

**NORTHERN VIRGINIA INDEPENDENT
ATHLETIC CONFERENCE**

**CONSTITUTION
and
PROCEDURE
MANUAL**

Northern
Virginia
Independent
Athletic Conference

Revision 23, May 26, 2022

NORTHERN VIRGINIA INDEPENDENT ATHLETIC CONFERENCE

CONSTITUTION and
PROCEDURE MANUAL

(Revision 23, May 26, 2022)

Contents

CONSTITUTION C-1

ARTICLE I – BACKGROUND C-1

 SECTION 1. Name C-1

 SECTION 2. Purpose C-1

 SECTION 3. Precedence C-1

 SECTION 4. History C-1

ARTICLE II – MEMBERSHIP C-1

 SECTION 1. Membership C-1

 SECTION 2. Membership Representation C-1

 SECTION 3. Membership Application process C-1

 SECTION 4. Provisional Membership C-2

 SECTION 5. Annual Dues C-2

ARTICLE III – GOVERNING BODY AND EXECUTIVE COMMITTEE C-2

 SECTION 1. Governing Body C-2

 SECTION 2. Executive Committee C-2

 SECTION 3. Vacancies C-3

 SECTION 4. Election of Officers C-3

ARTICLE IV -- MEETINGS C-3

 SECTION 1. Meetings C-3

 SECTION 2. One vote per member C-3

 SECTION 3. Quorum C-3

 SECTION 4. Majority Vote C-4

ARTICLE V – GENERAL RULES C-4

 SECTION 1. Game/Match Rules C-4

 SECTION 2. Removed C-4

 SECTION 3. Minimum conference play participation C-4

 SECTION 4. Playing Up C-4

 SECTION 5. Co-ed Teams C-4

 SECTION 6. Player Eligibility C-4

 SECTION 7. Forfeits C-5

 SECTION 8. Reporting game results C-5

 SECTION 9. Team Standings (Seedings) C-6

 SECTION 10. Pre-Tournament Games Completion C-6

 SECTION 11. Tournaments C-6

ARTICLE VI – CODE OF CONDUCT C-7

ARTICLE VII – DEFINITIONS C-7

NVIAC PROCEDURE MANUAL.....P-1

ARTICLE I – BACKGROUND P-1

 SECTION 1. PURPOSE..... P-1

 SECTION 2. APPEAL PROCESS P-1

ARTICLE II -- CURRENT NVIAC MEMBERSHIP ROSTER AS OF THIS REVISION P-2

 SECTION 1. CURRENT MEMBERS..... P-2

 SECTION 2. CONTACT INFORMATION P-2

ARTICLE III – HISTORY P-2

ARTICLE IV – APPLICATION FOR ADMISSION SAMPLE LETTER P-5

ARTICLE V– SCHOOL STANDINGS PROCEDURES P-6

 SECTION 1. TEAM MINIMUM PLAY P-6

 SECTION 2. WON/LOST RATIO COMPUTATION/ASSIGNING OFFICIAL SEEDS P-6

 SECTION 3. WON/LOST RATIO TIE RESOLUTION P-6

 SECTION 4. SCHOOL STANDINGS EXAMPLE..... P-7

ARTICLE VI – NVIAC SANCTIONED SPORTS AND GAME RULES..... P-9

 SECTION 1. NVIAC SANCTIONED SPORTS P-9

 SECTION 2. RULES PERTAINING TO ALL GAMES P-9

 SECTION 3. SOCCER RULES P-9

 SECTION 4. VOLLEYBALL RULES..... P-10

 SECTION 5. BASKETBALL RULES..... P-11

 SECTION 6. FLAG FOOTBALL RULES..... P-11

 SECTION 7: TOURNAMENT RESPONSIBILITIES P-11

 SECTION 8: DIVISIONS FOR MAXIMUM TEAMS..... P-12

ARTICLE VII – ALL LEAGUE PLAYER SELECTION P-12

 SECTION 1. GENERAL..... P-12

 SECTION 2. BASEBALL..... P-12

 SECTION 3. BASKETBALL..... P-12

 SECTION 4. SOCCER P-12

 SECTION 5. VOLLEYBALL..... P-13

 SECTION 6. FLAG FOOTBALL..... P-13

ARTICLE VIII – TEAM UNIFORM REQUIREMENTS..... P-13

 SECTION 1. SPORT COLOR COORDINATION REQUIREMENTS..... P-13

ARTICLE IX – TEAM DECLARATION AND CANCELLATION P-13

 SECTION 1. DECLARATION DAY P-13

 SECTION 2. CANCELLATION OF TEAMS AFTER DECLARATION DAY P-13

ARTICLE X – TOURNAMENTS (MISCELLANEOUS)..... P-14

 SECTION 1. ENTRANCE FEES (DONATIONS)..... P-14

 SECTION 2. CONCESSIONS..... P-14

 SECTION 3. TOURNAMENT HOSTS P-14

CONSTITUTION

NORTHERN VIRGINIA INDEPENDENT ATHLETIC CONFERENCE

ARTICLE I – BACKGROUND

SECTION 1. Name -- The name of this organization shall be the Northern Virginia Independent Athletic Conference (NVIAC).

SECTION 2. Purpose – To bring glory to Jesus Christ. The member schools of the NVIAC, (see NVIAC Procedure Manual), realizing the benefits that occur for our students from uniting in our athletic goals, shall strive to promote and administer athletic competition which will enhance the development of our students and the relationships of the member schools.

