'Central Tar Heel Conference'
CONSTITUTION
2024-2025

(Revised: 6/19/2024)

ARTICLE
NAME AND PURPOSE

Section 1: The name of the organization shall be the **"Central Tar Heel Conference. "**

Section 2: The purpose of the conference shall be to promote and ensure fair competition, participation, and sportsmanship in interscholastic athletic competitions among the member schools.

ARTICLE II
MEMBERSHIP AND VOTING

Section 1: The conference shall be composed of:

1. **Chatham Charter**
2. **Clover Garden School**
3. **River Mill Academy**
4. **Southern Wake Academy**
5. **Triangle Math & Science Academy**
6. **Woods Charter**
7. **Ascend Leadership Academy**

Section 2: Any school desiring membership shall be approved by the North Carolina Department of Public Instruction and must be eligible for membership in the conference under the rules and regulations established by the NCHSAA.

Section 3: The addition of any school must meet the requirements of Section 2 of this article and have the approval of two-thirds of the member schools. (4)

Section 4: Each member school will have one vote on all matters of business. The voting authority for each member school belongs to the school principal or his/her designee.

Section 5: A quorum will be assumed for all meetings that have been properly called with a minimum of seven (7) days' notice given to each member.

Section 6: All matters of business for the conference shall be decided by a majority vote of members present. In the event of a tie, the Executive Secretary will make the final decision.

ARTICLE III
OFFICERS, TERMS OF OFFICE, ELECTIONS AND DUTIES

Section 1: The officers of the conference shall consist of a President and a Vice President.

Section 2: The officers shall serve a one-year term which may be renewed at the discretion of the members.

Section 3: The conference shall appoint an executive secretary, which shall be a paid position with duties and responsibilities established by the member schools. The Executive Secretary shall attend to all general correspondence, keep a record of all meetings of the conference, collect all dues, provide conference schedules as defined in the by-laws, have charge of all funds of the conference and shall disburse them, as necessary.

Section 4: The Executive Secretary shall preside over all conference meetings.

ARTICLE IV
DUES AND OPERATING EXPENSES

Section 1: Each member school shall pay **$1,000.00** for initial operating expenses of the conference. Thereafter, gate receipts from tournaments shall be used to finance the conference. Any further assessments will be determined by the member schools to maintain operating funds.

Section 2: We will pay expenses as follows*:*

- Coaches Meeting held during Breakfast/morning hours is not to exceed over $30.; and not to exceed over $50. for evening Coaches Meetings.
- Will pay up to $175. for Early Bird Registration for any of our six AD's that attends a State or National AD's Conference each year.
- Will pay the Host Conference Director $50. for any final Conference Championship game. (Varsity Championship games if you collect admissions at the gate. - No JV Championships.) – *See ARTICLE XIII, Page #6.*

Section 3: The conference may choose to disburse monies in the treasury back to the member schools at the conclusion of the year or any time by majority of the members.

ARTICLE V
MEETING DATES

Section 1: Membership meetings will be held once a month when needed for the 'Central Tar Heel Conference' each year. Meetings will be held on the **second or third Wednesday of each month,** unless otherwise notified.

ARTICLE VI
SCOPE OF ACTIVITY

Section 1: Half number (4) of the conference schools MUST participate in a sport in order to declare a conference champion, unless the NCHSAA approves it as a Conference.

Section 2: All member schools are required to compete against one another in varsity and junior varsity competition as directed in each adopted conference schedule.

Section 3: No member school shall be excused from playing a conference contest without a majority vote of the member schools. A game not excused shall be recorded as a forfeit. The conference may impose a fine not to exceed $500.

Section 4: Regular season conference championships shall be determined by percent of wins in conference play.

Section 5: Each sport shall have established regulations approved by the conference that shall govern all issues not previously provided for by the NFHS, NCHSAA, or this Constitution. The conference may amend the regulations as necessary to fulfill the purpose of the conference.

Section 6: The conference may elect to impose a fine of not more than $500 for any violation of conference regulations.

ARTICLE VII
SCHEDULING

Section 1: To be included in the conference scheduling, schools should declare by the February conference meeting date of the year prior to participation which sports it plans to host. Any varsity team cancellations that occur after the first official play date of practice shall be considered a forfeit for the purpose of conference standing and playoff consideration. (Prior to the first conference game.) (If it is a forfeit win you cannot reschedule.)

