



The Charolette York North Region Handbook

Handbook Dedication

This handbook is dedicated to Charolette York from Olympic College. This handbook was one of Charolette's many interests and shall forever be known as the Charolette York North Region Handbook.

Charolette York starting working at Olympic College during the early 1970's, prior to and in the early days of Title IX. She was a trailblazer for young female athletes and a champion for their rights, continually watching to make sure women's programs were treated equally in regards to quality of officials and playing venues. She is best remembered as a tireless advocate who worked to further the opportunities for girls in sport, both at OC and in the community.

In her early years at OC, she was a physical education instructor as well as coach for OC volleyball, basketball, and tennis. York also served as the OC women's commissioner for 29 years and on the NWAACC Executive Board for six years. In addition, she served stints as the regional volleyball and basketball chairs along with chairing the NWAACC softball committee for nine years. As a coach, she led the 1978 Ranger Volleyball team to the NWAACC Volleyball Championship Tournament.

York helped get five softball teams together to form the first varsity league and fought to bring them under one umbrella with men's baseball. Today, 26 women's fastpitch teams play in the league, now known as the NWAC. For York's "enthusiastic support and dedication to NWAC Softball" the conference tournament's Most Valuable Player will forevermore receive the Charolette York Award.

As a physical education instructor, York taught classes in health, nutrition and fitness. Her daughter, OC staff member Linnea Hess, remembers that, "she always led by example. There was not one thing she would ask of her students that she could not do herself. Many in the community would see her running with her classes. She always said that she would stop teaching when she could not do what she asked of them." At the age of 40, York started running marathons. She ran more than 20 of them and both qualified for and ran the Boston Marathon.

In addition to her college responsibilities, York was a co-founder for the Kitsap County Amateur Softball Association as well as the Peninsula Women's Basketball Board, the official's organization for women's basketball. Charolette officiated both women's volleyball and basketball. She also was a well-known ASA softball umpire as well as being a leading ASA Junior Olympic spokesman both on the district, state, and regional levels. The ASA awarded her with the Lifetime Achievement Award for her work. She also was inducted into the Kitsap Oldtimers Hall of Fame.



Charolette was inducted into the Olympic College Hall of Fame's Inaugural Class in 2017 and the NWAC Hall of Fame in 2001.



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2017-2018 North Region Commissioners

Bellevue

Jeremy Eggers jeremy.eggers@bellevuecollege.edu
Jocelyn Lawrence jocelyn.lawrence@bellevuecollege.com

Douglas

Mickie Duarte duartemm@douglascollege.ca
Brian McLennon mclennonb@douglascollege.ca

Edmonds

Sheryl Gilmore sheryl.gilmore@email.edcc.edu
Spencer Stark spencer.stark@email.edcc.edu

Everett

Jennifer Rhodes jrhodes@everettcc.edu
Garet Studer gstuder@everettcc.edu

Olympic

Jaymie Cox jcox2@olympic.edu
Barry Janusch bjanusch@olympic.edu

Peninsula

Alison Crumb acrumb@pencol.edu
Rick Ross rross@pencol.edu

Shoreline

Steve Eskridge seskridg@shoreline.edu
Raquel West rawest@shoreline.edu

Skagit Valley

Nancy Anderson nancy.anderson@skagit.edu
Steve Epperson steve.epperson@skagit.edu

Whatcom

Mary Schroeder mschroeder@whatcom.edu
Chris Scrimsher cscrimsher@whatcom.edu

General Rules and Regulations

Election of Officers

A. The North Region Commissioners shall elect a Chair-Elect at the June NWAC Spring Conference. The previous year's Chair-Elect will then become the Chair and conduct the meeting.

B. The Chair shall serve for one year following the one-year term of service as the Chair-Elect.

C. Duties of these officers are as follows:

- The Chair is charged:
 - Running North Region meetings;
 - Keeping the North Region Handbook up-to-date;
 - Responsible for working with the Chair-Elect to create agendas for the meetings, to publicize the meetings, and to work with the meeting hosts to provide appropriate meeting space, refreshments and parking information.
- The Chair-Elect is charged with taking meeting minutes for the next year in order to learn the process of being the Chair.

D. The 2017-2018 Chair is Alison Crumb from Peninsula. The Chair-Elect is Garet Studer from Everett.

Executive Board Members

The North Region is required to provide male and female commissioners to serve on the NWAC Executive Board. These commissioners serve three-year terms. New board members will be elected at the June NWAC Spring Conference, or when a commissioner departs his or her position on the Board. All commissioners are eligible to serve on the Executive Board, but it's preferred that a commissioner first serve as North Region Chair prior to representing the region in this capacity.

