The following is an overview of EPAC Sports Codes for the eleven sports sponsored by the Eastern Pennsylvania Athletic Conference:

- Men’s Soccer
- Women’s Soccer
- Women’s Volleyball
- Men’s Cross Country
- Women’s Cross Country
- Men’s Golf
- Men’s Basketball
- Women’s Basketball
- Baseball
- Softball
- Men’s Tennis
- Women’s Tennis

A sport must have four teams per division (unless otherwise stipulated) participating in order to be classified as an EPAC Sport, which allows for a champion. Any sport that does not have the required four teams will not have a champion, all-conference team or coach of the year. If the sport does not have the required four teams coaches will nominate a player of the year candidate which the sports chair and EPAC Executive Committee will vote and select.

Unless stipulated in this document, the conference will follow the Sport Codes of Region XIX and the NJCAA and abide by all NCAA playing rules.

**Sports Chairs 2018-19**

- Men’s Soccer & Women’s Soccer- Justin Burroughs (Bucks)
- Women’s Volleyball- Lisa Cleveland (Harrisburg)
- Men’s Cross Country & Women’s Cross Country Chris Metzler (Thaddeus Stevens)
- Men’s Golf- Lisa Cleveland (Harrisburg)
- Men’s Basketball- Suni Blackwell (Delaware)
- Women’s Basketball- Andrew Johnson (Lehigh)
- Baseball- Kelly Dunbar (Montgomery)
- Softball- Mary Sullivan (Luzerne)
- Men’s Tennis & Women’s Tennis- Dale Plummer (Williamson Trade)
- Wrestling- Chris Metzler (Thaddeus Stevens)
Men’s Soccer

Scheduling Protocol
- Each team must play each other twice, home and away.
- Division I and Division III do not compete together in the sport of men’s soccer.

Conference Champion
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to six (6) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Women’s Soccer

Scheduling Protocol
- Each team must play each other twice, home and away.
- Division I (Lackawanna) will compete with the Division III schools.

Conference Champion
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team Division III
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to six (6) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.
Women’s Volleyball

Scheduling Protocol
- Each team must play each other twice.
- Division II (Lackawanna) and Division III teams will compete together in the sport of volleyball.

Conference Champion
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to three (3) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Men’s Basketball

Scheduling Protocol
- Each team must play each other twice, home and away
- Division II and Division III do not compete together in men’s basketball

Conference Champion
The team with the best regular season conference record will be deemed the regular season EPAC champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Conference Tournament
The top four teams in the regular season will play a final four to determine the conference tournament champion. The #1 seed will host the game and $500 will be provided by the EPAC to the host to support cost.

Tie Breaker
to determine seeds for final four will be as follows:
a. Head to Head matchup
b. Record against other EPAC opponents in order of ranking
c. Coin Flip by the sports chair
d. Teams will need to declare their intentions to play in the EPAC final four, by January 10th.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.
All-Conference Team Division III
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to three (3) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Women’s Basketball
Scheduling Protocol
- Each team must play each other twice, home and away
- Division II and Division III do not compete together in women’s basketball

Conference Champion
The team with the best regular season conference record will be deemed the regular season EPAC champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Conference Tournament
The top four teams in the regular season will play a final four to determine the conference tournament champion. The #1 seed will host the game and $500 will be provided by the EPAC to the host to support cost. Tie Breaker to determine seeds for final four will be as follows:
- e. Head to Head matchup
- f. Record against other EPAC opponents in order of ranking
- g. Coin Flip by the sports chair
- h. Teams will need to declare their intentions to play in the EPAC final four, by January 10th.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team Division III
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to three (3) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

**Baseball**

**Scheduling Protocol**
- Each team must play each other twice, home and away
- Division II and Division III do not compete together in baseball
- All EPAC games should be scheduled as 2-7-inning games

**Conference Champion**
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

**Championship Awards**
All members of the championship team, including coaches, will receive an EPAC championship award.

**All-Conference Team**
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to six (6) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.

**Coach of the Year**
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

**Softball**

**Scheduling Protocol**
- Each team must play each other twice (one doubleheader)

**Conference Champion**
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

**Championship Awards**
All members of the championship team, including coaches, will receive an EPAC championship award.