Section 2: The conference will approve all master schedules of the conference.

Section 3: Upon mutual consent, schools may adjust master schedules to deal with conflicts particular to each school.

Section 4: Conference Contests that are postponed for inclement weather should make every attempt to rescheduled on the next available day with the following exceptions:

Subsection A: No school will be forced to play on three consecutive days OR will be forced to use a non-school day as a makeup during the regular season UNLESS season ending deadline requires games to be completed provided both systems are in school and/or are allowed by their system to play.

ARTICLE VIII
"ALL-CONFERENCE"

Section 1: Each sport will receive a number of All-Conference selections based on the number of teams participating in the sport plus the number of starters for that sport unless otherwise noted in this article.

Subsection A: Golf will get all conference selections based on the total designated in Section 1 of this article using total strokes for all events involving all schools. Sport regulations may allow for the dropping of two conference scores.

Subsection B: Track, Swimming, and Wrestling will get selections based on the first-place winner of each event at the season ending Conference Meet.

Section 2: 'All-Conference' selections will be based on a vote of all coaches in that sport. [Every member school must have a representative (Coach, AD, Principal, or Asst. Coach, etc.) attend each sports End-of-the-Season Coaches Meeting in order to nominate any of their athletes for the 'All-Conference' selection.]

Section 3: Any athlete nominated for 'All-Conference,' but not selected, will receive 'Honorable Mention.'

Section 4: Schools may release their 'All-Conference' information at any time of their choosing, after every one of the member schools are out of the State Playoffs, in their sport.

Section 5: In the event that serious injury or illness prevents an obvious choice from being 'All-Conference' in sports where All-Conference is decided based on performance rather than a vote of the coaches, the coaches of that sport may choose to nominate that player for 'All-Conference.' A majority vote of all coaches will place that player on the 'All-Conference' team.

Section 6: If we do not have 4 teams participating in any particular sport, for All-Conference nomination selection, it will be the **number of teams participating, + plus 1.**

ARTICLE IX
CHAMPIONSHIPS

Section 1: Conference Champions will be declared based on the winning percentage in all conference contests for team sports.

Section 2: Conference Championships in individual sports will be decided as follows:

Subsection A: Cross-Country, Track and Swimming will have a season ending conference meet involving all member schools. The conference champion will be the team with the best total score. Results will be announced within 24 hours after the event.

Subsection B: Golf will be decided based on the cumulative team score from each event. (If teams compete in all conference matches, they may drop their highest score.)

Section 3: Teams with identical records or scores will be considered tied. All schools tied for the lead will be considered Conference Champions; ties will need to be broken when reporting for State Playoffs/Bracketing. (After following the NCHSAA tie-breaker procedures, we will then either flip-a-coin to break the tie or leave it to the discretion of each school to play-it-out.)

Section 4: The conference will provide the Conference Champion with an appropriate trophy.

ARTICLE X
PLAYOFFS & TOURNAMENTS

Section 1: A Conference Tournament will be held in **Volleyball, Basketball, Baseball, and Softball**. First Round Conference Tournament will be played at the **Higher Seed, the Semi-Finals & Finals will be played at one site.** Also, a Conference **Golf, Track & Cross-Country** Meets will be held at the end of their sport season.

Section 2: A Conference Tournament will be held in **Wrestling and Tennis**. These tournaments will be an individual format only and have no bearing on conference standings.

Section 3: All proceeds and expenses for conference tournaments and any play-in games will be the responsibility of the conference.

Section 4: The conference will decide playoff representatives based on the NCHSAA published guidelines.

Subsection A: In the event that a play-in game is necessary, the play-in game will be played at the site of the conference tournament and immediately prior to the conference finals. The home team will be the team with the higher seed in the conference tournament.

Subsection B: In the event that a play-in game is necessary, and no conference tournament is played, the play-in game will be played at a neutral site mutually agreed upon. of the team winning a coin toss for home field advantage. (Coin-flip for 'Home.')

ARTICLE XI
AWARDS

Section 1: The conference shall award a 'Player of the Year' in each sport, based on voting by the coaches for that sport. This award shall be based on performance for the current year only (Conference play only). Coach can Nominate one athlete per team. (Do not nominate unless you can back-up with stats.) Winners will be announced once all schools are out of the state tournament.

