

MOUNTAIN PACIFIC SPORTS FEDERATION CODE

Part Six: - WOMEN'S SPORTS OPERATING REGULATIONS

600 AWARDS

600.1 Numbers and types of awards have been established by the Administrative Committee as follows. No awards other than those established by the Administrative Committee are authorized in any sport:

WOMEN'S SPORTS

INDOOR TRACK

Team Award
50 Individual awards
(first three places in each event;
4-First-place only in relays)
Athlete of the Year
Coach of the Year
Team recognition

WATER POLO

Team Award
14 All-Federation awards
Player of the Year
Goalkeeper of the Year
Coach of the Year
Newcomer of the Year
Team recognition (17)

GYMNASTICS

Team Award
15 Individual awards
(first three places in each event)
Coach of the Year
Athlete of the Year
Team recognition (17)

LACROSSE

Team Award
22 All-Federation Awards
Player of the Year
Newcomer of the Year
Coach of the Year
Team recognition (30)

600.2 All-Federation team awards shall consist of plaques for first-team honorees and certificates for second team and honorable-mention honorees.

600.3 Individual awards for participation on Federation Championship winning teams are left to the institution involved.

600.4 Scholar-Athlete Awards.

600.4.1 At the conclusion of each sport season the member institution's Athletic Representative shall select as Mountain Pacific Scholar-Athletes, those students who have achieved the following:

1. 3.0 or better cumulative grade point average;
2. Student-athlete must be at least a sophomore academically;
3. Student-athlete must have completed one full academic year at the member institution prior to the season for which the award is being received;

4. Student-athlete must have competed in fifty percent or more of the institution's competition in the student-athlete's respective sport;
5. Nominations must come to the conference office responsible for each Federation sport from the competing institutions' faculty athletics representatives;
6. All nominated student-athletes shall receive recognition in the form of a press release and a certificate. (1/95)

601 ALL-FEDERATION TEAMS

601.1 All-Federation teams for women's team sports shall be selected by the coaches at the conclusion of each season.

601.2 Second-team All-Federation honorees shall be selected in a vote of the Association's coaches. Persons receiving a minimum of three votes in the balloting for either first or second-team shall be accorded honorable mention.

602 WOMEN'S INDOOR TRACK REGULATIONS

602.1 Federation Championship

602.1.1 Championship Dates

The Federation Track and Field Championships shall be held on the Friday and Saturday two weeks prior to the NCAA Championship Meet (at the discretion of the Federation's Administrative Committee).

602.1.2 Games Committee

A three-member Games Committee shall be appointed by the Commissioner for the Federation Championship Meet. The Games Committee shall have the powers and duties which are delegated to the referee as outlined in the NCAA Track and Field Guide in the absence of the referee.

602.1.3 Conduct of the Federation Championship Meet:

602.1.3.1 Squad-Size

The maximum number of entrants a member institution shall have in the Mountain Pacific championship is 27. In the two relays, institutions are allowed to make substitutions from outside the declared 25-athlete squad for a documented injured athlete. (4/95)

602.1.3.2 Entries

All entries shall be faxed to the office of the head coach of the host institution or meet director, or submitted online by 5:00 p.m. (PDT) the Monday prior to the Meet. All automatic marks shall be recorded in hundredths of a second and all hand-timed marks shall be recorded in tenths of a second. All marks submitted as qualifying (best) marks shall be adjusted for altitude and hand-recorded times by the institution submitting the marks. Likewise, all field marks submitted as best marks shall be transcribed into metric form as provided in the NCAA Handbook by the institution prior to submission to the Federation office. Individual marks made in a relay event cannot be submitted as declaration best marks. The host institution/meet director's staff shall then be responsible for drawing up heat and lane assignments per NCAA rules and having them ready for the coaches' business meeting on Thursday night prior to the start of the Meet. A finalized time schedule of the meet, including a list of all running events not requiring heats, shall be faxed to each participating school on Wednesday by the Federation Office or the host institution/meet director.

602.1.3.3 Order of Events

The approved NCAA order of events shall be followed with the following exceptions:

602.1.3.3.1 Preliminaries

When preliminary races are required, they shall be run on the first day of the meet.

602.1.3.3.2 Heats

Preliminary heats in the 3,000-meter or 5,000-meter runs shall not be required.

602.1.3.4 Competition Rules

NCAA rules for championship track and field events apply to the Mountain Pacific Championship.

602.1.3.5 Advancement

For races run in lanes at the Federation Track and Field Championships, the top finishers from the semi-final heats will qualify for the finals. The coaches will determine the number of qualifiers from each heat and the starting jump heights and increments at their pre-meet meeting. Their decision shall be based upon the number of lanes available on the track for the finals races. The coaches will also determine the starting jump heights and increments at their pre-meet meeting.

602.1.3.6 Coaching

Track and field coaches shall not be in the infield or on the track during the conducting of the Federation Championship Meet, unless otherwise dictated by the facility. An exception to this rule will be made for the host coach(es) serving as meet director(s), but only to the extent that appearances on the track or infield are directly related to the conducting of the Meet.

