

VIRGINIA METRO ATHLETIC CONFERENCE



BY-LAWS

PURPOSE and MISSION

The Virginia Metro Athletic Conference (VMAC) is a non-denominational Christian interscholastic, athletic, and character building ministry encompassing a group of accredited private schools who are collectively Virginia Independent Schools Athletic Association (VISAA) members. The mission of the VMAC is to foster student-athletes' physical, intellectual, and spiritual development while promoting outstanding sportsmanship within an athletic and interscholastic environment of competition.

ARTICLE I – MEMBERSHIP

As a VMAC member school, each Head of School and Athletic Director is required to sign a “good faith agreement” which acts as an honest assertion that each school will do their due diligence to abide by the rules and regulations set forth by the organizational Bylaws as well as honor any decisions rendered by the Commissioner and the Executive Committee. Signing of this “good faith agreement” will be completed on an annual basis (by September 1st). It is the responsibility of the Commissioner (or his/her designee) to secure each member school's pledge.

1.1 Total Membership

The member schools of the VMAC as of July 1, 2024:

1. The Carmel School
2. Grace Christian School
3. Grove Christian School
4. Guardian Christian Academy
5. Richmond Christian School
6. Williamsburg Christian Academy
7. Saint Michael the Archangel Catholic High School (trial member 2024-2025)

1.2 Membership in Other Conferences

VMAC member schools are required to maintain concurrent membership in both the VISAA and the VMAC. Holding either full or partial membership in a sports conference or group other than the VMAC and VISAA is prohibited. VMAC member schools understand and agree that their decision to not participate in selected VMAC sports consequently weakens the conference.

1.3 Procedures for Obtaining Membership

1. A school may apply to become a member of the VMAC by submitting to the VMAC Commissioner and/or Secretary an e-mailed statement verifying that the applicant school meets the following standards:
 - a. The school is fully accredited by an approved accrediting agency recognized by the Virginia Council for Private Education (VCPE).
 - b. The school currently enrolls a junior class and expects to enroll at least grades nine through twelve in the next school year.
 - c. The school's mission and programs are designed foremost to provide students with sound academic preparation for higher (post-secondary) education and/or vocation (including military), and not primarily for athletics.
 - d. The school fields teams in at least two varsity boys' sports and at least two varsity girls' sports in which the VMAC sanctions competition. The VMAC encourages member schools to participate in all athletic and academic activities offered by the VMAC.
2. Upon receipt of an application for new membership, the VMAC Commissioner appoints a Review Committee of three representatives (one representative from each of three VMAC member schools) to visit the applying school. It is recommended that the visiting committee evaluate the following:
 - a. Academic nature of the school in question
 - b. Accreditation and VISAA membership status
 - c. Athletic facilities, both on site and off
 - d. Succession plan for athletics and academics
3. Upon favorable recommendation by the Review Committee, the heads of school (or their representative) from each VMAC member school vote whether to accept the applicant school for one calendar year provisional membership. A vote in favor of acceptance by 75% of the current member schools present and voting is required for approval of the trial membership. Abstentions are not counted in determining the 75% required for approval.
 - a. The "capacity" of the VMAC is eight member schools. Approval for trial or full membership for a ninth, tenth, eleventh etc. member will require a unanimous vote by full member schools. Abstention shall be regarded as a vote against the school.
 - b. The one-year trial period may be waived with a unanimous vote by full member schools. Abstention shall be regarded as a vote against the waiver.
 - c. Approval for trial or full membership for a school or organization that is not a member of VISAA and/or is not accredited will require a unanimous vote by full member schools. Abstention shall be regarded as a vote against the school.
4. Trial members' teams compete in regular-season VMAC games but their game results are not used in determining VMAC standings. Trial members' teams are not eligible to:
 - a. Receive VMAC individual or team awards
 - b. Participate in VMAC tournaments
 - c. Vote on any VMAC matters
5. If the applicant school is approved for trial membership, it will be assessed a non-refundable initiation fee of \$1,000 which must be paid as well as any assessments made by the VMAC during the one-year trial period. Payment of the initiation fee must be made by August 1 of the trial year and does not constitute entrance/acceptance into the VMAC as a full-time member.
6. Full time membership may be granted at the end of the trial period upon a vote of approval by 75% of the current member schools present and voting. Abstentions are not counted in determining the 75% required for approval.