Section 2: The conference shall award a 'Player of the Year' & Coach of the Year' in each sport, based on voting by the coaches for that sport. This award shall be based on performance for the current year only. If there is a tie, you try to break the tie again. If still tied, vote again to try to break the tie once more; and if still tied – we will have CO-'POY' &/or 'COY,' & order an extra plaque.

Section 3: The conference shall award no other individual awards other than 'Player of the Year' for each sport, and a 'Coach of the Year' in each sport (also a 'Pitcher, & Defensive Player of the Year').

Section 4: The conference shall award a 'Player of the Year' Award, 'Coach of the Year' Award, and a one Conference 'Sportsmanship' Award based on the voting of the coaches from each sport.

Subsection A: Each coach shall vote for the top three teams in the conference.

Subsection B: **Voting shall be tallied based on a 5-3-1 system** with the school accumulating the most points being declared the winner. (If a tie, - vote one more time.)

Subsection C: All schools that were recognized as the Sportsmanship winner of each sport, these final totals will be tallied at the end of the Spring Sport Season, and one Sportsmanship plaque will be awarded to the school with the most votes throughout that school year.

Section 5: The 'Wells Fargo Cup' points will be calculated as directed by the NCHSAA, for each sport in each season.

ARTICLE XII
GENERAL INFORMATION

Section 1: Each member school shall be issued **10 Conference Passes** that will allow for Free Admission to all contests between conference opponents. Admission will be limited to ONE person per card.

Section 2: NCCA passes will allow for admission for coach and immediate family members.

Section 3: Admission prices for contests shall be a base pay of $6 for all events; or if using online services, and there might be additional processing fees incurred. (But this is at the discretion of each school if you would rather sell tickets online. Student prices & Senior admission prices are at the discretion of each member school.)

Section 4: The Home team shall be responsible for providing coolers, ice, and warm-up balls for all indoor events &/or outdoor events on campus.

Section 5: ***SPORTSMANSHIP – NCHSAA Core Values:** Following the rules of the game. Respecting the judgment of referees and officials, treating opponents with respect, respect for one's opponent and graciousness in winning or losing. Integrity – consistency of actions, values, methods, measures, principles, expectations, and outcomes – the truthfulness or accuracy of one's actions.

ARTICLE XIII
AMENDMENTS

Section 1: This constitution and any regulations may be amended at any regular meeting of the conference by a majority vote.

Section 2: Member School AD who hosts a Conference (Varsity) Tournament at the end of each sport should get compensated if funds are available. The AD should get $50.00 per day.

Volleyball	$ 100.00	2 days
Girls Tennis	50.00	1 day/$100.00 - if 2 days
Girls Golf	50.00	1 day
Basketball	100.00	2 days
Swimming	50.00	1 day
Baseball	100.00	2 days
Softball	100.00	2 days
Track & Field	50.00	1 day
Boys Tennis	50.00	1 day/100.00 if 2 days
Boys Golf	50.00	1 day
Cross-County	50.00	1 day

'Central Tar Heel Conference'

Regulations for Baseball

1. Conference games shall be scheduled on **Tuesdays & Fridays** during the regular season, beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates.

2. JV games will be played at the same site of the Varsity contest. JV start time will be 4:30 pm, prior to Daylight Savings Time & 5:00 pm after DST. JV games will not begin an inning after two hours from the start time.
   (For Baseball Doubleheaders: – JV will play first & the Varsity game will follow.)
   By mutual agreement, conference game times may be adjusted, or at the discretion of the Host School/Facilities.

3. In scheduling Baseball (for 2025): we will **play only two rounds of conference play**; and **play each conference opponent back-to-back in the same week (Tues. & Friday).**

4. Batting Practice should take place in the Battling Cages or at the discretion of the facility.

5. Infield warm-up will begin approximately 30 minutes prior to game time. Home team will start the warm-up, lasting no longer than 15 minutes, and the Visiting Team will follow.

6. The home team shall provide game balls to the visiting pitcher for warm-ups. This ball will remain with the visiting team for use in the bullpen.