SECTION 3. Precedence – The NVIAC is governed by the provisions contained in this Constitution, NVIAC Procedure Manual, and NVIAC minutes approved by the Governing Body. If a conflict arises, the precedence will be the Constitution, Procedure Manual, and NVIAC Minutes, in that order.

SECTION 4. History – See NVIAC Procedure Manual.

ARTICLE II – MEMBERSHIP

SECTION 1. Membership. Membership in this conference shall be limited to the members listed in the NVIAC Current Membership Roster, as specified in the NVIAC Procedure Manual and to other independent schools elected according to the method prescribed in the Constitution. Violation of the constitution or procedure manual may be considered grounds for disciplinary measures that could lead to removal from the NVIAC.

SECTION 2. Membership Representation. A written request from the School's Athletic Director, Headmaster, or Principal is required for membership in the Conference (See NVIAC Procedure Manual). One of these representatives must also appear before the Governing Body to present a case for admission into the Conference.

SECTION 3. Membership Application process. Application for new membership shall be made to the NVIAC President before a scheduled conference meeting (see NVIAC Procedure Manual for an Application for Admission Sample Letter). A signed application by the Head Master, Principal, or other person in charge of the organization seeking membership is required prior to casting a vote on membership. The approval of 3/4 of the Governing Body is necessary for election to the Conference. Voting for conference membership will be done by secret ballot and the result will be given only as numbers. Upon approval, the Secretary shall update the NVIAC Current Membership Roster in the NVIAC Procedure Manual and publish to all members of the Governing Body.

SECTION 4. Provisional Membership. An approved new member school will be on provisional status for one year, to allow both the school and the league to determine if this is a good fit. During this period, the Provisional Member shall:

1. Pay dues as specified
2. Pay Tournament fees as specified
3. Fully accept the Constitution
4. Not have Voting rights for the provisional period
5. Meet the Minimum Play requirements (see the NVIAC Procedure Manual)

If the decision for full-time membership cannot be made, the one-year period may be extended by the approval of 3/4 of the Governing body.

SECTION 5. Annual Dues. Each school shall pay annual dues to aid in conference operating expenses and authorized events. The amount will be determined at the annual spring conference meeting.

ARTICLE III – GOVERNING BODY and EXECUTIVE COMMITTEE

SECTION 1. Governing Body. The NVIAC Governing Body shall consist of the athletic director from each member school or that school's designated representative.

- a. The Governing Body assembles at NVIAC meetings for the purpose of discussing and voting on issues. A simple majority vote is required to pass issues that do not have policy, constitutional, or team-removal bearing.
- b. Revision of the constitution requires a 3/4 vote by the Governing Body.
- c. Removal of a school from the NVIAC requires approval by unanimous vote from the Governing Body, excluding the school in question.
- d. A member of the Governing Body can be a member of the Executive Committee, and usually is.

SECTION 2. Executive Committee. The NVIAC Executive Committee includes the President, the Vice President, the Treasurer, the Secretary, and the Statistician. The Executive Committee will meet as required and/or when the President calls for an Executive Committee meeting. Only one representative from each school may participate in Executive Committee meetings. The Executive Committee shall review grievances, formulate courses of action, and review and rewrite the constitution as needed. Grievances should first be dealt with at the coach/AD level between the affected parties, prior to being brought before the Executive Committee. For Tournament play the Tournament Director shall review any tournament grievance prior to bringing it to the Executive Committee.

Duties of Executive Committee members include:

- a. The President shall preside at all meetings and shall appoint chairpersons for all conference committees. The President shall also be responsible for the interpretation of conference rules when questions arise. The President or the President's designee shall represent the conference at all public functions and shall be responsible for upholding the purpose and guiding principles of the conference as long as he/she is in office. The President and Treasurer have the authority to sign NVIAC checks.
- b. The Vice President shall assist the President and preside as President in the President's absence.
- c. The Secretary shall keep the minutes of all meetings and will be responsible for all conference correspondence.
- d. The Statistician will document and report weekly to all NVIAC representatives the conference statistics for each girls and boys sport.
- e. The Treasurer shall be in charge of all conference finances and shall issue a report of these finances at each meeting. He/She shall inform member schools of their annual dues by 1 September for payment due 1 October. The Treasurer shall also be responsible for managing the conference bank account. The Treasurer and President have the authority to sign NVIAC checks.

SECTION 3. Vacancies. A vacancy on the Executive Committee shall be filled by the action of the President. He/She shall appoint a replacement. At the next Conference meeting, or at his/her discretion, the President shall conduct a vote to decide on a replacement.

SECTION 4. Election of Officers. The President, Vice President, and Treasurer will serve one-year terms. The Secretary and Statistician will serve two-year terms. All officers will be elected at the spring meeting. Officers appointed by the president or elected by league vote to replace an officer unable to finish a term will be reaffirmed at the next spring meeting.

ARTICLE IV -- MEETINGS

SECTION 1. Meetings. There shall be at least two meetings of the conference during the school year. The first of the meetings shall be held in early fall. The spring meeting will be held in May or June. A school whose representative misses two consecutive meetings is subject to disciplinary action that could lead to removal from the league.