Current North Region Executive Board Members:

Jorge de la Torre	Edmonds	Term: 2015-2018
Nancy Anderson	Skagit Valley	Term: 2017-2020

General Rules and Regulations

A. North Region meetings are open meetings. Coaches and guests may attend region meetings to present information or question policies. A coach or guest is asked to make prior arrangements with the Chair and be granted permission to be placed on the agenda. If this is not done, input will be allowed only by an affirmative vote of a simple majority by the commissioners present.

B. Proxy votes are not allowed at North Region meetings. Only Commissioners present at the meetings may vote.

C. Occasionally issues emerge between meetings. The President of the North Region may call for a vote of commissioners via e-mail or conference call, but only if appropriate information is available for the commissioners to make an informed decision and only if the opportunity for discussion is provided. The outcome of that vote must be added to the minutes of the previous meeting and identified by date and process.

D. When athletic directors cannot come to a mutually satisfactory agreement, the matter shall be referred to the Sports Committee or Region Chair for mediation.

E. North Region tie-breaker procedures vary by sport. See individual sport rules and regulations.

Annual Planning Calendar

Fall Quarter:

- Determine basketball crossover host sites for following year
- Review and approve regional Hall of Fame nominations
- Discuss and vote on possible code changes

Winter Quarter:

- Select basketball crossover tournament assignments for following year.
- Discuss next year's Sports Committee openings and identify potential candidates to ask to serve
- Review officiating contracts

Spring Quarter:

- Approve sports schedules for the following year
- Nominate and select new sports committee representatives as needed
- Nominate and select new executive board members as needed
- Elect chair-elect
- Discuss proposed code changes
- Determine locations and dates for Region meetings for the following year
- Renew officiating contracts as necessary

North Region Sport Committees

Appointment of Coaches to Sports Committees

A. Commissioners will formally appoint one coach to each sports committee. Appointments will be made at the regular spring meeting.

B. Coaches will be appointed for a three-year term. At the completion of the term, another coach may be appointed so that other interested coaches will have the opportunity to serve in this capacity. Commissioners may also reappoint the currently serving coach for another term.

C. A term is defined as an academic year.

D. Commissioners will base their appointments on the coach's willingness to serve, ability to effectively represent the North Region, and recommendation of the respective college's athletic director and commissioners.

E. If a coach resigns or cannot fulfill the required duties, commissioners will appoint another coach to complete the current term.

F. Commissioners may remove a coach from a sports committee for non-performance or not representing the best interests of the North Region.

North Region Sport Committee Members 2017-18 Academic Year

Baseball			
Commissioner	Spencer Stark	Edmonds	2017-2020
Coach	Ryan Parker	Olympic	
Women's Basketball			
Commissioner	Steve Epperson	Skagit Valley	2016-2019
Coach	Alison Crumb	Peninsula	2015-2018
Men's Basketball			
Commissioner	Jeremy Eggers	Bellevue	2017-2020
Coach	Mitch Freeman	Peninsula	2017-2020
Cross Country			
Commissioner	Garet Studer	Everett	2017-2020
Coach	Tansey Lystad	Everett	2017-2020
Golf			
Commissioner	Barry Janusch	Olympic	2015-2018
Coach	Bjorn Bjorke	Olympic	2015-2018
Softball			
Commissioner	Spencer Stark	Edmonds	2017-2020
Coach	Leah Francis	Bellevue	2015-2018
Soccer			
Commissioner	Rick Ross	Peninsula	2016-2019
Women's Coach	Kanyon Anderson	Peninsula	2015-2018
Men's Coach	TBA		2018-2021
Tennis			
Commissioner	Nancy Anderson	Skagit Valley	2015-2018
Coach	Jason Chapman	Bellevue	2016-2019
Track & Field			
Commissioner	Garet Studer	Everett	2017-2020
Coach	Jakan Austin	Olympic	2017-2020
Volleyball			
Commissioner	Jaymie Cox	Olympic	2016-2019
Coach	Jocelyn Lawrence	Bellevue	2017-2020

North Region Assigned Numbers 2017-2027

<u>COLLEGE</u>	<u>17- 18</u>	<u>18-19</u>	<u>19-20</u>	<u>20-21</u>	<u>21-22</u>	<u>22-23</u>	<u>23-24</u>	<u>24-25</u>	<u>25-26</u>	<u>26-27</u>
Skagit Valley	5	2	3	10	1	11	9	6	8	4
Bellevue	7	5	2	3	10	1	11	9	6	8
Seattle	4	7	5	2	3	10	1	11	9	6
Whatcom	8	4	7	5	2	3	10	1	11	9
Everett	6	8	4	7	5	2	3	10	1	11
Douglas	9	6	8	4	7	5	2	3	10	1
Peninsula	11	9	6	8	4	7	5	2	3	10
Edmonds	1	11	9	6	8	4	7	5	2	3
Olympic	10	1	11	9	6	8	4	7	5	2
Shoreline	3	10	1	11	9	6	8	4	7	5
TBD	2	3	10	1	11	9	6	8	4	7

Baseball

A. League game format:

1. League games shall be doubleheaders, two 9-inning games. League games shall be home and away doubleheaders on Saturday and Sunday against the same opponent (4-game series).
2. Doubleheaders will begin at 1:00 p.m. The start time may be changed (if mutually agreed upon) to accommodate facility issues, travel needs, national holidays (e.g. Easter Sunday). The 10-run rule is in effect for league games: after 7 innings in 9-inning games, the game will end.

