

## CONSTITUTION AND BY-LAWS

### ARTICLE I NAME

This organization shall be known as the **Power 5 Conference**. This constitution governs all activities in the conference beginning August 2023 or as amended.

### ARTICLE II MEMBERSHIP

#### Section 1

Aledo Middle School (6-8)	Aledo ISD	2022-2023 Chair
Brewer Middle School (7-8)	White Settlement ISD	2023-2024 Chair
Baxter Jr. High (6-8)	Everman ISD	2024-2025 Chair
Henderson Jr. High (7-8)*	Stephenville ISD	2025-2026 Chair
McAnally Middle School (6-8)	Aledo ISD	2026-2027 Chair
Roy Johnson STEM Academy *Charter Member Since 1979	Everman ISD	Academic Member Only

#### UIL HOST YEAR

2022-2023	McAnally Middle School (Aledo ISD)
2023-2024	Henderson Jr. High (Stephenville ISD)
2024-2025	Baxter Jr. High (Everman ISD)
2025-2026	Aledo Middle School (Aledo ISD)
2026-2027	Brewer Middle School (White Settlement ISD)

#### Section 2

District membership in the conference will be by invitation. New members will be accepted when approved by the majority of current members. However, districts that are currently represented will be allowed to add schools as their district grows/adds new schools.

### ARTICLE III PURPOSE

#### Section 1

To furnish boys and girls a regular schedule of activities: Cross Country, Volleyball, Football, Basketball, Track and Field, One-Act Play, Art Show, UIL Academic Schedule Competition, and other competition as approved by the Board of Directors of Power 5 Conference .

## **Section 2**

To furnish a schedule of activities which seeks as its chief purpose friendly rivalry, new friendships, improved playing skills, better community relations, and good healthy sportsmanship. It is fully intended that the rules of the game are similar to the rules of everyday living.

## **Section 3**

Any member schools wanting to compete against each other in other athletic or scholastic events may do so without penalty. Examples: Chess Club, Tennis, Golf, Academics, Soccer, etc. The Board of Directors will approve rules for those events not covered by the UIL Constitution and Contest Rules.

## **ARTICLE IV GOVERNMENT**

This conference shall be governed by the Board of Directors who shall be the Principal or his/her designee of each school represented in the conference. Respective coaches and directors of the represented districts will be ex-officio members.

A school shall be named chairperson to serve for a period of one year on a rotating basis as outlined in Article II Section 1.

## **ARTICLE V DUTIES OF THE CONFERENCE CHAIRPERSON**

- A) To call and preside at all meetings.
- B) To convene special meetings of the board as needed.
- C) To decide upon the time and place of the meetings.
- D) To appoint committees for special work in connection with the organization.
- E) To coordinate and submit all schedules to other member schools.
- F) The conference chairperson will make final rulings on all Power 5 issues

## **ARTICLE VI AMENDMENTS**

This constitution and by-laws may be amended or changed at meetings of the board only by a majority of all members and after at least one week's notice by the chairperson to all members. This notice may be waived by a majority vote of the board.

## **ARTICLE VII INTERPRETATIONS**

### **Section 1**

The authentic interpreter of the constitution and by-laws is the assembly of the Board of Directors. A majority vote of the members shall be sufficient to decide any question of doubt.

### **Section 2**

Such decisions shall thereby become an authentic and permanent interpretation of the point in question and shall be considered part of the article to which it pertains. All such interpretations shall be incorporated into these constitutions and by-laws in the appendix.

### **Section 3**

All contests and games will be governed by the current UIL Constitution and Contest rules.

## **ARTICLE VIII MEETINGS**

### **Section 1**

The Board of Directors shall meet in the fall, again in the spring and as otherwise needed. Schedules of all activities for the next year will be created and approved at the spring meeting(s). Any matter concerning the season will be discussed at the fall meeting(s).

### **Section 2**

The meetings will be held in the chairperson's district, unless otherwise specified.

### **Section 3**

For the Fall Meeting, each school's Principal or his/her designee, Athletic Coordinator, UIL Coordinator, and Art Coordinator will be in attendance. For the Spring Meeting, each school's Principal (or designee) and Athletic Coordinator will be in attendance. The Principal or his/her designee will have voting privileges in executive sessions.