SECTION 2. One vote per member. Each member school shall have one vote by the member school's representative in the Governing Body.

SECTION 3. Quorum. Two-thirds of the Governing Body members shall constitute a quorum. If a school's representative misses two or more consecutive meetings, that school is excluded from determining a 2/3 quorum for those consecutive meetings missed. For example, if School A missed two consecutive meetings, the second meeting would not depend on School A to

establish a quorum. Therefore, if there are 12 member schools in the league, a 2/3 quorum would be determined based on 11 member schools if School A were the only school to miss consecutive meetings. Once School A comes to the next meeting, the number of member schools is restored to 12 at that meeting and the 2/3 quorum is determined based on 12 member schools.

SECTION 4. Majority Vote. Issues other than membership to the NVIAC, removal from the NVIAC, and issues of policy and constitutional bearing, shall be decided by majority vote.

ARTICLE V – GENERAL RULES

SECTION 1. Game/Match Rules. For NVIAC sanctioned sports and individual sports rules, see the NVIAC Procedure Manual.

SECTION 2. Removed .

SECTION 3. Minimum conference play participation. Every participating school should schedule every other participating school at least once before the start of the season. Every reasonable effort shall be made to play each team in the NVIAC at least twice (Home and Away) during the regular season. All teams must play the other teams in the division at least the minimum number of games, as specified in the NVIAC Procedure Manual.

SECTION 4. Playing Up. Players can play up, but not down. For example an 8th grader and below can play on the varsity team but a 12th grader can't play on the middle school team. All play-up decisions need to be consistent with the safety of the player.

SECTION 5. Co-ed Teams. Co-ed teams are not allowed to compete on an official basis.

SECTION 6. Player Eligibility:

- a. A homeschooler is allowed to play for an NVIAC school under the guidelines of this constitution.
- b. Public school students are not allowed to play on NVIAC teams.
- c. Private school students from schools outside the NVIAC that offer the same sport are not allowed to play on NVIAC teams.
- d. An individual who turns 19 years of age prior to 1 August of the upcoming school year is not eligible to play on NVIAC sports teams. Example: If an individual turns 19 on 31 July 2002, that individual is not eligible to play for the 2002-2003 school year. A player who turns 15 years of age prior to 1 August of the upcoming school year is not eligible to play on NVIAC middle school teams – they must play on an NVIAC varsity team if they are to play in the NVIAC league.

- e. A player is eligible as long as the player is not enrolled in college as a freshman, sophomore, etc. A player who is dual enrolled (homeschools and takes college courses, but is not enrolled as a college freshman, etc.) is permitted to play in the NVIAC.
- f. A player may not change organizations for whom he/she plays during that school year unless the first organization with which the player has been affiliated does not offer the sport in which that player wishes to play. If that first organization doesn't offer the sport, that player is free to choose a second organization to play for, but must revert to the first organization for subsequent sports, which the first organization offers. The player is not allowed to choose to play for a third organization if the sport is offered by the second organization.
- g. NOTE: This stipulation does not alter the prohibition on recruiting (paragraph h).
- h. If an organization desires to use players from organizations outside NVIAC, the player must be submitted to the NVIAC Governing Body for discussion and approval by 3/4 of the Governing Body.
- i. A student who is part-time enrolled in an NVIAC school but who is otherwise homeschooled is free to choose to play for the NVIAC school in which the student is part-time enrolled or for a homeschool team provided that student abides by the other rules within this SECTION. The NVIAC school in which the part-timer is enrolled cannot require that student to play for that NVIAC school if the player chooses to play for a Home School team.
- j. Recruiting is absolutely prohibited. A student should not receive any benefits from the NVIAC school for athletic participation. There can be no scholarships given for athletics. There can be no special considerations for athletes that are not available for all students in the NVIAC school. This rule is designed to maintain fair and even competition throughout the conference.
- k. Failure to abide by any of these eligibility rules will result in a forfeit for any games where ineligible players played in the game.

SECTION 7. Forfeits. A game is considered a forfeit if one team cancels the game for undue reason or within 48 hours of the game start-time. (Rationale: Officials' associations often require 24-hours advance notice of a cancellation before charging a fee for the officials. Forty-eight hours advance notice provides the other team an opportunity to notify its team and fans ahead of time of the schedule change. In addition, it provides the other team an opportunity to help find a gym or field if the cancellation stems from an inability to arrange facilities.) The *forfeiting* team will receive 0 points for the game – the *winning* team will receive 1 point.

SECTION 8. Reporting game results. The home team must upload the following information to the Statistician within 24 hours of when a league games is played: 1) the date of the game, 2) the winning team and score, 3) the losing team and score, and 4) any clarifying comments.

SECTION 9. Team Standings (Seedings). Team Standings will be determined by the rules specified in the NVIAC Procedure Manual

SECTION 10. Pre-Tournament Games Completion. In order to count for tournament seeding purposes, regular-season games/matches must be completed three days prior to the beginning of the tournament. Therefore, if a tournament begins on 9 November, all games/matches must be completed by midnight, 6 November.

SECTION 11. Tournaments.