1.4 Membership Withdrawal

Any member school that withdraws from the VMAC must give a one-year (12 calendar months) notice to the Executive Committee of their plans. The school must fulfill VMAC obligations but will be ineligible for any VMAC tournaments or individual awards. Failure of a withdrawing school to fulfill VMAC obligations will result in assessment of an exit fee of \$1000.

1.5 Disciplinary Action

1. The Executive Committee may issue disciplinary sanctions against member schools for the following:
 - a. Failure to fulfill VMAC commitments, including but not limited to, refusal to schedule contests with VMAC schools or canceling contests for reasons the Executive Committee deems not warranted by weather or other conditions beyond the school's control.
 - b. Flagrant unsportsmanlike conduct by team members, coaches, or spectators
 - c. Willful violation of VMAC rules and regulations
 - d. Recruitment or inducement of athletes, as defined by the VISAA Rules and Guidelines
 - e. Recruitment or inducement of athletic employees, including but not limited to athletic director and coaches
2. Disciplinary action will be taken against student-athletes and coaches who are officially reprimanded during an athletic contest using the following standards:
 - a. Should an athlete or coach be ejected from the field/court, the offender(s) will miss the next scheduled conference contest. For an athlete, they will be ineligible to participate in any Middle School, JV, and Varsity games that are played on the same competition day. If a coach is disqualified from an event, he or she will be ineligible to participate in any Middle School, JV, and Varsity games that are played on the same competition day. All disqualifications must be reported to the VMAC Commissioner.
 - b. Should an athlete or coach receive a yellow card, technical foul, or other sport-specific form of reprimand during a contest, it must be reported to the VMAC Commissioner. Should an individual receive three such reprimands during a single sports season, the offender(s) will miss the next conference contest.
 - c. Should an athlete or coach be ejected from the field/court a second time during a single season OR receive a fourth technical foul, yellow card, or other sport-specific form of reprimand during a contest, the offender(s) will miss the next scheduled conference contest AND be subject to formal disciplinary review by the VMAC Executive Committee.
 - d. It is the responsibility of the Athletic Director of each member school to report in writing the following items to the VMAC Commissioner within the next working business day. The criteria for reporting is as follows:
 - Any red card, yellow card, technical foul or ejection of any kind (both player and coach)
 - Any fan behavior that does not abide by the expectation listed above
 - On court or in stands arguing and fighting
 - Any inappropriate social media post targeting a student-athlete, team, or school that is threatening or demeaning
 - Any kind of spectator ejections

3. Disciplinary action may be initiated by the VMAC Executive Committee or requested by a member school. To request disciplinary action, a member school must submit a detailed written statement to the Commissioner, with a copy to all schools involved in the incident or issue.
 - a. The Commissioner in turn presents the matter to the Executive Committee
 - b. After its initial evaluation of the grievance, the Executive Committee decides either
to dismiss the matter or to conduct a formal hearing. If it dismisses the matter, the Executive Committee so notifies the aggrieved member and all schools involved in the incident or issue. If it decides that a hearing is warranted, the Executive Committee must notify interested / involved parties of the hearing's location, date, and time at least forty- eight hours before the hearing.
4. The following sanctions are assessable by the Executive Committee:
 - a. Official Warning: The Executive Committee may issue a *warning* to a school where specified misconduct or unacceptable practice must be corrected or terminated. The warning remains in effect for a period of time specified by the Executive Committee. A school that receives a warning remains in good standing;
however, school officials must verify to the Executive Committee (within the time designated by the Executive Committee) that the school has corrected the condition that warranted the warning. If the Executive Committee determines that a school has violated VMAC regulations while under an official warning, the school is subject to probation. Such violations are not limited to regulations for which the school was originally warned.
 - b. Probation: The Executive Committee determines and announces the duration and conditions of probation. Probation may be imposed for an initial violation deemed sufficiently serious or egregious. Probation may or may not be confined to specific sports. During its probationary period, a school's teams continue in VMAC competition and their game results are used in determining VMAC standings. However, a school on probation is not eligible for VMAC tournament play or VMAC titles, does not share in the VMAC financial proceeds, and its student-athletes and coaches are not eligible for VMAC awards.
5. A school receiving disciplinary sanctions from the Executive Committee may file an appeal with the Commissioner seeking to overturn the Executive Committee decision. Committee's decision. The appeal will require the membership to review and vote on the situation at hand. Disciplinary actions may be revoked or reduced by majority vote from the member schools, less the appealing school (which has no vote).
6. Suspension or expulsion of a member school may only be assessed by the full VMAC membership.
 - a. The Executive Committee may recommend that a school be suspended or expelled from VMAC competition for continued or flagrant violation of VMAC rules. Such suspension may be for a specified or indefinite period of time.
 - b. The Commissioner convenes a special meeting of VMAC heads of school or their representatives as needed to discuss and vote on the recommendation. Member schools must receive notice of the meeting at least five days prior. Member schools are to verify timely receipt of notice to the Commissioner and/or Secretary.
 - c. The school under disciplinary consideration is excluded from voting. However, its representative may attend the meeting.
 - d. A one-year suspension becomes effective only upon vote of approval by a