603 WOMEN'S WATER POLO REGULATIONS

603.1 Federation Format

The Mountain Pacific Sports Federation shall be composed of one division for play in the sport of women's water polo.

603.1.1 Scheduling

The Federation schedule shall be a single round-robin.

603.1.2 Federation Championship

The Federation Championship and automatic berth in the NCAA Championship shall be determined by a post-season tournament.

603.1.2.1 Tournament Format

All Federation women's water polo teams shall qualify for the tournament.

603.1.2.2 Championship Site Rotation

The site of the Championship Tournament shall be based on a rotation developed by the coaches and approved by the Administrative Committee as follows:

2001 - Hawaii	2005- California
2002 - USC	2006 - UC Irvine
2003 - Stanford	2007 - UC Santa Barbara
2004 - Long Beach State	2008 - San Diego State
	2009 – Arizona State

603.1.2.3 Seeding

The teams shall be seeded in the championship tournament based on their record during Federation season play.

603.1.2.4 Tournament Advancement

Advancement of teams seeded 6-11 shall be determined through play-in games in the first-round of tournament play. Teams seeded 1-5 will have first-round byes. (8/00).

603.1.2.5 Ties - Two-ways

A two-way tie for seeding position shall be broken based on the head-to-head winner of the regular season Federation game receiving the higher seed.

603.1.2.6 Ties - Greater than Two-ways

Ties in the standings between more than two teams shall be broken comparing the results of all games played between tied teams, even if one or more team's seeding is determined during the course of breaking the ties. The following criteria shall be compared in order to break a tie between tied teams: goal differential, most goals scored and fewest goals allowed. If two teams remain tied after this comparison, then the winner of the head-to-head game shall receive the higher seed. If more than two teams remain tied after this comparison then seeds will be determined by a coin flip.

603.2 Official Ball

The Mikasa W6009 ball is recognized as the official Federation ball for all women's water polo competition.

603.3 Officials

At least one "A" or "National" rated official shall be assigned to work each match counting in the Federation Women's Water Polo Championship standings.

603.4 NCAA Rules

All Federation games shall be conducted using NCAA Water Polo Rules.

603.5 Equipment

All Federation teams shall wear full-back suits in accordance with FINA specifications.
(6/02)

603.6 Squad-size

Federation teams shall have a maximum of 18 student-athlete plus four other staff members (coaches, SID, trainer, etc.), for a total tournament roster of 22 squad members in the bench area. Coaches must declare a fixed roster of 18 student-athletes prior to the start of the tournament. (2/01)

604 MPSF WOMEN'S GYMNASTICS REGULATIONS – 3/29/03

604.1 Federation Championship

604.1.1 Championship Meet Dates

The Mountain Pacific Sports Federation Women's Gymnastics Championship shall be held the Saturday two weeks prior to the NCAA Regionals. The championships will consist of one session. The team championship and all individual championships will be awarded to the team or individual with the highest cumulative score, with five scores counting per event. All-Around awards will be based on the athlete with the highest cumulative score on the four events. Awards will be given to; The first-place team and the top three places in individual events and all-around. Gymnast of the Meet and Coach of the Year will also be provided.

604.1.2 Championship Meet Format

The format for the Mountain Pacific Sports Federation Women's Gymnastics Championship meet shall conform to the NCAA Women's Gymnastics Championship format except where otherwise noted in these bylaws.

604.1.3 Championship Rotation

The site for the MPSF Championship Meet shall rotate on an annual basis.

2002 Air Force	2006 Air Force
2003 Sacramento State	2007 Seattle Pacific
2004 San Jose State	2008 UC Davis
2005 UC Davis	

604.1.4 Conduct of the Federation Championship Meet:

604.1.4.1 The maximum number of entrants a member institution shall have in the MPSF Championship is 17. A travel party of 22 will be allowed at the Championships including coaches, trainers, SIDs and administrators.

604.1.4.2 Lineup

The head coach must submit the official lineup at the coaches meeting prior to competition.

604.1.4.3 Competition Rules

Junior Olympic rules with collegiate modifications shall be used at the Mountain Pacific Sports Federation Championship Meet. Four events shall be run simultaneously with byes before Uneven Bars and Floor Exercise. (Six team format 2003). Starting events shall be determined by a blind draw conducted by the Federation office. The draw for starting events shall be conducted by placing team names in one bin and the Events plus Bye 1 and Bye 2 in another bin. The team drawing the event or bye will assume that position in the competition and warm-up rotations.

604.1.4.4 Mats

FIG and NCAA specifications for mats shall be used as a minimum at the Mountain Pacific Championship.

604.1.4.5 Warm-ups

There shall be a controlled warm-up on the competitive floor prior to the Championship session. Each team shall have a minimum of 15 minutes with 2 minutes transition time between events. Teams will warm-up in competition order.

604.2 Judges

Two judges shall be used per event. Judges shall meet at least one hour prior to the first competition to review NCAA policies; to coordinate assignments and responsibilities; to review intercollegiate rules modifications; to review and evaluate videotapes; and to evaluate the pre-competition judges' information forms. The director of officials shall chair this meeting.