B. Rain-Outs:

1. Opposing teams must make attempts to avoid rainouts and/or re-scheduling games. This includes preparation of the home field for inclement weather (full infield tarp and drying agent), moving games forward or backward 1-2 days, and reversal of sites. Minimizing missed class time shall also be taken into consideration. Adjustments shall be mutually agreed upon and made by the coach and administrator of each team. The home team shall be responsible for communicating any such revision to umpire assignor and other game administration personnel.
2. If a game(s) is rained out, the game(s) must be made up on the first open day available to both teams and the date must be reported to the NWAC immediately.

C. There is a 24 player limit for travel roster for all league games for visiting teams. No other players shall be in the dugout, in uniform, and / or participate in any activity on field such as bullpen duties, BP, etc.

D. Baden Perfection 3B-PPROF (flat seam) baseballs are to be used in all games.

E. League Standings, Region Playoffs, and Tournament Entries:

1. The league champion and league standings shall be determined by the final win-loss percentage for league games.
2. The first place team shall be the automatic entry into the NWAC Tournament.
3. The second, third, and fourth place teams qualify for the NWAC cross-region playoffs (Super Regionals).

4. Tiebreaker(s).

Items I and II approved at fall 2011 meeting.

Items III and IV approved at April 2012 meeting.

I. Tie-breaker method shall follow the order below

1. Head-to-head competition amongst tied teams (direct)
2. Head-to-head competition between tied teams vs. the highest finisher and on down through the bottom of the order (indirect)
3. Northern Region numbering system

II. For ties involving more than two teams, the order of tie-breaker methods always starts at the top (direct head to head) among remaining teams that are still tied

III. Team(s) can only be eliminated from post-season play (i.e. 4th seed in region tourney) by direct head-to-head competition. If not broken, then indirect head-to-head competition followed by the numbering system will be used to determine the host site for play-in game.

IV. For a two-way tie for first place in baseball, if direct and indirect head-to-head competition cannot break the tie, then numbering system will be used to determine the host site for a one-game playoff to determine the #1 team.

5. Circumstances not covered by these rules shall be settled by mutual agreement. If mutual agreement is not possible, the NWAC Executive Director shall resolve the differences.

Baseball All-Star Teams

1. At the conclusion of league play, the region baseball chair shall call a meeting of the baseball coaches to nominate and select the All-Region and Gold Glove Teams.
2. Coaches shall select athletes. First and Second All-Region teams shall be selected as well as one Gold Glove team.
3. Coaches may nominate and vote for players on their own team and/or opponents.
4. The coach of the Region champion team shall be the Region coach of the year. Co-champions will result in co-Coaches of the Year.

All-Star Game (Fall Showcase)

1. The Region baseball committee representative will conduct voting with head coaches via e-mail in August.
2. Coaches will send nominations of returning all-region sophomores, returning sophomores, incoming transfers, and any player drafted by a major league team which includes freshmen.
3. The top two position players per position and 12 pitchers voted in comprise the showcase roster; the roster will be limited to 16 position players and 12 pitchers.
4. Any player voted in as both a position player and pitcher will take a roster spot in both areas.
5. The alternates for each position will be based on overall voting. Alternates will be notified as replacements in the showcase if a roster spot(s) open(s) due to a player being unable to participate.

Approved 1/29/16 at North Region meeting at Shoreline CC

Basketball

Schedule:

- A. The league schedule shall consist of a double round robin home schedule. A rotating schedule developed by the North Region Sports Chair and Coaches and adopted by the North Region Commissioners will be used as the master schedule for league games.
- B. Crossover host sites shall follow a rotating schedule utilizing the tiebreaker schedule as the guide. See Section labeled "Crossover Assignments"

Officials:

- A. Officials for all games shall be assigned, governed and evaluated by the current Officials' Association as per agreement by the North Region Commissioners.
- B. The head of the Officials' Association shall meet with members of this body prior to the start of the basketball season, when determined necessary.

Tournament Qualifications:

- A. Qualifying for the NWAC Tournament will be determined by league record.
- B. If a tie-break is necessary, the follow procedure shall be followed:

Order of Tiebreaker Procedure

1. Head to head competition among tied teams
2. Head to head competition vs. highest finisher, then next highest finisher, etc.
3. North region tiebreaker rotation

1st Place-No Playoff

2-way tie-use tiebreaker procedure

3-way tie-use tiebreaker procedure

4-way tie-use tiebreaker procedure

Once you determine 1st place you move to the 2nd place tiebreaker.