majority of the member schools present and voting, excluding the school being disciplined.

- e. An expulsion or a suspension of more than one year becomes effective only upon unanimous vote of approval by the member schools present and voting, excluding the school being disciplined.
 - f. Reinstatement of Suspended School: A school expelled or suspended for an indefinite time is eligible to reapply for membership two years after the disciplinary action. Procedures for reinstatement are the same as those required in applying for initial membership.
7. The VMAC Conference recognizes that there are both positive and negative uses of social media. In an effort to promote good sportsmanship the VMAC conference encourages positive uses of social media to promote athletic events, players, and teams. This can come in the form of team videos, announcing game times, posting season schedules and statistics. Social media can also be used to positively communicate between players of various schools. The VMAC conference also recognizes the many ways that social media can be used to bully, demean, and harass individuals. Players, coaches, teammates, and parents/extended family of the VMAC are not to be using social media with these intentions.
- a. Improper use of social media may result in suspension from play or suspension from the premises.
 - b. Any negative social media activity must be reported to the VMAC Commissioner by the involved Athletic Director(s) with supporting documents.
 - c. Improper use of social media will be reviewed by the VMAC Executive Committee for possible penalties or suspensions in addition to any penalties issued by the involved schools.

ARTICLE II – DUTIES of OFFICERS and EXECUTIVE COMMITTEE

2.1 Executive Committee

The VMAC is led by an Executive Committee consisting of the VMAC Commissioner, Vice Commissioner, Treasurer, and Secretary, except during times that a conflict of interest exists. In the instance of a conflict of interest, said committee member will be replaced by another VMAC board member.

- 1. Every year a vote will be taken for the roles on the VMAC Executive Committee. Whoever is elected Commissioner by a majority vote of member schools will serve a one-year term, which may be renewed. The Commissioner may delegate authority to the Executive Committee should a conflict of interest arise.
 - a. The Executive Committee shall be comprised of four senior administrators, from different schools, to ensure the business of the VMAC is carried out effectively. It is strongly recommended, but not required, that the senior administrators that comprise the executive committee be those directly involved with athletics (i.e. Head of School or Athletic Directors).
 - b. It will be incumbent on the sitting Commissioner and sitting Executive Committee to establish candidates from conference school administrators to assume the role of Commissioner, Vice Commissioner, Treasurer, and Secretary for one-year terms (which are renewable).
 - c. In the event that the VMAC Commissioner is no longer employed at their school

during their tenure as Commissioner, a member of the Executive Committee shall be chosen to become Commissioner. A candidate from a VMAC member school not already represented on the Executive Committee will be voted to the Executive Committee.

2. The following are the Duties of the Commissioner.
 - a. Preside at all VMAC meetings and meetings of the Executive Committee.
 - b. Receive protests and present them to the Executive Committee.
 - c. Call special meetings as circumstances dictate.
3. The following are the Duties of the Vice Commissioner.
 - a. Serve in place of the Commissioner in the event the Commissioner is unable to carry out his/her duties.
 - b. Support and collaborate with the Commissioner on matters relating to the VMAC.
 - c. Work closely with the incoming Commissioner and Vice Commissioner to help facilitate a smooth leadership transition
4. The following are the Duties of the Executive Committee
 - a. Take disciplinary actions as set forth under section 1.6.
 - b. Administer affairs in accordance with VMAC rules.
 - c. Serve as a Protest Committee to resolve disputes between and among members.
5. On issues brought before the Executive Committee, the Vice Commissioner, Secretary, and Treasurer each have one vote resulting in three total votes for the Committee. In the event that one of the other members of the Executive Committee abstains from voting, the Commissioner will break any ties.
6. The Secretary and Treasurer are elected annually at the final VMAC meeting of each academic year. There is no limit to the number of terms a person may serve.
7. The Secretary and Treasurer shall coordinate to ensure the following tasks are completed. This list of tasks is not exhaustive:
 - a. Payment of the VMAC's routine expenses
 - b. Giving of financial reports at VMAC meetings
 - c. Taking of minutes at all regular VMAC meetings
 - d. Distribution of minutes to all members
 - e. Distribution of miscellaneous VMAC forms and ballots
 - f. Publication of revisions of the VMAC By-Laws and rules approved by the membership
 - g. Filing of all legal documents on behalf of the VMAC
 - h. Demonstrate compliance with the VMAC Statement of Financial Practice
8. The Executive Committee shall be reimbursed for pre-approved expenses incurred in fulfilling duties, including supplies, travel, and lodging when receipts are submitted within 30 days.