## **ARTICLE IX PRESENCE AT MEETINGS**

### **Section 1**

Each school should feel it is their duty in interest of the common good to be represented at every meeting convened.

### **Section 2**

Each school shall have only one vote on any question that may arise in the assembly.

### **Section 3**

A majority of the Board of Directors shall constitute a quorum.

## **ARTICLE X VOTING**

### **Section 1**

No absent member is in any way entitled to a vote in assembly. However, a representative designated by the Principal or his/her designee may cast a vote.

### **Section 2**

Voting may be open or secret ballot at the discretion of the chairperson.

## **ARTICLE XI ATHLETICS CLASSIFICATION**

### **Section 1**

#### **BOYS** (Grades 7 and 8)

1. Football – **A** and **B**, and **C** teams
2. Basketball – **A** and **B**, and **C** teams
3. Track and Field
4. Cross Country

#### **GIRLS** (Grades 7 and 8)

1. Volleyball – **A** and **B**, and **C** teams
2. Basketball – **A** and **B**, and **C** teams
3. Track and Field
4. Cross Country

### **Section 2**

Eligibility shall be determined by the current UIL Constitution and Contest Rules.

## **ARTICLE XII PROTESTS**

### **Section 1**

A game or contest in which an ineligible or disqualified player takes even the slightest part, is by the fact an illegal contest and the offending school shall forfeit the contest to the non-offending school regardless of the score or results.

## **Section 2**

A phone call by the non-offending school should precede a written protest to the chairperson on any protested contest.

## **Section 3**

Any questions on the eligibility of a contestant shall be verified by school records.

## **Section 4**

Any violation or non-adherence to any of the rules set forth by this constitution/by-laws shall be handled via the following:

1. Call the offending school.
2. If there was a disregard to any rules set forth in this constitution/by-laws, the offending school should automatically forfeit the game to the non-offending school regardless of the score/results.
3. If there is a dispute that cannot be resolved in the above manner, then and only then is it taken to the Board of Directors to rectify.
4. If a Coach/Director violates rules a second time they should be brought before the Board of Directors.
5. If a written protest is necessary, all Power 5 rules will be preempted by UIL contest rules.

# **ARTICLE XIII COMPETITION**

## **Section 1**

### **Admission**

The admission for each of the athletic events shall be as follows:

- A) Employees of the host school will be allowed to use their school pass/ID
- B) Adults - \$3.00
- C) Students - \$2.00
- D) Senior Citizens – Free/Local ISD Policy Governs
- E) Children Below School Age & Administrators – Free
- F) Family of Coaches - Free

## **Section 2**

Admission to all other school functions will be mutually agreed upon by the Board of Directors of the Power 5 Conference.

## Section 3

### Football

#### **Number of Games:**

No team or student shall compete in more than nine (but recommend eight) football games. A scrimmage counts as one of the allowable games.

#### **Number of Games Per Week:**

One game or scrimmage may be played per calendar week. There shall be a minimum of five days between contests.

#### **Season for Workouts and Games.**

**(A) Practice.** Practice shall not begin prior to the first day of school. Football equipment may be checked out to the players on any one day during the week preceding the first day of school. The first five days of practice shall consist of the following acclimatization period. The first two days of practice shall be conducted without any contact equipment except helmets. On the third and fourth days of practice, helmets, shoulder pads and padded girdles (shells) may be worn, but no player to player contact is allowed. On day five of the acclimatization period, helmets, shoulder pads and padded girdles (shells) may be worn, and player to player contact is permitted. During the five day acclimatization period, no full contact activities shall be permitted. All student athletes who arrive after the first day of practice are required to undergo a five-day acclimatization period. No inter school scrimmages or games shall be allowed until after a period of at least seven days of contact football.

**(B)** Schools shall have 80 consecutive calendar days to practice outside the school day and to complete scrimmages and games. Schools must start their 80 days no later than the date set forth by the UIL calendar for junior high football start deadline.