2nd Place

2-way tie-use tiebreaker procedure

3-way tie-use tiebreaker procedure

4-way tie-use step 1 and step 2 of tiebreaker procedure to separate teams, if possible. If playoff, use tiebreaker rotation to determine playoff site.

Once you determine 2nd place you move to the 3rd place tiebreaker.

3rd Place

2-way tie-use tiebreaker procedure

3-way and 4-way ties-use step 1 and step 2 of tiebreaker rotation to separate teams, if possible. If playoff, use tiebreaker rotation to determine playoff site and possible bye team.

Once you determine 3rd place you move to the 4th place tiebreaker.

4th Place

2-way-use step one of tiebreaker procedure to determine 4th place. If head to head record doesn't break the tie, use step 2 and then step 3 to determine host site for one game playoff.

3-way tie-use step one of tiebreaker procedure. If tie is not broken from head to head record use step 2 and then step 3 to determine playoff site and possibly bye team.

If two teams are tied for the last spot in the playoffs and one team has a head to head advantage, then there will not be a "play in" game. The team with the head to head advantage will automatically advance to the championships.

Voted in at commissioners meeting 10-5-17.

Player and Coach Recognition:

The following guidelines will be used in the selection of the North Region MVP, the North Region All-Region teams, the North Region Sophomore All-Star team, the North Region Defensive Player of the Year, the North Region All-Defensive team, the North Region Freshman of the Year, and the North Region Coach of the Year awards.

- A. Each coach will nominate players for the All Region team, the Defensive team and freshman of the year. Coaches cannot vote for players from their own team.
- B. Each coach votes for 11 players. Voting is counted (11,10,9,8,7,6,5,4,3,2,1). The player with the most votes is the MVP. The Freshman with the most votes is the Freshman of the Year. The numbers of votes in order determine the 5 members of 1st team All Region and the 5 members of the 2nd team All Region.
- C. The top 5 sophomore vote getters from balloting for the first and second teams will make up the All-Star Team. If 5 sophomores have not received votes, coaches may nominate sophomore players from their team for consideration. Coaches will vote for the number of players required to fill out the 5 person roster. Coaches may not vote for players from their own team. The 6th and 7th rated players will be designated as alternates for the All-Star game.
- D. Each coach may nominate players from their team for the All-Defensive Team.
- E. Each coach will vote for 6 players.
- F. The player with the most votes is the Defensive Player of the Year. The numbers of votes in order determine the 5 members of the All-Defensive team. Voting is counted (5,4,3,2,1)
- G. Coaches will each vote for 1 Coach of the Year. The coach with the most votes will be so designated.
- H. The Basketball Commissioners will release the results to the NWAC office. The NWAC office will release the results to the media prior to the start of the NWAC Championship Tournament. Coaches may release the awards after the NWAC has released the recognized awards to the media.
- I. The Coach from the region championship team will be named the head coach of the All-Star game. The assistant coaches will be selected from the regions second place team coach. If ties occur, Co-Coaches will represent the North Region.

Meetings:

- A. The North Region Basketball Coaches meetings will be held as follows:
 1. Pre-playoff meeting held prior to the NWAC Tournament.
 2. Other meetings scheduled as needed by the Sport Chair.

North Region M/W Basketball Crossover Assignments 2018-19 to 2024-25

2018-19	December 2018	
Host	Men – Bellevue & Whatcom	Women – Olympic & Skagit Valley
Selection order	Men – ED, SH, PC, EV, SV, OC	Women – ED, SH, PC, EV, BC, WH
2019-20	December 2019	
Host	Men – Everett & Shoreline	Women – Bellevue & Skagit Valley
Selection order	Men – OC, ED, WH, PC, SV, BC	Women – OC, ED, WH, PC, EV, SH
2020-21	December 2020	
Host	Men – Bellevue & Everett	Women – Edmonds & Whatcom
Selection order	Men – SH, SV, OC, PC, ED, WH	Women – SH, SV, OC, PC, EV, BC
2021-22	December 2021	
Host	Men – Skagit Valley & Whatcom	Women – Everett & Peninsula
Selection order	Men – BC, SH, ED, OC, EV, PC	Women – BC, SH, ED, OC, WH, SV
2022-23	December 2022	

Host	Men – Edmonds & Whatcom	Women – Bellevue & Skagit Valley
Selection order	Men – SV, OC, PC, SH, EV, BC	Women – SV, OC, PC, SH, ED, WH

2023-24	December 2023	
Host	Men – Everett & Olympic	Women – Edmonds & Peninsula
Selection order	Men – BC, WH, SV, SH, ED, PC	Women – BC, WH, SV, SH, OC, EV

2024-25	December 2024	
Host	Men – Edmonds & Peninsula	Women – Shoreline & Whatcom
Selection order	Men – EV, BC, OC, SV, SH, WH	Women – EV, BC, OC, SV, ED, PC