ARTICLE III – CONFERENCE MEETINGS

3.1 Order of Meetings

All meetings shall be conducted according to Robert's Rules of Order.

3.2 Conference Meetings

Conference Meetings shall be held a minimum of once each quarter. These meetings will consist of an Executive Committee portion followed by a full membership portion. One voting representative from each conference member shall be present for the full membership portion of each Conference Meeting; however, both the Athletic Director and head of school from each institution are encouraged to be present at all Conference Meetings.

3.3 Head of School Meetings

Meetings of heads of school (and/or their representatives) shall be held a minimum of once each academic year. These meetings will primarily serve to allow school heads to discuss significant league issues to be voted on at conference meetings.

3.4 Meeting Calendar

For each meeting, a date from among the following shall be selected unless mutually agreed upon by all member schools.

1. August 1-10—Conference Meeting
2. October 15-25—Conference Meeting
3. April 15-30—Head of School Meeting
4. February 16-25—Conference Meeting
5. May 1-10—Conference Meeting

ARTICLE IV – FINANCES

4.1 VMAC Budget

The budget will be balanced. The treasury will receive all receipts from VMAC-sponsored tournaments, play-offs, or other contests agreed on by the VMAC.

4.2 Minimum Treasury Balance

The treasury shall not fall below \$500 times the number of member schools. This amount shall be kept in reserve.

4.3 Dues

On or before August 1 of each year, each school will be assessed an annual fee for membership in the VMAC. The membership fee will be \$1,000.

4.4 Failure to Pay Dues

A school that has not paid its dues or assessments to the VMAC within 30 days of the

assessment is ineligible to participate in VMAC tournaments, and players from that school are not eligible to receive VMAC awards or recognition until these dues are paid in full.

4.5 Admission Price at VMAC games

The VMAC does not mandate the price for admission to regular season games. Schools set their own prices. The VMAC sets admission prices for tournaments.

4.6 Spectator Passes

The VMAC Secretary will distribute limited numbers of passes (8) to school board presidents, heads of school, senior administrators, Athletic Directors, and selected coaches each year. Each VMAC school will honor these passes for admission to all VMAC games, including tournaments. Individual schools have the right to issue their own passes to spectators at their own home games, but these school-issued passes are not valid for contests played at other schools and are not valid for any VMAC tournaments.

ARTICLE V - GENERAL RULES of the VMAC

5.1 Middle School Sports

Member schools are encouraged to develop middle school teams and coordinate scheduled games with other VMAC schools. For middle school sports, the VMAC will hold conference-level end-of-season tournaments, and also require game results reports. The VMAC will provide end-of-season and tournament team awards.

5.2 Junior Varsity Sports

Member schools are encouraged to develop junior varsity teams and coordinate scheduled games with other VMAC schools. For junior varsity sports, the VMAC will hold conference-level end-of-season tournaments, and also require game results reports. The VMAC will provide end-of-season and tournament team awards.

5.3 Non-Competition Cheerleading

Member schools are encouraged to have cheerleading squads at various levels for sports. For non-competition cheerleading, the VMAC does not, however, require team rosters and student eligibility reports, nor have rules against cheering for combinations of middle school and JV/varsity sports. Except for the All-Academic Awards, there are no VMAC end-of-season individual or team awards for non-competition cheerleading.

5.4 Team Rosters and Reporting Student Eligibility

1. Each school must send its team schedules and rosters to the VMAC Secretary and to each member school participating in that sport at least five days before the school's first VMAC game in that sport that season.
2. Roster forms must include name, grade, and date of birth for each student-athlete.
3. Schools may modify their rosters after seasons have begun using the following

procedure.