7. A Conference Tournament will be held each year.

***AWARDS:**

1.) **Conference Champion**: **GOLD Trophy** will be awarded to the **winner of the Regular Season.**

2.) **Conference Tournament: Silver Trophy** will be awarded to the **winner of the Conference Tournament.**

3.) **'All-Conference' Certificates: (Maximum 17)** to be awarded to the 'All-Conference' Nomination selections. **(9 positions +7 schools +1 'Pitcher')**

4.) **Plaques:** '**Player of the Year,**' '**Pitcher of the Year,**' & '**Coach of the Year.**'

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) ***'Wells Fargo Cup'* points** will be determined by Regular Season Champion, (**NOT** Conference Tournament Champion).

FYI… Chatham Charter – HAS Baseball lights - Starting @ 6:00 pm
Clover Garden, So.Wake Acad., River Mill & TMSA - starts @ 4:00 p.m. (or as facilities are available.)
Ascend – No field available as of this school year (2023-2024). (May have to host at Opponents site.)

'Central Tar Heel Conference'

Regulations for Basketball

1. Conference games shall be scheduled on **Tuesdays & Fridays** during the Regular Season, (beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates).

2. JV games will begin @ 5:00 p.m. & Vars. games will begin @ 6:00 p.m.
(If you only have one JV team: a Tripleheader starting @ 4:30 / 6:00 / & 7:30 pm - or at the discretion of each host school.)

3. The format for play will include Varsity Girls & Varsity Boys will play together at one site, and the JV Girls & the JV Boys games will be played at the opposite site.
(By mutual agreement, the playing schedule can be adjusted.)

4. We will host a Men's & Women's Conference Basketball Tournament.

5. The clock for warm-up (12 minutes) will not start until both teams are on the floor.

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** will be awarded to the **winner of the Regular Season.**

2.) **Conference Tournament: Silver Trophy** will be awarded to the **winner of the Conference Tournament.**

3.) **'All-Conference' Certificates**: **(Maximum13)** to be awarded to the 'All-Conference' Male & Female Nomination selections. **(5 positions + 7 schools + 1 'At-Large')**

4.) **Plaques: :** '**Offensive Player of the Year,'** '**Defensive Player of the Year,'** & '**Coach of the Year**' *(Male & Female).*

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) '***Wells Fargo Cup'* points** will be determined by Regular Season Standings, ***(NOT** Conference Tournament results).*

***Currently: NO one has JV Girls BASKETBALL.**

***Member Schools that will have JV Boys Team:**

Chatham Charter,	Woods Charter,	Ascend Leadership,	(possibly River Mill?)
Clover Garden,	TMSA,	Southern Wake Acad.,	

'Central Tar Heel Conference'

Regulations for Cross Country

1. Conference events will be **scheduled on Tuesdays or Thursdays.**
   - Regular Season: Walk the Course@ 4:30 p.m. / Begin the race @ 5:00 p.m. - or at discretion of host school.
   - Conf. Tournament: Walk @ 3:30 pm / First Race @ 4:00 pm - next race 15 minutes after.

   (Men will start first, then Women's race is second. - Communicate start times with your opponent, especially if your facility dictates a different start time.)

2. Conference Championship will be determined by the final season Conference Meet.

3. 'All-Conference' selection will be based on the final season Conference Meet order of finish.
   [NOTE: To qualify for All-Conference nomination & to participate in the Conference Tournament, an athlete will need to participate/run in at least 5 out of 7 Regular Season Conference Meets. (Medical issues will be dealt with on an individual basis.)]

4. The conference schedule will be designed to have a pre-season meet and a Conference Meet at the end of the season. Each team will run against each other team at least once during the regular season. Big Meets will have the JV run after the varsity.
   The final Conference Meet will include **7 Varsity runners only per school**.

***AWARDS:**

1.) **Conference Champion**: **GOLD Trophy** is awarded to the winner of the Tournament.

2.) **NO Medals & NO Ribbons.**

4.) **'All-Conference' Certificates**: **(Maximum 11)** To be awarded to the **Top Ten (10) Male & Female Conference Meet Placers, +Plus One (1) 'At-Large' by Coaches Vote.**
(Or if we do not have enough schools participating, All-Conference selection #'s will be the **# of schools participating +1 'At-Large.')**

4.) **Plaques:** '**Runner of the Year'** (Male & Female)
& '**Coach of the Year'** (Male & Female)

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, & one Sportsmanship Winner will be named by the end of the school year.