Cross Country

North-West Championship Meet Procedures

- A. Rules governed by NCAA rulebook except where noted.
- B. Starting time and date:
 - The North-West championship meet shall be held the Friday or Saturday of the weekend 2 weeks prior to the NWAC Championship meet.
 - The starting time of the Northwest Region Championships shall be determined by the host school.
- C. Team Size: The number of participants in the Northwest Region Championship Meet is governed by the following rules:
 - Each team may enter (10) competitors
 - Coaches must designate the eight (8) competitors who will actually participate in the championship race at least 30 minutes prior to actual race start time.
- D. Scoring
 - 1) The number of scoring persons in the Championship meet is governed by the NCAA rulebook.
 - a) Five (5) team members finishing the Championship race shall constitute the minimum team size for scoring.
 - b) The top five (5) runners for each team will count towards the team scoring.
 - c) The sixth (6) and seventh (7) runners will serve to displace runners finishing after them.
 - d) The runners after seventh place will not displace runners finishing after him/her.
 - 2) The complete team with the lowest points shall be declared as the team winner.
 - 3) Two or more complete teams with the same lowest scores shall use the following tie break procedure:
 - a) Comparison in order the place finish of each of the five scoring members of the tied teams.
 - b) The team with the majority of winning comparisons shall be awarded the higher place.
 - 4) Teams that begin competition with five or more team members, but finish with four or less, shall not be allowed to score as a team, however, individuals shall receive individual awards.
 - 5) Teams without a minimum of five (5) team member entries shall receive individual awards, however, their place shall not count in team scoring.
 - 6) Non-scoring team members shall be identified as non-scoring on the official entry tag.
- E. Course Length and Marking:
 - 1) A course not greater than 8,000 meters in length shall be run for the North-West Region Championships for men and not greater than 3.0 miles for women.
 - a) Courses shorter in length than the above minimums are acceptable upon 100% agreement among participating coaches.

- b) Cross country coaches and athletic directors shall be notified at least two (2) weeks prior to the championships of the course surface and length.
- c) Refer to NCAA rulebook for course markings.

F. Meet Information:

- 1) The host school, at least two weeks in advance of the North-West Region championship meet, shall notify the other member schools of the time schedule for the meet, giving details of the meet and such related details as housing, coaches meeting, publicity needed and shall inform the member schools of the deadline for entries.

G. Deadline for Entries:

- 1) The deadline for entries shall be noon, five (5) days prior to the day of the championship meet.

H. Awards:

- 1) The men's team and the women's team with the lowest number of points shall receive the North-West Region championship trophy.
 - a) The top 3 men's and women's finishers shall receive medals.
 - b) Individuals finishing in places one through seven shall be declared first- team and individuals finishing in places eight through fourteen shall be declared second-team. The list of the All-Northwest Region team will be sent to the NWAC office Sports Information Director.
 - c) Coaches of the Year (both men and women) will be voted on by the Northwest Region Coaches and tallied by the sport committee region chair.
 - d) All awards shall be presented at the conclusion of the Championship Meet.

2) Award Expenses :

- a) By the NWAC
 - i) Northwest Region Championship Trophy for both men and women.
- b) By the Host School
 - i) 1st place-3rd place individual medals (Both men and women).

3) Results:

- a) The results of the Northwest Region Championship Meet shall be sent by the host school to the following:
 - i) Cross country coaches and athletic directors of all Northwest Region members.
 - ii) Coaches will do their local news media.
 - iii) Championship Meet Host shall notify the NWAC Sports Information Director.

4) Publicity and News Media:

- a) The host school shall be responsible for providing photography of the meet which shall include action photos during the meet, and pictures of the championship teams and individual finishers

Golf

Refer to NWAC Code and SOP's.

Soccer

North Region Soccer Tiebreaker

The order of finish is based on points. The top three teams with the highest point totals qualify for the NWAC soccer playoffs. Should teams tie with points, the following tie-breaker method shall be used in order:

1. Head-to-head competition among tied teams.
2. Head-to-head competition between tied teams vs. the highest finisher, then next highest finisher, etc. until tie is broken.
3. North Region tiebreaker rotation

1st Place

2-way tie-use tiebreaker procedure

3-way tie use tiebreaker procedure

4-way tie-use step 1 and step 2 of tiebreaker procedure to separate teams, if possible. If playoff, use tiebreaker rotation to determine playoff site.

*Once you determine 1st place you move to the 2nd place tiebreaker.

2nd Place

2-way tie use tiebreaker procedure

3-way tie use step 1 and step 2 of tiebreaker procedure to separate teams, if possible. If playoff, use tiebreaker rotation to determine playoff site.

*Once you determine 2nd place you move to the 3rd place tiebreaker.

3rd Place

2-way tie, use step one of tiebreaker procedure to determine 3rd place. If head to head record doesn't break the tie, use step 2 and then step 3 to determine host site for one game playoff.