- a. Official NVIAC Tournaments: The league may conduct official NVIAC tournaments (referred to as *tournaments* in this Constitution) when four or more NVIAC teams of a particular level of play (middle school or varsity) participate.
- b. Player Affiliation. In order to play in tournaments, a player needs to have been on the roster for his team for 50% of regular-season NVIAC games. A player who is recovering from injury or is on academic probation may play in tournaments as long as that player has been on the roster for his team for 50% of regular-season games. A middle school player must be on the middle school roster and be on the roster for his team for 50% of the regular-season NVIAC middle school games to qualify for middle school tournament play. Players who have been on their team's roster for 50% of games can play up in the tournament. It is the responsibility of each athletic director to police his/her own athletic program in this regard of affiliation. An exception may be granted, on a case-by-case basis, with the majority approval of the Governing Body, if the situation is brought to the Governing Body at least 1 week prior to the start of the tournament.
- c. Tournament rosters. Tournament rosters are due on the last day of the regular season to the tournament director. A basketball tournament roster can have no more than 15 players. A volleyball tournament roster can have no more than 18 players. A soccer tournament roster can have no more than 33 players. A player cannot play in a tournament game if he/she is not on the tournament roster.
- d. Tournament Third Place Games. For tournaments with fewer than five teams, no third place game will be played.
- e. Trophies. For tournaments in which there are four or fewer teams competing, First and Second Place trophies will be awarded as well as a trophy recognizing "The Best Christlike Character" team based on regular-season play. Best Christlike Character is determined by an assessment of a school's whole attitude: players, coaches, and fans. For tournaments in which there are five or more teams competing, First, Second, and Third Place trophies will be awarded as well as the trophy for "The Best Christlike Character" team. Athletic Directors (or their representatives) from teams participating in regular-season play will cast one vote at the end of regular-season play to elect the team for "The Best Christlike Character." (Athletic Directors may not vote for their own team.) ***A team may not receive the Best Christlike Character Award if they do not cast their vote by the set deadline, which is midnight of the day after regular season play concludes***

before the tournament begins. First, Second, and Third Place trophies will be roughly 26, 22, and 18 inches, respectively. "The Best Christlike Character" trophy will be the same size as the First Place trophy, 26 inches.

- f. All League Players. To honor players who have performed the best during each season, players will be chosen for All League Award in accordance with the NVIAC Procedure Manual.

ARTICLE VI – CODE OF CONDUCT

We as players, coaches, parents, and spectators will strive to observe the following ideals of sportsmanship:

- a. We shall try to discern what is pleasing to Jesus Christ.
- b. We shall not take part in any derogatory or taunting activity. (Federation-rule penalties will be applied for foul and/or profane language.)
- c. We shall treat the officials, opposing teams, cheerleaders, and spectators with respect.
- d. We shall address officials' decisions in a respectful manner (words, tone of voice, facial expressions).
- e. We shall respect the property and reputation of our opponents as well as that of our own facilities.
- f. We shall not take part in or be party to any form of violence.
- g. We shall encourage aggressive (hard-working) play, but not tolerate dangerous or out-of-control play.
- h. We shall address disputes in a Christlike manner as soon as possible between the parties involved.

ARTICLE VII – DEFINITIONS

- a. Middle School. 8th Grade and below.
- b. Junior Varsity. 11th Grade and below.
- c. Varsity. 12th grade and below.
- d. League. The Northern Virginia Independent Athletic Conference.
- e. Official NVIAC Tournament. A tournament in which the NVIAC renders trophies with an inscription bearing connection to the NVIAC and/or a tournament in which league benefits apply, such as league payment for trophies.

NVIAC Procedure Manual

ARTICLE I – BACKGROUND

SECTION 1. PURPOSE

The NVIAC Procedure Manual provides the procedures that are more dynamic than the Policies and Rules defined in the Constitution. As they change regularly, these procedures need to be more easily brought to the Governing Body for review, majority vote and, if approved, publication in this NVIAC Procedure Manual. Any change that has Constitutional implications shall require approval of 3/4 of the Governing Body.

SECTION 2. APPEAL PROCESS

- a. All participants should weigh their actions in light of the NVIAC Code of Conduct. All have signed onto our League's Code of Conduct as members and should use it to guide all of their actions, including conflict resolution.
- b. All grievances should first be dealt with at the coach/AD level between the affected parties, prior to being brought before the Executive Committee.
 - a. For Tournament play the Tournament Director shall review any tournament grievance prior to bringing it to the Executive Committee.
- c. For grievances that have been discussed but cannot be resolved, the next level of appeal is the Executive Committee.
- d. Correspond with any member of the Executive Committee and present all particulars
- e. The Executive Committee will meet, decide on the next course of action, and correspond with the parties involved to arrange resolution.

ARTICLE II -- CURRENT NVIAC MEMBERSHIP ROSTER AS OF THIS REVISION

SECTION 1. CURRENT MEMBERS. Changes to the Membership will be in accordance with Article II of the Constitution. The Secretary will update this Article and publish to the Governing Body upon changes to the membership.