- a. Notify the Secretary and all other VMAC schools participating in that sport of roster/eligibility changes as soon as they become known, and prior to the next VMAC contest.
 - b. Students may not be added to a roster within 30 days of the conference tournament.
 - c. Students who are named on rosters are expected to be active team participants and not merely placeholders in the event that they should later choose to join a team. Failure to make a “good faith” effort to follow this standard will result in review by the Executive Committee.
 - d. Failure to follow these procedures can subject the school to forfeit games/matches, as the Executive Committee deems appropriate.
4. Athletes who are on their school’s rosters at multiple levels are subject to the following playing time and restrictions:
- a. Any athlete who plays in the first period (e.g. first set in volleyball, first quarter in basketball, first twenty minutes in soccer) of a contest at a higher level shall not be eligible to play at a lower level on the same day. Exceptions can be retroactively granted in cases of mid-contest injury. Failure to follow this standard shall result in a forfeit of all contests in which the athlete participated on the date in question.
 - b. Athletes may only be rostered at one level for tournament play. Exceptions can be granted in the event of injury, but they must be approved by a majority of conference members prior to the start of the conference tournaments.
 - c. It is the responsibility of the coaches and administrators to self-regulate their own rosters. In the event that an athlete is called into question, the coaches must present official score books demonstrating playing time.
 - d. Swing player standards will only be enforced during games that are recognized as counting toward conference standings.
 - e. An 8th grade student-athlete must be rostered either as a Middle School or as a Varsity player only in the instance that there is no Junior Varsity level for a particular school.

5.5 Conference Calendar

At the February Conference Meeting, a calendar for the following school year shall be approved by majority vote. This calendar shall align with VISAA standards and shall include at least the following:

1. Practice start dates for each sport/season
2. Tournament dates for each sport
3. Academic Activity Dates
4. Announce a “Dead Week”
4. If the committee for a given sport has created a conference-wide schedule, it should be presented as part of this calendar.

5.6 Scheduling Regular Season Games

During the regular season, each member school shall play each other member school exactly two times in each sport. Exceptions may be approved by the committee for a given sport.

5.7 Reporting Game Results

Schools are to report their previous week's game results each Monday to the designated VMAC representative, whose task is to compile and disseminate results and standings to member schools. For varsity sports, this process will be completed using agreed upon online tools (e.g. MaxPreps.com) as designated by the committee for a given sport.

5.8 Game Officials

All VMAC contests are to be played in accordance with the applicable National Federation of State High School Associations Rule Book, unless the VMAC votes to make a specific exception. Exceptions should be approved by a majority vote of the Executive Committee and must be approved no less than two weeks prior to the practice start date on the VMAC Calendar for the sport(s) impacted by the exception. Any exception made within two weeks of the practice start date or after the practice start date must be approved by unanimous vote of all VMAC members.

1. All contests between two VMAC schools require Virginia High School League (VHSL) certified officials.
2. The varsity competitions must have a minimum of two officials for each contest.

5.9 Failure to Play Scheduled Games

1. VMAC teams are expected to make maximum reasonable efforts to play games scheduled against VMAC opponents.
2. If a team fails to complete the full schedule of games against all VMAC opponents, the games not played are counted as *losses* for the team (or teams) that did not complete the VMAC schedule.
3. *Forfeited* games are counted as a *loss* for the team that forfeited, and as a *win* for the team to which they forfeited.
4. In the event that a game must be postponed due to outside circumstances (e.g. snow or other weather) maximum reasonable efforts to make up the game must be taken. This includes--but is not limited to--moving the game location, canceling non-conference games, and playing three or more games in a single week. Any game that cannot be made up may be subject to review by the Executive Committee to determine circumstances.
5. Disputes concerning the failure to play games will be ruled upon by the Executive Committee.

5.10 Tournaments

1. There are post-season VMAC tournaments in all varsity sports, middle school girls' volleyball, middle school girls' basketball, and middle school boys' basketball. Other post-season tournaments may be added by VMAC vote.
2. All teams who participate in regular season competition will participate in the

VMAC conference tournament. A school that chooses not to participate in regular and/or post-season VMAC competition but competes at the varsity level in non-conference competition may be subject to sanctions.