604.2.1 Selection of Judges

Judges will be selected as follows: Four judges from the home state of the host institution, one judge from each of the other team's state or region and one at large from out side the state or region or from the state or region with the highest representation.

604.2.2 Judges Information Form

Coaches may submit a Pre-competition Judges' Information Form prior to the competition. This form may include: unusual or uncommon skills; unusual methods of combinations. Individuals should not be identified when submitting the form. Forms should be given to the director of officials prior to the judges meeting prior to the competition.

604.3 Uniforms

All competitors must wear, exclusively, the official uniform of their institution in competition, warm-ups and during the award ceremonies. Uniforms must conform to NCAA requirements.

604.4 Games Committee

A Games Committee shall be appointed, consisting of the head coach of the past and present host institutions, the meet director, the meet referee or head official and the Executive Director.

605 WOMEN'S LACROSSE REGULATIONS - *revised November 10, 2005*

605.1 Federation Championship

The Mountain Pacific Sports Federation shall be composed of a single division for conference play in the sport of women's lacrosse.

605.1.1 Federation teams will schedule a single-round conference game with each member institution playing home or away in successive years.

605.1.2 The Federation's executive director shall annually produce a scheduling matrix specifying home and away conference matches but shall not specify playing dates in order to maintain scheduling flexibility.

605.1.3 The Federation Championship and automatic berth in the NCAA Championship shall be determined by a post-season tournament.

605.1.3.1 All teams shall qualify for the MPSF Championship Tournament.

605.1.3.2 The site of the Championship Tournament shall be based on the following rotation established by the coaches as follows:

2004 - Denver	2008 - California
2005 - St. Mary's	2009 - Stanford
2006 - Oregon	2010 - Denver
2007 - UC Davis	2011 - St. Mary's

605.1.3.3 Tournament Format - The teams shall be seeded one through six based on their Federation record. Teams seeded one and two shall receive first-round byes. On the first day of the tournament the team seeded fifth shall play the fourth-seed in the first game of the day and the team seeded sixth shall play the third-seed in the second game of the day in the quarterfinal round. Quarterfinal winners shall advance to the semifinal games on the second day of competition with the winner of the 4 vs. 5 seeds playing the #1 seed in the first semifinal game and the winner of the 6 vs. 3 seeds playing the #2 seed in the second semifinal game. The quarterfinal losers shall play a consolation game prior to the first semifinal game. Semifinal winners shall advance to the MPSF Championship Game on the third day of competition, with semifinal losers playing a third-place game prior to the championship match.

605.1.3.4 Tiebreaker - A two-way tie for seeding position shall be broken based on the head-to-head winner of the regular season Federation game receiving the higher seed.

605.1.3.5 Tiebreaker - Ties in the standings between more than two teams shall be broken comparing the results of all games played between tied teams, even if one or more team's seeding is determined during the course of breaking the ties. The following criteria shall be compared in order to break a tie between tied teams:

1. Goal Differential
2. Fewest Goals Allowed
3. Most Goals Scored

If two teams remain tied after this comparison, then the winner of the head-to-head game shall receive the higher seed. If more than two teams remain tied after this comparison then seeds will be determined by a coin flip.

605.2 Official Ball

The Brine (model number) lacrosse ball is recognized as the official Federation ball for all women's lacrosse competition.

605.3 Officials

Three qualified National or District rated officials shall be assigned to work each match counting in the Federation Women's Lacrosse Championship standings. During the championship tournament, three officials plus a fourth alternate will officiate the competition.

605.4 Awards

The following awards will be provided: First-Team All Federation (three attackers, five midfielders, three defenders, one goalie, and four at-large selections – 16 total), Player of the Year, Newcomer of the Year, Coach of the Year and Academic All-MPSF.

605.5 Media Relations

The Federation shall produce a weekly sports information update which shall include statistical leaders for distribution to Federation member institutions, media outlets, the general public and its website.

605.6 Squad Size and Travel Party

Squad size shall be 28 student-athletes for Federation championship tournament competition. The official travel party is 30 individuals with 42 total bench personnel allowable.

605.7 Championship Host Duties

The championship host institution shall:

1. Provide timely projected and final championship budgets to the Federation office.
2. Work with the Federation office to establish a headquarters hotel.
3. Provide travel related expenses, accommodations, vehicles and game fees for game officials representing all member regions in accordance with Federation regulations.
4. Provide sports information staff to oversee tournament desk and media relations.
5. Provide event personnel sufficient for event management and security.
5. Provide pre-event marketing, event sponsors and championship programs.
6. Meal and room for the annual coaches' business meeting.

605.8 NCAA Rules

All Federation games shall be conducted using U.S. Lacrosse Women's Lacrosse Rules.

605.9 Scouting

No scouting reports of any type– written, verbal, videotape, etc. – of Federation teams shall be shared or provided to any team, including MPSF member teams.

605.10 Videotape Policy

For Federation games, the home team shall provide either a videotape feed or a VHS copy of the game tape at the conclusion of the contest or by overnight courier for receipt by the visiting team within 48 hours after the conclusion of the game.