6.) '***Wells Fargo Cup'* points** will be determined by **Conference Final Meet.**

'Central Tar Heel Conference'

Regulations for Golf

1. Conference events will be scheduled by the coaches **on Mondays, or as facilities are available.** Each member of the conference shall host at least one 9-hole matches (front/back nine if possible) for a total of 14 matches. There will be one 18-hole match at the end of the season which shall count as two 9-hole scores.

2. Default **start time will be 3:00/3:30 p.m.** except matches scheduled prior to Daylight Savings time in which case starting time will be 3:00 p.m.

3. Teams will play at one site each time.

4. Conference Championship will be determined by the combined team total score for all matches.

5. 'All-Conference' honors will be determined by dropping **ONE** of the 9-hole scores.

6. Athletes MUST wear Golf Attire (T-Shirts & Jeans are NOT permitted.)

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** is awarded to the team with the **lowest stroke total** for the Regular Season Matches.

2.) **Plaques:** '**Golfer of the Year'** & **'Coach of the Year.'**
'POY' – Is determined by golfer with lowest regular season stroke average. If there is a tie at the end of the regular season, the Conference Tournament match will be used as the tiebreaker.

4.) **'All-Conference' Certificates: Maximum - Top Ten (10) Individuals Finishing, + One (1) 'At-Large'** – selected by a Coaches vote, if desired.
Or, if fewer schools participate, 'All-Conference' nomination/selection will be determined by the **number of schools participating, + plus One,** – **Male & Females**.)

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport.
All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) '***Wells Fargo Cup'* points** will be determined by Conference Match Champion.

***NOTE*: - River Mill currently is the only school that will have enough #'s for Women's *(Fall)* Golf, they will schedule individually.** *(We will revisit to see if any other schools have enough #'s before school starts!)*

'Central Tar Heel Conference'

Regulations for Soccer

1. Conference games shall be **scheduled on Mondays & Wednesdays** during the regular season, (beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates).

2. **NO JV Teams:** Start time is at the discretion of each host school. (By mutual agreement, conference game times may be adjusted.)

3. **Tied Games:** **If a Tie score exists at the end of regulation play during each conference varsity game, there will be two complete ten (10) minute periods, (not sudden victory). If the score is still tied at the conclusion of the second ten (10) minute overtime periods, the game will end and result in a Tie.**
   (Ruling in the 2022-2023 NCHSAA Handbook, Page #92.)
   - All regular season, Non-Conference games that are tied at the end of regulation will result in a Tie. (No Overtime in Non-Conference games, - will **result as a TIE.)**

4. Home Team is responsible for running balls.

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** will be awarded to the **winner of the Regular Season.**

2.) **'All-Conference' Certificates**: **(Maximum 19)** to be awarded to the 'All-Conference' Nominations/selections. **(11 positions + 7 schools + 1 'At-Large')**

3.) **Plaques:** '**Offensive Player of the Year,**' '**Defensive Player of the Year,**' **'Goalkeeper of the Year'** & **'Coach of the Year**.'

4.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

5.) '***Wells Fargo Cup'* points** will be determined by Regular Season Standings.

'Central Tar Heel Conference'
Regulations for Softball

1. Conference games shall be **scheduled on Tuesdays & Fridays** during the regular season, (beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates).

2. The default conference start time for all contests will be **6:00 p.m.**
   (By mutual agreement, conference game times may be adjusted.)

3. ***NO JV Softball currently by any member school.**

4. Infield warm-up will begin approximately 30 minutes prior to game time. Home team will start the warm-up, lasting no longer than 15 minutes, and the Visiting Team will follow.

5. The home team shall provide game balls to the visiting pitcher for warm-ups. This ball will remain with the visiting team for use in the bullpen.

6. A Conference Tournament will be held each year.

***AWARDS:**

1.) **Conference Champion**: **GOLD Trophy** will be awarded to the **winner of the Regular Season.**

1.) **Conference Tournament: Silver Trophy** will be awarded to the **winner of the Conference Tournament.**

2.) **'All-Conference' Certificates**: **(Maximum 17)** to be awarded to the 'All-Conference' selections. **(9 positions + 7 schools + 1 'Pitcher')**
Or, if fewer schools participate, 'All-Conference' nomination/selection will be determined by the **number of schools participating, + 1 'At Large**.'