Ad Fontes Academy (AFA) (joined 2000)
Calvary Road Christian School (CRCS) (joined 1999)
Chelsea Academy (CHA) (Provisional) (joined 3/8/2022)
Christ Chapel Academy (CCA)
Covenant Christian Academy (COV) (joined 6/7/2016)
Dominion Christian School (DCS) (joined 3/12/2013)
Evergreen Christian School (ECS) (Provisional) (joined 5/25/2022)
Fairfax Christian School (FCS) (joined 2008)
Fairfax Home School (FHS) (joined 2001)
Immanuel Christian School (ICS) (joined June 2019)
Legacy Christian Academy (LCA) (joined April 2021)
Providence Academy (PVA) (joined August 2014)
Virginia Academy (VAA) (joined 2006)

SECTION 2. CONTACT INFORMATION

Each school shall provide current contact information to the Secretary. As a minimum, this will include:

- a. School name
- b. School Contact Point (usually the Athletic Director)
- c. Emails to use
- d. Phone Numbers (as many as are needed)
- e. Mailing address (for NVIAC correspondence)

The Secretary shall publish the contact information to all schools in the NVIAC.

ARTICLE III – HISTORY

Evergreen Christian School was voted to Provisional Membership in May 2022.

Chelsea Academy was voted to Provisional Membership in March 2022.

Legacy Christian Academy (LCA) was voted into the league in March 2022.

Legacy Christian Academy (LCA) was voted to Provisional Membership beginning in April 2021.

Immanuel Christian School (ICS) was voted into the league June 2020.

Veritas Collegiate Academy (VCA) withdrew from the league in June 2020.

Providence Christian Academy (PCA) withdrew from the league in November 2019.

Veritas Collegiate Academy (VCS) was voted to Provisional Membership beginning in June 2019.

County Christian School (CCS) withdrew from the league in June 2019.

Immanuel Christian School (ICS) was voted to Provisional Membership beginning in June 2019.

Providence Christian Academy (PCA) joined the league in 2018

Hearts Home School (HHS) withdrew from the league. County Christian School (CCS) added high school sports for the fall with athletes from the HHS program. Effective May 20, 2018.

Covenant Christian Academy (COV) joined the league in 2016

Islamic Saudi Academy withdrew from NVIAC in June 2016, upon closing of the school.

Providence Academy (PVA) joined the league in 2014.

Dominion Christian School (DCS) joined the league in 2013

Trinity Christian School withdrew from the NVIAC effective 15 August 2013.

Word of Life Christian Academy withdrew from the NVIAC effective 5 June 2012. WOL partnered with Extreme Soccer according to their website, they don't see any competitive sports teams this coming year. No athletic director or athletic department. The school is only going to 8th grade in the future.

Christian Faith and Fellowship School (CFFS) changed its name to County Christian School in 2010.

Northern Virginia Christian Academy closed its doors on 30 June 2010, withdrawing from NVIAC at the same time.

Trinity @ Meadow View withdrew from the NVIAC effective 21 June 2010.

Word of Life Christian Academy was elected to the conference on 8 June 2009.

In the fall of 1997 (as best as can be determined so far), the following NVIAC charter members established the league: Aquinas School of Woodbridge (Mr. Shawn McNulty AD), Cary Christian Academy (Woodbridge Christian School), St. John Neumann (SJN), The Islamic Saudi

Academy (ISA - Bob LaChance, AD), Trinity Christian School (TCS - Paula Gossard, AD), and Trinity School at Meadow View (TMV - Rick Ridenour, AD), Word of Life (provided the league's first president, Johnny Carr). It has not been determined when Aquinas and Word of Life disenrolled. Cary Christian Academy ceased to be a member during the winter of 2000-2001. Trinity Christian Academy (TCA) is estimated to have become a member in 1998. Calvary Road Christian School (CRCS) was elected to the conference prior to the following schools, but the membership date is not known. Ad Fontes Academy (AFA) was elected to the conference on 3 June 2000. HEARTS Homeschoolers (HHS) was elected to the conference on 16 September 2000. Fairfax Home School (FHS) and Faith Christian School (FCS) were elected to the conference on 12 May 2001. Christian Fellowship School (CFS) was declared a member of the conference on 5 June 2001. Bethlehem Baptist Christian Academy (BBCA) (now known as Fair Oaks Academy after changing names in 2003) was elected to the conference on 8 June 2002. The Ark Academy was elected to the conference on 21 August 2003.

REFERENCES:

Bob LaChance (former ISA AD and former president of the NVIAC), 25 Apr 03: "Yes, Aquinas was a charter member. Mr. Shawn McNulty was the AD and representative to the League. Word of Life was a charter member and the AD served as the president at the beginning. The other questions will take a lot of digging and I am very busy with two courses right now. If you send the same email in June, I will have the time to dig for you. Thank you, Bob LaChance"

Paula Gossard (TCS AD and Boys' Secretary), 26 Feb 03: "Seton was never a member, but Aquinas was a strong and valuable founding member of the league. Paula"

Paula Gossard (TCS AD and Boys' Secretary), 26 Feb 03: "Lee [Jorde] -- I am so flattered that you think so much of my organizational talents that I can recall a date from so many years ago! The best I can probably do is to say that I think it was sometime in 1997, maybe in the spring. Rick Ridenour was also there as the TMV representative...or if not at the first one, certainly at the next one. ISA's rep was Bob LaChance and there was also a man there from Seton in Manassas. St. John Neumann was represented very early on in the planning, along with Aquinas School (in Woodbridge) who was represented by Shawn McNulty (a terrific guy). Any of them might have a better memory than I do. Thanks! Paula"

Paula Gossard (TCS AD and Boys' Secretary), 27 May 03: "Hi Lee! ...My basketball says it was from the 1997-1998 season. That means that the league was established in Fall 1997 to the best of my recollection. I'll try and check an old yearbook to see if we had any mention of the league in it. Hope that helps. Paula"

ARTICLE IV – APPLICATION FOR ADMISSION SAMPLE LETTER

The Northern Virginia Independent Athletic Conference

(Address of the NVIAC)

Dear Friend,

Thank you for your interest in becoming a member of the Northern Virginia Independent Athletic Conference (NVIAC). I am enclosing an application for admission, along with a copy of our conference constitution. The NVIAC constitution outlines the guidelines, values, and principles under which our conference operates. Should you be accepted as a member, you will be expected to uphold this constitution at all times. Please take your time and read it carefully. If after reading our constitution you decide you wish to proceed with your application, complete the application and mail it to the address that appears on this letter. Please be sure to answer all questions completely.