**(C)** For schools choosing not to start their 80 days on the first day of school, students may be in an athletic period, but cannot participate in any football activities outside the school day until the first day of the 80 consecutive calendar days.

**(D) During the season:** football players are not allowed to participate in more than ninety (90) minutes of full contact practice per week. Refer to the Junior High Coaches Manual for explanations of full contact.

**Off-Season Workouts:** Accelerated physical education activities, calisthenics, individual football skills, strength training or conditioning exercises may be conducted during the school term within the school day, (provided such activities do not exceed one regular class period not to exceed 60 minutes per day (or 300 minutes per week on a block schedule). Practice may include 11-on-11 drills without contact equipment or activities. Activities before or after school or during the lunch period are specifically prohibited. Allowed equipment is limited to a football, shoes with cleats, passing and punting machines and physical education attire. Air or padded blocking dummies or devices, and other similar devices are prohibited. Refer to Section 1206 **Preseason or Summer Practice for Junior High or Elementary School**

**Students:** (A) Eighth Grade and Below Pre-Season Practice Prohibited. Schools shall not

hold any preseason football practice in junior high school (eighth grade and below) or elementary school, individual or team, prior to the opening day of school.

(B) Eighth Grade and Below Spring Training Prohibited. Schools shall not conduct any spring training either in elementary school or junior high school (eighth grade and below) the preceding spring.

(C) Exception for Ninth Graders Not on High School Campus. Students in the ninth grade may participate in spring training in Conference AAAAAA and AAAAA schools provided that such participation is on a site and at the same time as the high school squad practices and that said high school is the one which the ninth grade students will attend the following fall.

(D) Violations. Penalty for violations shall be assessed by the appropriate executive committee. **Tied Games:** The NCAA tie breaker system shall not be used by junior high school teams.

**GAME START TIME:** 5:00 pm.

**ORDER OF GAMES:**

8<sup>th</sup> Grade C/B/A

7<sup>th</sup> Grade C/B/A

Games will be played in the following order unless mutually agreed upon by both teams.

**WARMUP:**

Eight (8) minutes

**LENGTH OF GAME:**

C/B Team-four (4)- eight (8) minute quarters

A Team-four (4)- eight (8)-minute quarters

**HALF-TIME:**

Five (5) minutes

**MERCY RULE:**

If a team is up by 30 points at any time after halftime, the clock will continue running except during transitions, change of possessions, and touchdowns/extra points.

**PAT:**

1 point on extra points

**TYPE OF BALL:** Each team is responsible for providing their own regulation size leather game ball.

**OFFICIALS:** The home team is to furnish a minimum of three officials. If three officials are not available the game officials will be mutually agreed upon by both coaches.

**TIMERS AND SCORES:** If there is not a clock available, the time will be kept on the field by the officials. If available, this will be kept by an adult.

**MISC:**

Visiting team will run the chains

Home team will provide water for both teams

**JERSEY COLOR:** The home team will always wear dark jerseys. The visiting team will wear light colored jerseys. If a problem arises, coaches shall mutually agree on colors.

**SHOES:** Soccer or canvas top cleats. Shoes with metal cleats are not permitted.

**MEDALS:** The Power 5 Conference member schools will provide a Championship plaque to all 1st place teams.

**Section 4**

**Volleyball**

Grades 7 A/B/C will be played on the same night (Thursday) as 8 A/B/C at the same site. All teams will play an official match; best 2 out of 3 games.

**Number of Matches:**

No team or girl shall compete in more than 12 matches and two invitational or district tournaments. Two matches may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional matches may be played. A scrimmage counts as one of the 12 matches.

**Number of Matches Per Week:**

One match or dual match or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a match.

**Number of Tournament Matches Per Day:**

Contestants or teams shall play no more than three tournament matches per calendar day, except contestants or teams may play in four matches per calendar day in a one day tournament scheduled on a Saturday.

**Season for Workouts and Matches. (A) Traditional School Years:** Practice shall not begin prior to the first day of school. Schools shall have 86 consecutive calendar days to practice outside the school day and to complete scrimmages and matches. Volleyball equipment may be checked out to the players on any one day during the week preceding the first day of school. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above. **(B) Non-traditional School Years.** Schools should schedule their season to coincide with the schools in the UIL playing district they will compete against.