3. VMAC tournaments must have a minimum of 50% of member schools competing to produce a champion. If there are fewer than 50% of member school competing, a tournament will not be held.

5.11 Regular Season Standings and Conference Tournament Seeding

1. Regular season standings and conference tournament seeding shall be determined by winning percentage. In the event that a contest is a tie, each team shall receive half a win in calculating winning percentage.
2. In the event that a tie must be broken to determine tournament seeding, final standings are determined in all sports as follows.
 - a. "Head-to-head" game results are the first tie-breakers.
 - b. Wins against teams *above* the tied teams in the standings are the second tiebreakers. Wins against the highest-seeded teams above the tied teams can/will break a tie.
 - c. Wins against teams *below* the tied teams in the standings are the third tiebreakers. Wins against highest-seeded teams below the tied teams can/will break a tie.
 - d. If procedures a-c fail to break a tie, winning percentage against common VISAA opponents from outside the VMAC will be used.
 - f. If procedures a-d fail to break a tie, a Strength of Record formula will be used. Strength of Record formula for a given sport must be approved by the VMAC Executive Committee prior to the practice start date for a given sport, and it must be reapproved annually.
 - g. Should the above remedies fail to break a tie, a coin-flip will be used to determine tournament pairings.
 - h. Notwithstanding the above, the tied teams may agree to an alternate method of breaking their tie. To become official in final rankings, the method must be approved by the Executive Committee and by all schools directly involved or affected by the outcome of that alternate method.

ARTICLE VI – STUDENT ELIGIBILITY

6.1 Bona Fide Student Athletes and Athletic Eligibility

1. Each athlete must be "bona fide student" who is enrolled, attends regularly, and is in good standing according to school regulations. A bona fide student is defined as: a student who is attending full-time and/or pursuing a degree from a member school or organization. A bona fide student has not been granted a GED or diploma by any high school or home education program.

2. Each member school is responsible for maintaining and equitably enforcing a standard academic eligibility policy.
3. Each school is responsible for reporting to the designated VMAC representative, and to fellow VMAC schools, the names of any current sports team members who lose or regain their eligibility mid-season for academic or disciplinary reasons.
4. These requirements apply to transfer students.
5. Each school is responsible for self-enforcement of this policy.
6. The VMAC Executive Committee may review individual cases and make exceptions to the above rules as appropriate to uphold their underlying spirit and philosophy.

6.2 Parental Consent and Physical Exam

Prior to participating in formal team practices or becoming a member of any athletic squad, each student athlete must present to his or her athletic director a signed certificate attesting that he or she has parental permission to play and has been found physically fit by a licensed physician. It is strongly recommended that each member school utilize the VISAA Pre-Participation Physical Examination Form for this.

6.3 Age and Semester Limitations

1. Middle School Age Limitations: A student above grade 8 is not eligible for participation in middle school athletics. A student below grade 5 or age 10 is not eligible.
2. Junior Varsity Grade Limitations: A student above grade 11 is not eligible for participation in junior varsity athletics. A student below grade 5 or age 10 is not eligible for junior varsity competition.
2. Varsity Age Limitations: A student shall not have reached the age of 19 on or before the first day of August of the school year in which he/she wishes to compete. A student above grade 12 (postgraduate of any age) is not eligible. A student below grade 8 (any age) is not eligible; exceptions to this can be approved in the event that a school does not have enough participants in grades 8-12 to reasonably fill varsity and/or middle school rosters for the sport.
3. Seniors: A student cannot compete for more than one year classified as a senior, as decreed by VISAA. A student attending classes classified as a senior at any school marks his/her last year of eligibility.
 - a. A student who has attended classes classified as a senior at any school, who then transfers to a VMAC school, must appeal to the Executive Committee in order to become eligible to compete in the VMAC during that transfer (senior) year only.
 - b. Once a student has attended classes classified as a senior at any school, the student may not gain additional eligibility by transferring to, and repeating his/her junior year at, a VMAC school.
4. Requests for Exceptions: The VMAC Executive Committee may review individual cases and make exceptions to the above rules as appropriate to uphold their underlying spirit and philosophy.

