

SCHOLASTIC BOWL GUIDELINES

I. **Season Limitations:**

The season begins in November and runs to the end of March. The conference championship will be held no later than one week prior to the IHSA Regional Competition.

II. **Contest Limitations:**

- A. Each team may have no more than 15 members.
- B. Schools may compete with no fewer than five.
- C. The match outcome will count toward both teams' win/loss record.
- D. Both teams' individual toss-up totals will count toward the all-conference top ten.
- E. Dual meet records will be used to determine Conference Meet seeding.

III. **Levels of Participation:**

- A. Varsity squads for all Upstate Eight schools that wish to compete.
- B. There will be competition for Junior Varsity squad, however wins will be unrecorded.

IV. **Eligibility Requirements:**

- A. As per each member school's eligibility requirements.

V. **Coaches Meeting:**

- A. Coaches will meet twice annually.
- B. The Fall meeting will determine schedule and sites.
- C. The coaches will meet after the State Meet to assess the past year and establish goals for the following year.

VI. **Awards:**

- A. Team Awards
 - 1. A traveling trophy will be presented to the conference champion as determined by the past performance at the Conference Meet and points accrued during dual meet competitions between member schools.
 - 2. The traveling trophy will be retired if a member school should be the conference champion three years in a row.
- B. A conference medal will be presented to each member of the conference champion team.

VII. **Conduct of Contests:**

- A. All dual meets and the Conference Meet are conducted in compliance with IHSA and Upstate Eight rules governing Scholastic Bowl competition.