**GAME START TIME:** 5:00 pm

**ORDER OF GAMES:**

8<sup>th</sup> Grade C/B/A

7<sup>th</sup> Grade C/B/A

Games will be played in the following order unless mutually agreed upon by both teams.

**WARMUP:**

3-minute warm-up

3-minute hit (separate)/dig

3-minute hit (separate)/dig

2-minute serve (together)

**GAME MATCHES DEFINED:** A game shall be defined as when a team has scored 25 points and is at least two points ahead. A match shall be defined as when a team has won two games out of three. Teams will play 2 out of 3 games to a score of 25 with a cap of 30.

Each team must furnish a line judge for each match.

**NO DEROGATORY/UNSPORTSMANLIKE YELLING DURING SERVES FROM THE BLEACHERS OR BENCH.**

**TYPE OF BALL:** The home team is responsible for providing a regulation leather size game ball, and warm-up balls for both teams.

**OFFICIALS:** The home team is to furnish two officials. If two are not available, the match may be played with one official. This must be mutually agreed upon before the matches begin.

**SCORES AND TIMERS:** Adults will be used for these positions.

**JERSEY COLOR:** No rule on jersey colors for volleyball except for the libero.

**SHOES:** Some type of non-marking shoe must be worn.

**MEDALS:** The Power 5 Conference member schools will provide a Championship plaque to all 1st place teams.

## **Section 5**

### **Basketball**

#### **Number of Games:**

No team or student shall compete in more than 12 games and two invitational or district tournaments. Two games may be substituted in place of a tournament. If a team or student does not play in any invitational or district tournaments, four additional games may be played. A scrimmage counts as one of the 12 games.

**Number of Games Per Week:** One game or scrimmage may be played per calendar week. A tournament may be played in the same calendar week of a game.

**Number of Tournament Games Per Day:** Contestants or teams shall play no more than two tournament games per calendar day, except contestants or teams may play in three games in a one-day tournament scheduled on a Saturday.

#### **Season for Workouts and Games:**

Schools shall have 121 consecutive calendar days to practice outside the school day and to complete scrimmages and games. The season can be held anytime during the school year, provided it does not exceed the number of consecutive calendar days listed above.

**Eight Minute Quarters:** Junior high schools may, by mutual consent, play eight minute quarters. Refer to Basketball Manual.

**GAME START TIME:** 5:00pm

#### **ORDER OF GAMES:**

8<sup>th</sup> Grade C/B/A

7<sup>th</sup> Grade C/B/A

Games will be played in the following order unless mutually agreed upon by both teams.

**LENGTH OF GAME:** four (4) - six (6) minute quarters

**WARM-UP TIME:** eight (8) minutes

**HALF-TIME:** six (6) minutes

**MERCY RULE:** Regular clock until half-time whether a team is ahead by 30 or not. After half-time, at any point that a team is 30 points ahead of their opponent, then the clock will run continuously (except for time-outs). Even if the score drops from 30 points the clock will not stop after half-time. Stop the clock only for time-outs!!

**PRESS RULE:** There will be no full court pressing after a team is ahead by 20 or more points. If the score drops below 20, then a team may resume pressing. You may half-court

press at any time. Teams will receive one warning to stop pressing. After the first warning, team will receive a technical foul.

**OVERTIME PERIOD:** three (3) minutes until tie is broken. No limit on the number of overtime periods.

**TYPE OF BALL:** The home team is responsible for providing a regulation size game basketball, and warm-up balls for both teams.

**OFFICIALS:** The home team is to furnish two officials. If two are not available, the game may be played with one official. This must be mutually agreed upon before the game begins.

**SHOES:** Some type of non-marking shoe.

**JERSEY COLORS:** The home team will wear the light colored jersey and visitors will wear dark colored jersey.

**MEDALS:** The Power 5 Conference member schools will provide a Championship plaque to all 1st place teams.

## **Section 6**

### **Track and Field**

**NUMBER OF MEETS:** Track meets will be sponsored on a rotation basis/volunteer basis by the member schools. Power 5 will work together to ensure all members in the organization have an opportunity to participate in at least 3 track meets sponsored by the Power 5 schools.