**All-Conference Team**
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out the official EPAC nomination form and coaches will nominate up to six (6) players in order of ability and return the form to the chair by the indicated date.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.
- The player receiving the most votes will be named the Conference Player of the Year.
Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Men’s Tennis

Scheduling Protocol
- Each team must play each other twice, home and away

Conference Champion
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out an official EPAC nomination form and coaches can nominate one player at each position (1st singles thru 6th singles) and one doubles team.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Women’s Tennis

Scheduling Protocol
- Each team must play each other twice, home and away
- Division I (Lackawanna) and Division III schools will compete together in the sport of women’s tennis

Conference Champion
The team with the best regular season conference record will be deemed the conference champion. If teams are tied, they will be declared co-champions, unless one of the teams swept the season series vs. the other.

Championship Awards
All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team
- The all-conference team will be selected by a vote of the league coaches, conducted by the conference chairperson. Final review and approval of all conference teams will be done by sports committee chair.
- The sport chairperson will send out an official EPAC nomination form and coaches can nominate one player at each position (1st singles thru 6th singles) and one doubles team.
- The sport chairperson will then compile the nominations and send out a voting form to the coaches. Coaches will vote and return to the form to the chairperson, who will then count the votes and announce the all-conference team.

Coach of the Year
The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.
Men’s & Women’s Cross Country

Scheduling Protocol
- There is no scheduling protocol for cross country, however all conference teams are encouraged to participate in any conference-sponsored meet. In addition, teams must compete in the conference championship meet in order to capture the conference championship.
- Division I and Division III will compete together in the sport of men’s and women’s cross country

Conference Champion
The men’s team and women’s team that finish first at the conference championship meet will be deemed conference champions. The top male finisher and female finisher at the championship meet will be deemed the individual conference champions.

Championship Awards
- All members of the championship team, including coaches, will receive an EPAC championship award.
- The top male finisher in Division I and Division III will each receive a medal.
- The top female finisher in Division I and Division III will each receive a medal.

All-Conference Team
Top five (5) male and top five (5) female finishers will be named all-conference. In addition, these individuals will receive an EPAC award (unless they were a member of the championship team ... maximum of one award per person).

Coach of the Year
- The Men’s Coach of the Year is determined by a vote of the conference coaches, with final review and approval by the sports committee chair.
- The Women’s Coach of the Year is determined by a vote of the conference coaches, with final review and approval by the sports committee chair.

Men’s Golf

Scheduling Protocol
- There is no scheduling protocol for golf, however all conference teams are encouraged to participate in any EPAC and Region XIX sponsored tournament.
- Teams must compete in a minimum of three EPAC or Region XIX tournaments.
- Division II and Division III may compete in the same tournaments in the sport of men’s golf, however there will be separate standings/winners based on division.
- Effective August 1, 2018, the EPAC will only sponsor golf in the spring.
- All EPAC teams hosting a tournament will charge a fee to all participating schools to paid prior to the event. All participating schools must also sign a contract provided by the host to participate.

Conference Champion
- The winner of the conference championship will be determined taking the average of the best 3 team scores during the spring season.
- There will be a Division II and a Division III champion.

Championship Awards
- All members of the championship team, including coaches, will receive an EPAC championship award.
EPAC SPORT CODE – OVERVIEW

- The medalist in Division II will receive a medal
- The medalist in Division III will receive a medal

All-Conference Team
- The five person all All EPAC team will be determined by taking the best average of the best 3 scores during the spring season.
- Each all-conference selection will receive an EPAC championship award, unless they are a member of the championship team ... limit one award per individual.
- There will be a Division II and a Division III All-Conference team.

Coach of the Year
- The Coach of the Year is determined by a vote of the conference coaches, with final review and approval by the sports committee chair.

Wrestling

Scheduling Protocol
- There is no scheduling protocol for regular season competition.
- Weigh-ins will occur one (1) hour before the start of the match
- Weight class determination shall be made in accordance with the NCAA rulebook and certification process. Link to NCAA Weight Management Program:
- A random draw will be held to determine which weight class will start the match.

Conference Champion
- The team that finishes first at the conference championship meet will be deemed conference champions.

Championship Awards
- All members of the championship team, including coaches, will receive an EPAC championship award.

All-Conference Team
- The five person all All EPAC team will be determined by taking the best average of the best 3 scores during the spring season.
- Each all-conference selection will receive an EPAC championship award; unless they are a member of the championship team ... limit one award per individual.
- There will be a Division II and a Division III All-Conference team.

Coach of the Year
- The Coach of the Year is determined by a vote of the conference coaches with final review and approval by the sports committee chair.

Updated July 26, 2016