Section 1

- Meets will be scheduled within the Conference based upon availability of facilities (UNC-W and Brunswick Community College). The individual schools may schedule additional meets.

Section 2

- Meets will begin at 9:00 a.m. unless there is a facility conflict.

Section 3

- The Conference Meet will be held on the week preceding the Regional meet.

Section 4

- The Conference champion shall be determined by the Conference meet.

Section 5

- The Conference shall determine admission policy.

Section 6

- In order to be eligible to participate in the conference championships, Swimmers must have recorded times in 50% of the conference meets

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TENNIS

Section 1

- Each team will play all Conference teams home and away each season. Additional matches will be the responsibility of each school.

Section 2

- Starting times will be at 4:30 p.m. Warm-ups will be in advance.

Section 3

- Team matches will be made up of six single and three doubles matches. One point will be scored for a win in each match with a maximum of nine (9) total points. Prior to the first match, line-up cards will be exchanged listing six singles positions and the one and two doubles positions. Doubles may be changed only if the outcome of the match has been determined. Doubles matches will start within 15 minutes of the conclusion of singles matches.

Section 4

- Single matches will be the best two out of three six-game sets except third set. Ties will be broken according the NCHSAA Handbook regulations. In singles, if tied at 6-6 in a set, the set tie-breaker is used (first to seven, win by two), the third set will be decided by a 10 point tiebreaker, win by two). Double matches will be played as one pro-set (8 games).

Section 5

The Conference champion will be determined on the basis of regular season standings. Regular season standings will determine state dual team participation.

Section 6

Women's/Men's Tennis Conference Tournament: (Seeding meeting held day of tournament)

- One day tournament
- Let the top team in each classification host the tournament at a local site (8 courts minimum)
- 8 Representatives
 1. 3A: Number 1 and 2 teams, (3) Singles and (3) Doubles teams, Number 3 team (2) Singles and (2) Doubles teams
 2. 4A: (2) Singles and (2) Doubles teams from each 4A team
- Single elimination with consolation if needed for NCHSAA qualifiers

TRACK

Section 1

- Tri meets and Quad meets will be scheduled within the Conference in such a way that each school has at least one meet with all other Conference schools. The individual schools will schedule additional meets.

Section 2

- Meets will begin at 4:00 p.m. unless there is a prior agreement to another time by all schools involved.

Section 3

- The Conference meet will be held on the week preceding the Regional track meet.

Section 4

- The Conference champion shall be determined by the Conference meet.

Section 5

- Number of Entries: Each school may enter a maximum of five (5) competitors in each event except 3200 Meter run (unlimited) and two (2) relay teams in each event. Each school shall determine admission policy.

Section 6

- Track Conference Meet Format: One day event with a 2:00pm Seeding Meeting, Events start at 2:30pm
- Order of Events and Scoring: Will be the same as published in the NF Rule book. Admission: \$5.00 (School age and up)

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VOLLEYBALL

Section 1

- Conference matches will be scheduled among the schools. Junior varsity matches will begin at 4:30 p.m. unless there is prior agreement by the schools involved. Admission charges are the responsibility of the host school.

WRESTLING

Section 1

- Each member will wrestle each conference member. Individual schools may schedule additional non-conference matches.

Section 2

- Dual Matches will begin at 7:00 p.m. unless there is prior agreement between the two schools involved.

Section 3

- The Conference team champion will be decided by head to head matches held during the season. Seeding at the Individual Conference meet will be based on all Conference matches wrestled. The wrestler with the greatest number of conference match victories will be seeded 1st, 2nd highest number is seeded #2, etc. Any ties will be broken in the following order (please bring your score book to the seeding meeting to help with breaking any ties).

Ties will be broken in the following order:

- 1) Who beat whom in a head-to-head Conference match?
 - 2) The wrestler who won the most Conference matches at the weight class being seeded.
 - 3) The wrestler who wrestled the most Conference matches at the weight class being seeded.
 - 4) Random draw or coin tosses.
- After the top four wrestlers are seeded in each weight class a random draw will be used to determine who receives a bye.
 - Once the tournament is SEEDED, NO CHANGES will be made.
 - In the event a pre-seeded wrestler fails to enter the tournament (missed weight, injury, etc.) the seeds will be moved up and the weight class redrawn if necessary.
 - Admission is \$10.00 all day or \$6.00 for Finals. Only NCCA and NCHSAA Passes are accepted at Conference Sponsored Events

Revisions

This Constitution and By-Laws were approved and adopted by a unanimous vote of the schools in membership at a meeting held on the 26th day of March, 1973. The most recent revisions: November 9th, 2009, January 6th, 2010, September 9th, 2010, October 16, 2013, and August 13, 2014.

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CODE OF ETHICS FOR COACHES, ATHLETES AND SPECTATORS

Believing that sportsmanship is a by-product of a spirit of tolerance and good will and the centering of attention on the good qualities of all involved, and believing that my conduct is an important part in my school athletic program, I pledge myself to act in accordance with these principles.

As a coach, athlete and/or spectator, I will:

1. EXEMPLIFY the highest moral character, behavior, and leadership so as to be a worthy example.
2. MAINTAIN and exhibit poise, self-discipline and restraint during and after the contest.
3. CONDUCT myself in such a manner that attention is drawn not to me, but to the playing of the game.
4. REGULATE my actions at all times so that I will be a credit to the team I support, knowing the school gets the praise or the blame for my conduct since I represent my school.
5. SUPPORT all reasonable moves to improve good sportsmanship.
6. TREAT the visiting team and spectators as guests, being courteous and fair.
7. AVOID actions which will offend the individual athlete.
8. ACCEPT the judgment of the coach.
9. HONOR the rights of the visitors in a manner in which I would expect to be treated.
10. RESPECT the property of the school, the visiting team and that of individuals.
11. DISPLAY good sportsmanship by being modest in victory and gracious in defeat.
12. PAY respect to both teams as they enter for competition.
13. APPRECIATE the good plays by both teams.
14. SHOW sympathy for an injured player.
15. REGARD the officials as guests and treat them as such.
16. DIRECT my energy to encouraging my team rather than booing the officials.
17. BELIEVE that the officials are fair and accept their decisions as final.
18. LEARN the rules of the game.
19. CONSIDER it a privilege and duty to encourage everyone to live up to the spirit of the rules of fair play and sportsmanship.
20. REALIZE that privileges are invariably associated with great responsibilities and all that are involved.

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