**ENTRY FEES:** The entry fee for each meet may not exceed \$200.00 per school. Entry fee for the zone and district meet will be \$200.00 per school.

**MEDALS:** Power 5 District will provide all medals and ribbons for the Zone meets and the district meet. Power 5 will provide individual medals for 1<sup>st</sup>-3<sup>rd</sup> place and ribbons for 4<sup>th</sup>-6<sup>th</sup> place.

**TRACK MEET START TIMES:** Will begin no later than 4:30pm

**OFFICIALS:** Set by host schools.

**SHOES:** Shoes with spikes are permitted. Short spikes only will be allowed on asphalt runways.

**PRELIMS MEET:** This meet will be held prior to the Power 5 District meet. The top 4 finishers in all events will advance to the District meet. Coaches will be assigned to work field events, time and pick for the meet. Entry fee for this meet will be \$200.00 per school.

**DISTRICT MEET :** The District Meet will be held at the end of the regular season. The Power 5 District meet alone will determine the conference champion. Coaches will be assigned to work field events, time and pick for the district meet. Entry fee for this meet will be \$100.00 per school.

**IN CASE OF A TIE:** All field event ties will be broken based on UIL or NFHS track rules. All running ties will be broken by **coin toss** allowing only the top 4 runners to advance to the district meet.

#### **UIL RULES:**

**DISCUS:** Measure to the lesser inch (ex. 55'4 ¼" = 55'4"), always round down. Use the end of the tape in the outfield. Pull the main part of the tape through the center of the circle, then measure from the inside of the toe-board or painted circle. Athletes may enter the ring from any point. They must exit from the back!! No gloves may be worn while throwing the discus. The wrist and hand may not be taped together, but may be taped separately. Athletes may take as many throws as they want within their team rotation. Gather all discus in a pile before the event starts and check for abnormalities. Rubber discs are allowed, but may not have any indentations that would help the thrower. Do not let participants practice on the side during the event to eliminate injuries.

**SHOT-PUT:** Measure to the lesser of a quarter inch, always round down. Use the end of the tape in the outfield. Pull the main part of the tape through the center of the circle, then measure from the inside of the toe-board or painted circle. Athletes may enter the ring from any point. They must exit from the back!! No gloves may be worn while throwing the shot-put. The wrist and hand may not be taped together, but may be taped separately. Athletes may take as many throws as they want within their team rotation. Gather all shots in a pile before the event starts and check for abnormalities/weight. Do not let participants practice on the side during the event to eliminate injuries. Shot may NOT drop below the shoulders.

**LONG JUMP:** Measure to the lesser of a quarter inch, always round down. Athletes may take as many jumps as they want within their team rotation.

**TRIPLE JUMP:** Measure to the lesser of a quarter inch, always round down. Athletes may take as many jumps as they want within their team rotation.

**HIGH JUMP:** Raise bar by 2" increments every time. In case of a tie for first, lower bar by 1". If still a tie, split points, and toss a coin for award. In case of a tie for all other awards, split points and toss a coin for the award. Jumpers must jump off of one foot!! If the bar falls off while an athlete is getting off the mat, it is a judgment call made by the event supervisor.

**POLE VAULT:** Raise bar by 6" increments every time. In case of a tie for first, lower the bar by 3". If still a tie, split points, and toss a coin for award. In case of a tie for all other awards, split points and toss a coin for the award. If the bar falls off while an athlete is getting off the

mat, it is a judgment call made by the event supervisor. No gloves may be worn while pole vaulting. The wrist and hand may not be taped together, but may be taped separately.

**RUNNING:**

- No jewelry-watches only on long distance races
- Baton must be a smooth surface
- 3 out of 4 runners must look alike for the relays
- Tights must be school color or black

**FALSE STARTS:** 1<sup>st</sup> jump, athlete is disqualified

**RULES ON LANES:** 3 consecutive steps must be taken outside or on the line for the athlete to be disqualified

**DROP STICK:** Athlete may leave to go get a dropped stick as long as they do not impede another runner. The athlete must enter from the spot that they exited from.