4.) **Plaques:** '**Player of the Year,**' '**Pitcher of the Year,**' & '**Coach of the Year.**'

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) '***Wells Fargo Cup'* points** will be determined by Conference Regular Season Standings. (**NOT** Conference Tournament Champion).

'Central Tar Heel Conference'
Regulations for Swimming

1. Conference events will be scheduled by the coaches **on Wednesdays or Thursdays, or as facilities are available.**

2. Each participant in a conference swim meet may participate in four (4) total events, with no more than three (3) events being relays, and no more than two (2) individual events.

3. Conference Championship will be determined based on scores from the season ending Conference Meet.

4. Every school participating in swimming is encouraged to host a Meet, to which all conference schools should be invited, but are not required to attend.

5. Host Schools may choose to invite additional opponents beyond those the conference schedules for any regular season swim meet.

***NO Conference Awards.**

NOTE:* *(Woods will have swimming this year (2024-2025) and will schedule individually.)***

'Central Tar Heel Conference'

Regulations for Tennis

1. Conference matches shall be scheduled on **Mondays & Wednesdays** during the regular season, **or as facilities are available,** (beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates).
   *Tennis Coaches must exchange the NCHSAA Regular Season Dual Team & Single Line-up Sheets.

2. The default start time for conference events will be **4:30 pm.** (4:00 pm before Daylight Savings time.) By mutual agreement, conference game times may be adjusted at the discretion of the facilities.

3. Formatting for all dual team matches will be based on the NCHSAA standards:
   a. Two out of three sets for Singles. A seven-point tiebreaker will be used for any set that ends tied 6-6. A ten-point tie breaker will be used for the third set.

   b. Doubles will play an eight (8) game pro-set. A seven-point tiebreaker will be used in the event that the score is 10-10.

   NOTE: By mutual agreement prior to the match, coaches may choose to alter the standard formatting in the interest of time or competitive imbalance.

4. A Conference Individual Tournament will be held the final week of the regular season, at a site determined by the conference. The following guidelines for this tournament will be followed.
   a. Each school may enter two singles and two doubles teams.
   b. The top four players/teams will be seeded; however, the coaches may choose to seed additional players.
   c. Every effort should be made to ensure that players/teams from the same school do not meet in the first two rounds of play.
   d. Play for all matches prior to the Semi-Finals shall be an eight (8) game pro-set. A seven point tiebreaker will be used in the event that the score is 10-10.
   e. Play for all matches after the first round will be two of three sets. A seven point tiebreaker will be used for any set that ends tied 6-6. A complete third set must be played.
   f. No player should be expected to play more than two matches in one day.
   g. Each school is to bring six (6) cans of Balls to the Conference Tennis Tourney Match.

***AWARDS:**

1.) Regular Season **Conference Champion: GOLD Trophy** is awarded to the winner of the Dual Meet season. (Team Champion of the Year!)

2.) **Conference Tournament Champion** – Regional Qualifier Only – ***No Award. - (No Singles Awards)***

3.) **Plaques:** '**Player of the Year'** and **'Coach of the Year.'**

4.) **'All-Conference' Certificates**: (**Maximum 13)** to be awarded to the 'All-Conference' selections***. (12 + 1 'At-Large')*** - All-Conference will be awarded to those athletes that make it to the Semi-Finals: 4 Singles, & 4 Doubles Teams **(8+4 = 12 + 1 'At Large.')**

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) ***'Wells Fargo Cup'* points** will be determined by Regular Season Champion, **(NOT** Conference Tournament Champion).

NOTE: -* ****Fall 2024-Wom. Tennis: Chatham Charter & TMSA WILL have Fall Tennis.*

(Still Not sure if they will have enough #'s: CG, RMA, Woods, Ascend, & SWA.)

Central Tar Heel Conference
Regulations for Track

1. The conference will schedule meets on **Tuesdays or Thursdays, or when facilities are available;** with the final Thursday being used as a Conference Meet with all schools involved. All previous Meets will include a minimum of three teams and all teams will have the opportunity to compete against all other teams once prior to the final meet.