It is important to highlight a few important guidelines of our conference. Recruiting is absolutely prohibited. A student should not receive any benefits from the school for athletic participation. There can be no scholarships given for athletics. There can be no special considerations for athletes that are not available for all students in the school. We have enacted this rule so that the level of competition throughout the conference may be fair and even.

I look forward to hearing from you soon.

Sincerely yours,

<Current President>
President

ARTICLE V– SCHOOL STANDINGS PROCEDURES

SECTION 1. TEAM MINIMUM PLAY

1. All NVIAC teams must play at least 75% of NVIAC teams once during the regular season in order to qualify for tournament seeding without penalty. This means that if there are 10 teams participating in a conference sport, you must play 75% of 9 teams (since you can't play yourself). In computing the percentage of teams played, rounding up is prohibited. Therefore, 74.99% is not 75%.
2. If a school does not play 75% of the NVIAC Schools, as outlined in (1) above, the AD may petition the Executive Board within a week of the tournament start. The board will decide whether to admit the team to the tournament and determine its seeding.
3. The number of games reported between any two teams is limited to two. Unless the AD's agree otherwise, the first two games played will be counted.

SECTION 2. WON/LOST RATIO COMPUTATION/ASSIGNING OFFICIAL SEEDS

1. The WON/LOST Ratio will be determined by dividing the TOTAL WINS to date by the TOTAL GAMES WON plus TOTAL GAMES LOST. If there are no tied WON/LOST Ratios, the team with the highest ratio will be seeded first, with then next-highest ratio seeded second, and so forth.

SECTION 3. WON/LOST RATIO TIE RESOLUTION

1. The two teams with identical WON/LOST Ratios, will be evaluated as follows to break the tie:
 - a. The team with the most head-to-head WINS (see Section 4 below) would be seeded higher.
 - b. If that fails, the team with the most league WINS would be seeded higher.
 - c. If that fails, the team with the most number of TIES, for sports that record ties, would be seeded higher.
 - d. If that fails, the team with the most number of league games played would be seeded higher.
 - e. If that fails, the team with the higher aggregate score in head-to- head matchups would be seeded higher.
 - f. Finally, if a tie still exists, the team with the lowest Tiebreak Number will be seeded higher. The Tiebreak Number will be chosen randomly and assigned to each participating team at the beginning of each season.
 - g. See Section 4 below for an example of all team standings.

SECTION 4. SCHOOL STANDINGS EXAMPLE

Standings Grid

The Standings Grid provides the immediate standing of each team by showing:

- a. Games won (entries across)
- b. Games lost (entries down)
- c. Total Games Won
- d. Total Games Lost
- e. Total Games Tied (if applicable)
- f. Final Official Seed (only appears at the end of season play, before the tournament)
- g. Games For and Games Against, Points For and Points Against, etc.

**Northern Virginia Independent Athletic Conference (NVIAC)
2009 Varsity Boys Baseball Standings**

[\[Head to Head\]](#) [\[% Games Played\]](#) [\[All Games Listing\]](#)

Teams (5)	CFFS	FHS	HHS	NVCA	TCS	W	L	W/L	Seed	PF	PA
Hearts Home School (HHS)	HHS 17-6 5/13/09	HHS 22-1 4/8/09 HHS 12-8 5/14/09	XX		HHS 4-1 4/17/09 HHS-TCS 5-5 5/7/09	4	0	1.00	1	60	21
Trinity Christian School (TCS)	TCS 16-6 5/12/09	TCS 17-2 3/25/09	TCS-HHS 5-5 5/7/09	TCS 9-3 5/14/09	XX	3	1	0.75	2	48	20
Fairfax Home School (FHS)	FHS 21-0 4/2/09 FHS 19-2 4/17/09	XX		FHS 14-0 4/30/09		3	3	0.50	3	65	53
Northern Virginia Christian Academy (NVCA)				XX		0	2	0.00	4	3	23
Christian Faith & Fellowship Schools (CFFS)	XX					0	4	0.00	5	14	73
Teams (5)	CFFS	FHS	HHS	NVCA	TCS	W	L	W/L	Seed	PF	PA

Head-to-Head Wins Against Each Opponent

The Head-to-Head Wins Grid shows each team and the number of games they won against each other opponent.

Head to Head Wins Against Each Opponent
[\[Head to Head Aggregate score\]](#)

Teams	CFFS	FHS	HHS	NVCA	TCS
CFFS	XX	0 [2]	0 [6]	0	0 [6]
FHS	2 [40]	XX	0 [9]	1 [14]	0 [2]
HHS	1 [17]	2 [34]	XX	0	1 [4]
NVCA	0	0	0	XX	0 [3]
TCS	1 [16]	1 [17]	0 [1]	1 [9]	XX

Total Games Played Against Each Opponent

The Total Games Played Grid shows the total *teams* played versus total *games* played. The % **Played** column is highlighted in RED for those teams who have yet to play the minimum number of opponents.