**HAND-OFFS:** The baton (not the runner) must be exchanged within the zones. Does not matter where the runner is.

## **Section 7**

### **Cross Country**

The District Meet will be sponsored on a rotation basis/volunteer basis by the member schools.

**Order of Running:**

7<sup>th</sup> Grade Girls  
7<sup>th</sup> Grade Boys  
8<sup>th</sup> Grade Girls  
8<sup>th</sup> Grade Boys

**Medals:** Only the top ten (10) will receive medals in each division and plaques for the Champions and 2nd place team.

**Number of Participants:** Maximum of twenty (20) participants per division, per school. Top five (5) runners will count toward team totals with two (2) alternates. Alternates will only be used to break a tie between teams.

**Start Time:** Will begin at 4:00 p.m.

**Distance:** 2 miles all divisions

**District Meet:** This will be held at the end of the regular season. Each school is responsible for providing two (2) workers.

**Timing System:** Power 5 schools will pay for the timing device.

## **Section 8**

### **UIL Academic Meet**

May be modified to meet middle school competitive level.

All students in Grades 6-8 in member districts will be invited to participate.

Conference UIL Academic Meet – Will be held each year. The host school will be on a rotational basis as outlined in Article II, Section 1.

**Judges** – Will be set by the host school. All schools should plan to provide personnel for supervision and grading. Each school's UIL coordinator shall check-in with the host coordinator prior to leaving the event.

**Awards** – The Power 5 Conference will provide medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place and ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place.

## **Section 9**

### **One Act Play**

All UIL rules and regulations will be followed.

This contest will be held each year with the date to be determined by the Host School at the Fall Meeting.

The host school will be the Power 5 Chair for the year.

**Judges** – Will be hired by the host school with the costs split among the participating schools.

**Awards** – The Power 5 Conference will provide 3 plaques.

## **Section 10**

### **Art**

All UIL rules and regulations will be followed.

The art contest will be held annually on a rotational/volunteer basis. The date and location of the contest will be determined at the Fall Meeting.

**Judges** – Will be hired by the host school with the costs split among the participating schools.

**Awards** – The Power 5 Conference will provide medals for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place and ribbons for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place and One Overall Best in Show.

## **ARTICLE XIV AWARDS/ENTRY FEES**

The conference shall be responsible for sharing the cost equally of all district tournament/contest competitions.

## **ARTICLE XV ADMINISTRATIVE DUTIES AT THE CONTEST/GAME**

### **Section 1**

The home school's principal/designee should be on duty at all home events.

### **Section 2**

If any problem occurs, the administrator/designee will contact the other school's principal on the next day.

### **Section 3**

Each school's district board policies will supersede section one and two if it is mandatory for administrators to attend away events.

## **ARTICLE XVI SECURITY AT THE CONTEST/GAME**

### **Section 1**

It is recommended that the host school shall provide a uniformed security officer for each of the regularly scheduled football and basketball games involving Power 5 teams.

## **ARTICLE XVII MISCELLANEOUS**

### **Section 1**

Every step should be taken to avoid postponement of contests. In the event a contest is postponed, opposing schools may reschedule the contest by mutual agreement and within the framework of this constitution/by-laws and UIL. If there is an available date, a conference game shall supersede a non-conference game.

### **Section 2**

Bands, pep squads, flag corps, and drill teams – These will be allowed to perform at games. One half-time performance will be permitted, but will be limited to the duration of half-time.

### **Section 3**

All principals will visit with each cheerleading sponsor to stress sportsmanship at each game. Cheerleaders perform at their teams shooting goal of the basketball court, changing ends at half time.

## **Power 5 Sportsmanship Creed**

Power 5 Conference schools will not tolerate, at their athletic contests, any spectator, other student, or adult whose behavior is disrespectful towards players, officials, coaches, or other spectators. Nor will Power 5 Conference schools permit any type of spectator behavior that either detracts from the proper conduct of the game or disadvantages a player or team.