3-way tie or more, use step one of tiebreaker procedure. If tie is not broken from head to head record, use step 2 and then step 3 to determine playoff site and possibly bye team.

If two teams are tied for the last spot in the playoffs and one team has a head to head advantage, then there will not be a "play in" game. The team with the head to head advantage will automatically advance to the championships.

[North Region All-Star, MVP and Coach of the Year Selection Process](#)

All-Star Teams

1. North Region Soccer Chair will e-mail nomination forms to head coaches and ADs late in the season, upon notification from the NWAC Soccer Chair. Coaches return those nominations by the posted date for their players to be considered in the All-Star voting.
2. The number of nominations will be limited as follows:
 - 1st place team will receive 8 nominations
 - 2nd place will receive 6 nominations
 - 3rd place will receive 5 nominations
 - 4th place will receive 3 nominations
 - 5th place and below will receive 2 nominations each.If the place is uncertain at the time of this process, coaches should nominate the number of players based on their highest possible finish. Those nominations should be ranked so the Region Chair can prepare the proper number of names for voting when Region play has concluded.
3. Region Chair will prepare the ballots and send out to head coaches and ADs. Ballots are returned by a posted date, tabulated and then forwarded to the NWAC soccer chair. Should there be a tie in the voting for any position, the tied players will be named All-Stars.

All-Conference Selection

1. Once NWAC All-Star rosters are announced, the Region Chair will solicit each head coach to name three players to be named All-Conference. No nomination or vote is required. Typically those are players not selected to the All-Star Team that coaches wish to recognize for their leadership, talent, sportsmanship, academic achievement, etc.

Coach of the Year and MVP awards

1. Region Chair will also solicit votes for North Region Coach of the Year and North Region Most Valuable Player. The COY award should be based on the following criteria:
 - Professionalism
 - Effort to promote their sport
 - Support for the spirit and intent of the NWAC code and sports rules
 - Conduct of the coach's team
 - Contribution to the growth of the sport
 - Improvement in program from previous year/during the current season
2. The Region Coaches of the Year and the MVPs are then eligible for NWAC Coach of the Year and NWAC Player of the Year awards, which are determined at the Final Four.
3. The Coach of the Year shall be the All-Star Coach, unless he or she is coaching in the championship matches.

Softball

North Region All-League Selection Process

1) THE NOMINATION PROCESS

Each coach will email their nominees to the Northern Region Softball Committee member **the week prior to the last regularly scheduled league games**. Coaches may nominate as many players from their team as they want and will nominate by position. Players may be nominated to one position only.

1. The make-up of the all-league teams will be as follows:

First team:

20 total Players (19 + MVP)*

1 Catcher

6 Infielders

5 Outfielders

2 Pitchers

2 Utility

1 DH

2 Coaches Choice (from any position)

Second Team:

18 Total Players *

1 Catcher

6 Infielders

5 Outfielders

2 Pitchers

1 Utility

1 DH

2 Coaches Choice (from any position)

(these will be the players with the 19th
& 20th most votes)
1 MVP (it will be awarded to the player
with most total points)

(these will be the players with the 17th
and 18th most votes)

**Note: The Northern Region Softball All-League teams will not include a Relief Pitcher. Therefore the 19th & 20th most voted Player on the First Team and 17th and 18th most voted for Player on the second Team will be selected from the total points scored in each round of voting.*

2) THE VOTING PROCESS (2-Step Process)

FIRST TEAM

Ballots Sent: On or before **Sunday, following the last regularly scheduled league games**, the Northern Region Softball Committee member will email a ballot of the nominees to each coach

Votes Due: Monday by noon, following the last regularly scheduled league games.

Criteria: Coaches will vote by position to select players for the first team based on the following minimum criteria. Players that do not meet this criteria are NOT eligible for first team votes.

- a. **Batting average of .300 or better**
- b. **50 innings pitched for those nominated as a pitcher (could be less for those nominated at utility player)**
- c. **60 appearance at the plate**
- d. **Utility players may not have played more that 60% of the team's innings at any one position.**
- e.

Coaches will have 17 position votes and 2 coaches choice votes for a total of 19 votes for the First Team. Coaches will vote for the number of players in position ranking them from 1 (the best) to the total number allowed in each position, (i.e. Infielders will be ranked 1 to 6) using the following numbers by position for 17 position votes for the First team and two Coaches Choice Votes to reach a total of 19 First Team votes – the MVP makes up the 20th spot. (the coaches choice players will be the players with the 19th and 20th most total point, regardless of position).