Total Games Played Against Each Opponent

Teams	CFFS	FHS	HHS	NVCA	TCS	Teams Played	% Played Min: 75.0% (3 teams)
CFFS	XX	2	1	0	1	3	75.0%
FHS	2	XX	2	1	1	4	100.0%
HHS	1	2	XX	0	2	3	75.0%
NVCA	0	1	0	XX	1	2	50.0%
TCS	1	1	2	1	XX	4	100.0%

List of All Games Played

This list all of the games played during the season. It does not include Tournament Games, which are documented on the Tournament Standings pages. This will also include any additional information about each game. For example, games making up a Volleyball match will be included and notations, such as *Forfeit*, will also be shown.

All Games Played

<u>Date</u>	<u>W</u>	<u>wSc</u>	<u>L</u>	<u>ISc</u>	<u>Remarks</u>
03/25/09	TCS	17	FHS	2	
04/02/09	FHS	21	CFFS	0	
04/08/09	HHS	22	FHS	1	
04/17/09	FHS	19	CFFS	2	
04/17/09	HHS	4	TCS	1	
04/30/09	FHS	14	NVCA	0	
05/07/09	TCS	5	HHS	5	
05/12/09	TCS	16	CFFS	6	
05/13/09	HHS	17	CFFS	6	
05/14/09	HHS	12	FHS	8	
05/14/09	TCS	9	NVCA	3	

ARTICLE VI – NVIAC SANCTIONED SPORTS AND GAME RULES

SECTION 1. NVIAC SANCTIONED SPORTS

- a. The following sports are currently sanctioned by NVIAC. While any number of teams may play season games/scrimmages without NVIAC sanction, the league may conduct official NVIAC tournaments (referred to as *tournaments* in this Constitution) only when four or more NVIAC teams of a particular level of play (middle school or varsity) participate.
 1. Baseball
 2. Basketball
 3. Cross-Country
 4. Soccer
 5. Softball
 6. Volleyball
 7. Track

SECTION 2. RULES PERTAINING TO ALL GAMES

- a. Rosters. Team rosters (typed) should be exchanged before every season and tournament game.
- b. For tournaments, the roster must also be given to the tournament director.
- c. Minimum number of Referees/Umpires shall be two for all Varsity games, unless agreed by participating schools.
- d. Roster will include Team name, Coach(s) name, Player names, Player jersey numbers, and Player grade level.
- e. Warm-ups will begin 15 minutes before the start of the game.

SECTION 3. SOCCER RULES

- a. GENERAL RULES:
 1. Varsity and Middle School soccer is governed by National Federation of State High School Associations (NFHS) rules except as modified within this Section.
 2. 40-minute halves for regular-season varsity games. 30-minute halves for middle school.
 3. 35-minute halves for varsity tournament games. 30-minute halves for middle school.
 4. No overtime in regular-season games.
 5. Two 5- minute overtimes, then penalty kicks for tournament games (See details below).

6. A red card issued against a player only applies within the conference. Explanation: If a player receives a red card while playing a conference game, that player must sit out that game and at least the next conference game (even if the next game is a Tournament game). If a player receives a red card while playing in a non-conference game, that player is not prohibited from playing the next game if it is a conference game.
 7. All players receiving a Red or Yellow card will be reported to the President. This can be reported as the scores are reported, with a CC to the President.
- b. **SOCCER OVERTIME RULES – FOR TOURNAMENTS ONLY:**
1. If overtime is required, teams receive a 5-minute break between the end of the game and the first of two 5-minute overtime periods. These two overtime periods are played without a break in between. Both periods are played regardless of the outcome of the first period of overtime. (This allows both teams a chance to defend each goal once.)
 2. Should penalty kicks be required, only the 11 players on the field at the end of the 2nd overtime period may be used as kickers. At the end of the 2nd overtime period, all players that were playing at the end of the game will go directly to the center circle. Players on the bench (substitutes) remain on the sidelines. Each team designates its first five kickers and the order in which they will kick. Teams will alternate kicks and all 5 kickers from each team will kick unless one team has an insurmountable lead at any point (i.e., after 3 kicks one team is ahead 3-0, there is no possible way for the opponent to tie) in which case they will be declared the winner of that match.
 3. If after the first five kicks the teams are still tied, teams select their next 5 kickers from the 6 who have not yet kicked, and the order in which they will kick. Kicks will proceed in a manner similar to the first five kicks except that these will now be "sudden death" -- if one team kicks and scores and the other team misses, the team which scored will be declared the winner of that match.
 4. Should the kicks continue after the second round of five, teams select their next five kickers, with the 11th player kicking first and the next four chosen in any order from the original ten kickers.
 5. If at the end of the second overtime period, one of the teams has fewer than 11 players on the field (because of a red card or an injury with no substitute available), the other team must reduce its number of kickers to match (i.e., Team A has 11 players at the end of the match and Team B has nine, both teams will use nine kickers).