2. The Final Conference Meet will be seeded events based on time or distance. Each school will be permitted no more than four (4) entries per event.

3. Conference Championship will be based on the Final Conference Meet.

4. Final Conference Meet: Should be a one-day event.

5. Each school will be permitted to submit three entries per event. Each event will be restricted to two times the number of lanes, and selections will be based on ranking qualifying standards resulting in two heats for each event at the Final Conference Meet.

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** is awarded to the winner of the Final Conference Meet.

2.) **Plaques:** (**2) 'Most Valuable Track'** *(Male & Female)*, **(2) 'Most Valuable Field'** *(Male & Female)*; (**2) 'Coach of the Year'** *(Men & Women)*.

3.) '**All-Conference' Certificates**: The **Top (1st Place) Finisher in each event,** in the Final Conference Meet will be named 'All-Conference,' **+ Plus One (1) 'At-Large'** by Coaches vote. Or, if fewer schools participate, 'All-Conference' nomination/selection will be determined by the **number of schools participating, + 1 'At Large**.'

4.) ***NO Medals & NO Ribbons!**

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) ***'Wells Fargo Cup'* points** will be determined by Conference Meet Finish.

***NOTE:* - Will have Track: Woods & Chatham Charter.**
(Still Not sure if they will have enough #'s: TMSA, SWA & Clover Garden?)
We will revisit during the Winter Sport Season to see if we will have enough schools participating in order to create a conference schedule.

'Central Tar Heel Conference'
Regulations for Volleyball

1. Conference games shall be scheduled on **Tuesdays & Thursdays** during the regular season, (beginning with the last available play date prior to any scheduled tournament and working backwards the necessary number of dates).

2. The default conference start time for all **Varsity contests will be 6:00 p.m.**
   (By mutual agreement, conference game times may be adjusted.)

3. JV games will be played at the site of the Varsity contest. **JV start times will be 5:00 pm** by default. Varsity games will follow.

4. Varsity contests will be played using the best three (3) out of five (5) sets, (and the **5th set** only goes to **15 points**).

   JV contests will be played using the best two (2) out of three (3) sets, (and the **3rd set** only goes to **15 points).**

5. Warm-up for games will be '5-5-2-2.'

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** is awarded to the **Winner of the Regular Season.**

2.) **Conference Tournament Champion: Silver Trophy** awarded.

3.) Plaques: 'Player of the Year' & '**Coach of the Year.'**

4.) **'All-Conference' Certificates**: **(Maximum 14)** to be awarded to the 'All-Conference' selections. **(6 positions +7 schools + 1 'At Large')**

5.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport.
All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

6.) ***'Wells Fargo Cup'* points-** will be determined by Regular Season Champion,

NOTE:* **WILL have JV Volleyball *(Fall 2024):* Chatham Charter, River Mill, TMSA, Clover Garden & Ascend.

'Central Tar Heel Conference'

Regulations for Wrestling

1. Conference contests will be scheduled on **Wednesdays** during the regular season. Each school will wrestle against each other school one time.

2. The default start time for events shall be **6:00 p.m. for Tri-Meets,** and **7:00 p.m. for Dual Meets**. All Team members will Weigh-In at 5:30 p.m. (By mutual agreement, conference start times may be adjusted.)

3. A Conference Individual Tournament will be held the final week of the regular season at a site determined by the conference.

***AWARDS:**

1.) **Conference Champion: GOLD Trophy** is awarded to the **Winner of the Regular Season**

2.) **Conference Championship Tournament: Silver Trophy** awarded.

3.) **Plaques:** – **'Player of the Year' and 'Coach of the Year.'**

4.) ***NO Medals – NO Ribbons.**

5.) **'All-Conference' Certificates**: To be awarded to the 'All-Conference' selections. (The #1 finisher in each Weight Bracket in the Conference Tournament Match. - If it is decided to not have a tournament, All Conference will be voted on by the Coaches & the #1 finishers in each Weight Bracket for the Season.)

6.) **SPORTSMANSHIP:** Coaches Vote & recognize Member School winner of each sport. All Winners will be tallied at the end of the spring sport season, and one Sportsmanship Winner will be named by the end of the school year.

7.) ***'Wells Fargo Cup'* points** will be determined by Regular Season Champion, **(NOT** Conference Tournament Champion).