First Team – Vote for the following in each position:

- | | |
|---|----------------------|
| 1 | Catcher |
| 6 | Infielders |
| 5 | Outfielders |
| 2 | Pitchers |
| 2 | Utility |
| 1 | DP |
| 2 | Coach's Choice Votes |

Coaches Choice Vote: This is for any two additional player at any position. (i.e. if a coach believes the league has two catchers deserving of First Team status they may use their Coaches Choice Vote to include a second catcher in their First Team vote.) Total Votes 19

Votes will be tallied on a reverse point scale (i.e. the infielder ranked number one will receive 6 points). Once points are totaled players will be placed on the First team based on total points scored and the number of players at each position. The Most Valuable Pitcher will be the pitcher receiving the most points and The Most Valuable Player will be the position player receiving the most points over all. Because the Most Valuable Player takes a spot on the team, the 19th and 20th players will be the players with the 19th and 20th most votes (from any position)

SECOND TEAM

Once the Most Valuable Player, Most Valuable Pitcher and all First Team position players are selected a second ballot will be created from all players remaining. This ballot will be made up of players not selected on the First Team.

Ballots Sent: The Second Team ballot will be sent to the coaches by email no later than Monday evening following the last league contest by 5:00 p.m.

Votes Due: The completed ballot must be returned by email to the Northern Softball Committee member **no later than 9:00 a.m. Tuesday following the end of league play.**

Criteria: There are no minimum criteria of second team.

Coaches will have 16 votes and two Coaches Choice Vote for a total of 18 votes for second team. Coaches will vote for the number of players in position ranking them from 1 (the best) to the total number allowed in each position, (i.e. Infielders will be ranked 1 to 6) using the following numbers by position for a total of 16 position votes for the Second team and two Coaches Choice Vote to reach a total of 18 Second Team votes:

Second Team – Vote for the following in each position

- 1 Catcher
- 6 Infielders
- 5 Outfielders
- 2 Pitchers
- 1 Utility
- 1 DP
- 2 Coach's Choice votes

Votes will be tallied on a reverse point scale. Players will be placed on the Second All League Team by position based on the highest points scored.

Coaching staff of the year is also voted on at this time (only teams qualifying for NWAC's are eligible for votes)

OTHER NOTES

Coaches may vote for their own players.

Votes will be made public to the other coaches as requested.

On the Tuesday prior to the Conference Tournament, the Northern Region Softball Committee Member will email the All-Stars to the NWAC office and the NWAC Tournament Host. The NWAC office will publish the list on the Wednesday or Thursday before the Conference Championships.

Approved February 11, 2011

Update May, 2017 – to add spots to each team due to the increase in North Region teams.

Rain-Out Reschedule Guidelines

The procedures listed below have been established to facilitate the rescheduling of contests that are rained out.

1. Games shall be rescheduled within 24 hours of the rainout in the order they were rained out on the first available date within the next 7 days. The coaches shall notify the Athletic Director at each institution, the NWAC office, and the North Region softball commissioner in writing regarding the schedule change.
2. Playable dates include all days that a field may be available, when umpires can be scheduled, or when other region contests are not scheduled.
3. If coaches cannot agree on a date, the Athletic Directors of the institutions will have an additional 24 hours to reschedule the game. Written notification must be given to coaches at each school, the NWAC office, and the softball chair regarding the schedule change.
4. If the coaches and Athletic Directors cannot agree on a playing date within 48 hours of the original scheduled date, the North Region softball commissioner will reschedule the contest and notify the coaches, Athletic Directors, and the NWAC office in writing regarding the schedule change.
5. Games rained out on the last Friday and Saturday of play must be played on the Sunday before the NWAC Championship Tournament.
6. All league games must be completed by Sunday prior to the NWAC Championship Tournament. If league schedules are not completed, the percentage of league games will be used to determine standing for entry into the NWAC Championships.

Approved February 11, 2011

Region Schedule Formation

The coach and administrative representatives on the North Region softball committee work together to form the annual region schedule.

Tie-breaker Rules

The top three teams from the North Region will receive automatic bids and advance to the NWAC Championship Tournament. Any and all tie-breakers to determine the top three from the region are determined by who has the highest RPI.

Tennis

Refer to NWAC Code and SOP's.

Track & Field

Championship Meet Procedures:

The North-West Region Championship Meet will be held the weekend prior to the NWAC Championships with whatever modifications deemed necessary by the host school. The NWAC codebook schedule will be modeled as closely as possible.

- 1) Adjustments to the schedule will be made by the host school when necessary for smooth operation of the meet, for the safety of the student-athletes, or where dictated by the facility layout. Once the North-West Region time schedule is set, it will not be changed due to eliminated heats in the preliminary races.
- 2) The track selected for the championship meet shall be a regulation 440 yard or 400 meter, 8 lane (42-inch recommended) track which meets minimum standards for tracks.
- 3) Entry forms and a copy of the meet time schedule will be issued three weeks in advance of the North-West Region championship meet by the Meet Director. Entry forms must be postmarked and returned on the Tuesday, ten (10) days prior to the North-West Region meet. (Final scratches must be made by the Monday prior to the meet at noon.) Any additional scratches after Monday noon will be considered scratches from the entire meet.
- 4) The scratch meeting shall be held on Friday before preliminaries. It is mandatory that there shall be a representative in attendance at the scratch meeting from each competing school.
- 5) If fully-automatic timing is not available, preliminary heats shall be hand-timed and advancement to the next round shall be determined by place.
- 6) After taking into consideration the weather and meet conditions, the Meet Director will consult with the Meet Referee and the affected coaches to determine the starting height for the high jump and pole vault.
- 7) North-West Region Track and Field Events:

TRACK	FIELD
100 M	High Jump
200 M	Pole Vault
400 M	Long Jump
100/110 M Hurdles	Triple Jump
400 M Hurdles	Shot Put
800 M	Discus Throw
1,500 M	Javelin Throw
3,000 M Steeple	Hammer Throw
5,000 M	
10,000 M	
4x100 M Relay	
4x400 M Relay	

- 8) Awards
 - The men's team and the women's team with the highest number of points shall receive the North-West Region Championship trophy.
 - Medals shall be awarded for 1st – 3rd place. Host school will provide these.
 - High Point Award plaque shall be awarded to the male and female athlete scoring the most points in the North-West Region Championship meet, including points scored at the multi-event championships. Host school provides these awards.
 - Awards shall be presented at the conclusion of the Championship Meet.

Volleyball

Pre-Match Open Court Time

If possible, the host school will allow the visiting school 30 minutes of open court time to use for serve and pass warm up. This open court time would only be available if reciprocated.

	<u>Court Available</u>	<u>Home Team</u>	<u>Visiting Team</u>
Bellevue	6:00 PM	NA	NA
Edmonds	5:00 PM	5-5:30	5:30-6
Everett	5:00 PM	5-5:30	5:30-6
Olympic	5:00 PM	5-5:30	5:30-6
Skagit Valley	6:00 PM	NA	NA
Shoreline	6:00 PM	NA	NA

Regional & Conference Player of the Week Selection Process

Coaches are responsible to send both Sport Committee members the fully completed Player of the Week form by 5pm every Monday of season. Incomplete forms will not be considered for player selection. Sport Committee members will choose the top players for Regional Players of the Week and forward these on to the Volleyball Sport Chair by noon Tuesday to be considered for NWAC Player of the Week honors.

The form is available for download on the NWAC website under Member Login → Volleyball.

Regional All-Star, Sophomore All Star, & Coach of the Year Selection Protocol

Each coach will have the opportunity to select a predetermined number of players from his/her team to be placed on the North Region All-Star team. This predetermined number is based on final league standing after the tiebreaker process has been completely implemented.

The regional MVP will be chosen the athletes nominated by the coaches from the first, second and third place teams. The first and second place teams can nominate up to two players and the third place team can nominate one player. All three coaches have the option to nominate less than their allotted nominations for MVP. Region coaches will vote for MVP at the end of season meeting. There can be only 1 MVP.

First Team:

1. First Place
2. First Place
3. Second Place (unless second team receives MVP)
4. Second Place
5. Third Place
6. Fourth Place

Second Team:

1. First Place
2. Second Place
3. Third Place
4. Fourth Place
5. Fifth Place
6. Sixth Place

Honorable Mention:

1. First Place
2. Second Place
3. Third Place
4. Fourth Place
5. Fifth Place
6. Sixth Place
7. Seventh Place

The team that the MVP comes from (First, Second or Third) will then replace that position in their spots of First/Second/Honorable Mention.

Sophomore All-Star Team Selection

The sophomores who represent the North on the All-Region team will automatically be placed on the Sophomore All-Star Team. Coaches will nominate additional sophomores from their rosters to fill out the 15 player roster. Selections will be made by group consensus at the end of year coaches meeting. This list must include alternates to sub for those athletes whose team(s) make the championship match.

Coach of the Year Selection

Coach of the year voting will take place at the end of year coaches meeting. The selected coach will be required to coach the sophomore all-star team unless selected coach is in the NWAC Championship match. In such case, the second place teams coach will coach the all-star team.

Tie-Break Procedures

The overarching principle for the North Region Volleyball Tie-Breaker is the game should decide who goes to the NWAC tournament and who stays home. Therefore, if there is a tie for 4th place, there should be a play-in game.

In the case of a tie for first, second, or third, the following will decide seeding:

1. Head-to-head matchup
2. Sets won in head-to-head matchup
3. Sets won against highest finisher in North Region
 - a. If this doesn't break the tie, go to sets won against second highest finisher, then third, and so on until tie is broken.
4. North Region Assigned Number

Meetings

The North Region Volleyball Coaches meetings will be held as follows:

- Late Spring
- Immediately following the completion of Region play but prior to play-offs

Each school must be represented at each meeting, preferably by the head coach but an assistant coach may attend as a replacement if required. Attendance is required at all also required at the all NWAC coaches meeting held on the Saturday during playoffs.