SECTION 4. VOLLEYBALL RULES

- a. NVIAC Volleyball is governed by National Federation of State High School Associations (NFHS) rules, except as modified in this Section.
 1. Varsity Volleyball match: Three-out-of-five games determine the match winner in 25-point rally scoring (every volley counts for a point). The fifth game will be played to 15 points.

2. Junior Varsity Volleyball match: Two out-of-three games determine the match winner in 25-point rally scoring. The third game will be played to 15 points.
3. Middle School Volleyball match: Two out-of-three games determine the match winner in 25-point rally scoring. The third game will be played to 15 points.

SECTION 5. BASKETBALL RULES

a. Varsity, JV and Middle School basketball is governed by the National Federation of State High School Associations (NFHS) rules, except as modified in the Section:

1. Varsity plays eight-minute quarters.
2. Junior Varsity plays seven- to eight-minute quarters, as agreed upon by both coaches. Seven minutes is the default.
3. Middle School plays six- to eight-minute quarters, as agreed upon by both coaches. Six minutes is the default.
4. Boys will use a 29.5 inch ball and girls will use a 28.5 inch ball for league contests at all levels.
5. A minimum of 15 minutes will be provided for teams to warmup.

SECTION 6. FLAG FOOTBALL RULES

a. Varsity, JV and Middle School flag football is governed by the [NVIAC Flag Football Rules](#).

SECTION 7: TOURNAMENT RESPONSIBILITIES

Volleyball

Higher seed is HOME team. Home team will provide game ball and is responsible to provide someone to keep the official book at scorer's table.

Lower seed is VISITING team. Visiting team will provide timekeeper to operate clock/scoreboard at scorer's table.

Warm-ups will begin 15 minutes before the start of the game

Soccer

Higher seed is HOME team, and should wear DARK uniforms. Home team will provide three game balls.

Lower seed is VISITING team, and should wear WHITE uniforms.

Each team is responsible to provide two ball runners each to chase out-of-bounds balls.

Basketball

Higher seed is HOME team, and should wear WHITE uniforms. Home team will provide game ball and is responsible to provide someone to keep the official book at scorer's table.

Lower seed is VISITING team, and should wear darker colored uniforms. Visiting team will provide timekeeper to operate clock/scoreboard at scorer's table.

Warm-ups will begin 15 minutes before the start of the game

SECTION 8: DIVISIONS FOR MAXIMUM TEAMS

For any Division that has ten or more teams participating, the teams will be split into divisions in accordance with the NVIAC Divisions Rules document.

ARTICLE VII – ALL LEAGUE PLAYER SELECTION

SECTION 1. GENERAL

All League players will be selected at the end of each season as specified below. All League games may be scheduled on a case-by-case basis, as approved by the Governing Body for the season.

SECTION 2. BASEBALL

1. Each team gets three selections
2. The team that is the winner in regular season play gets four selections

SECTION 3. BASKETBALL

1. Each team gets two selections
2. The team that is the winner in regular season play gets three selections

SECTION 4. SOCCER

1. Each team gets three selections
2. The team that is the winner in regular season play gets four selections

SECTION 5. VOLLEYBALL

1. Each team gets two selections
2. The team that is the winner in regular season play gets three selections

SECTION 6. FLAG FOOTBALL

1. Each team gets two selections
2. The team that is the winner in regular season play gets three selections

ARTICLE VIII – TEAM UNIFORM REQUIREMENTS

SECTION 1. SPORT COLOR COORDINATION REQUIREMENTS

1. All teams will comply with the Home and Away specifications for jerseys. If a team cannot comply, they will wear Pinnies.
2. An email from AD to AD is suggested to ensure the colors issues are resolved prior to the game.

ARTICLE IX – TEAM DECLARATION AND CANCELLATION

SECTION 1. DECLARATION DAY

Declaration Day is the date that schools must declare whether or not they will be having sports teams for the upcoming season. Prior to the start of each season, Declaration Day will be decided upon by the Governing Body at regularly scheduled NVIAC Athletic Directors' Meetings. For schools cancelling teams after Declaration Day, the following rules (under Section 2) apply.

SECTION 2. CANCELLATION OF TEAMS AFTER DECLARATION DAY

For schools/teams cancelling their teams after the season's Declaration Day:

1. The AD must notify the NVIAC President, as well as all league athletic directors, of the school's intention to cancel a sports team.
2. All teams on the cancelled team's schedule will automatically receive one (and only one) win by forfeit for the season. Any games previously played during the season will be negated and removed from the standings.
3. The cancelled team's AD will forward the team's schedule to the NVIAC Statistician to record any required forfeits.
4. The cancelled team will no longer be eligible for league tournament play for that season.

ARTICLE X – TOURNAMENTS (MISCELLANEOUS)

SECTION 1. ENTRANCE FEES (DONATIONS). The team hosting the tournament may request spectators to donate money as a type of entrance fee. For example, the team might post a sign at the entrance stating "\$1.00 Donations Requested." 100% of donations collected at tournaments will be used to offset the cost of the tournament for participating schools.

SECTION 2. CONCESSIONS. The team hosting the tournament has first rights to sell concessions. If the hosting team does not elect to do so, other NVIAC teams may be offered a chance to sell concessions.

SECTION 3. TOURNAMENT HOSTS. A \$30 per game fee will be paid to the AD that hosts a tournament game. The fee paid for tournament hosts will come from the general fund.