6.4 Student Transfer between VMAC Schools

1. A student transferring from one VMAC school to another is ineligible for VMAC competition for 90 days from his or her first day of class at the new school. However, the VMAC Executive Committee may waive ineligibility if it determines all of the following to be true:
 - a. The student's transfer is not the result of inappropriate recruitment of student-athletes.
 - b. The student's transfer is not the result of a disciplinary dismissal.
 - c. The student left the first school in good academic standing.
2. The VMAC school to which the student is transferring must file an appeal with the VMAC Commissioner or Secretary requesting that the 90-day ineligibility be waived.
3. The VMAC school *from* which the student is transferring must provide a letter confirm that the transfer meets all three of the above standards.
4. There is no specified date for this request and letter, but approval from the VMAC Executive Committee must be obtained prior to the student participating in any VMAC contest.
5. The Student Transfer Rule and requirements apply only to those students entering the 9th grade or higher.

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6.5 Transfers from non-members schools

1. Any student who transfers to a VMAC school from a non-conference school shall be immediately eligible for athletic participation as long as they are rostered 30 days prior to the tournament.
2. Any student who transfers to a VMAC school under the conditions listed below shall not be eligible to participate in athletics for a minimum period of nine (9) weeks from their first day of class at the new school:
 - a. Being dismissed or expelled from previous school
 - b. Withdrawing from the previous school to avoid disciplinary action that could lead to dismissal or expulsion

6.6 Gender Identity

1. VMAC recognizes a student's gender as that which is denoted on the student's birth certificate as presented from a recognized authority of the Commonwealth of Virginia or other such governing body authorized to issue birth certificates for their citizenship.
2. Interscholastic and athletic teams of the VMAC will use restrooms and locker rooms and participate in sporting contests and other gender-specific events according to their biological gender at birth as recorded on their birth certificate.
3. Unless approved by unanimous vote by the member schools present and voting, the VMAC will not conduct co-ed competitions.
4. Unless approved by unanimous vote by the member schools present and voting, schools that are unable to offer equivalent sports for both genders may have female athletes participate in non-contact boys sports. Male students may not participate in girls sports.

ARTICLE VII – END OF SEASON AWARDS

7.1 All-Conference Teams

1. Outstanding athletes may be recognized in selected varsity sports through selection to an All-Conference Team.

2. The selection of all-conference teams occurs at coaches' meetings on the designated date after the last regular season game is played, but prior to the start of the VMAC tournament. If there is no VMAC tournament for that sport, the meeting will be held within seven days after the last regular season game is played.
3. Players must be nominated by their own coaches.
4. Each VMAC special and full-time member school is allowed one voting representative to cast his/her vote for nominated players.
5. The all-conference selections will be given to the VMAC Secretary.
6. The following standards will be followed in determining number of athletes who earn all-conference recognition.
 - a. The number of athletes on the playing field for each team at the start a competition will be the number of athletes who receive First Team recognition. For instance, basketball will have 5 First Team athletes, volleyball will have 6 First Team athletes, soccer will have 11 First Team athletes, etc.
 - c. Prior to the selection of all-conference athletes, the executive committee will determine a set number of athletes beyond the First Team to receive Honorable Mention recognition. This number shall not exceed the number of athletes on the playing field for each team at the start a competition.

7.2 Conference Player of the Year

POY(s) for a given sport will be selected from among those athletes who earn First Team All Conference recognition. Each VMAC member school is allowed one voting representative to cast his/her vote for POY.

7.3 Scholar Athlete Awards

On May 1 of each school year, each conference member may designate one male and one female member of their school's varsity program for a VMAC Scholar Athlete Award. In order to be eligible for the Scholar Athlete Award, an athlete must be a junior or senior who participated in a minimum of two seasons of sports at the varsity level during the school year. Beyond the minimum requirement for eligibility, specific criteria for this award is solely the responsibility of the individual school, who determines the basis for selection, whether highest cumulative grade point average, community service and Christian character. Designees will be reviewed and approved by the VMAC Executive Committee prior to the Spring sports award ceremony.

7.4 Sportsmanship Awards

A sportsmanship Award will be given to one varsity team for each sport, every season. No school may nominate itself. The VISAA Sportsmanship Policy should inform nominations and voting for the VMAC Sportsmanship award. Each VMAC member school is allowed one voting representative to cast his/her vote for nominated schools.

ARTICLE VIII– GUIDELINES FOR INDIVIDUAL SPORTS

8.1 Supplementing these By-Laws

The By-Laws describe VMAC procedures and general rules of the conference. The By-Laws may be supplemented by specific Official Guidelines for each conference sport.

8.2 Limitations to Official Guidelines

Official Guidelines may be more restrictive, but not less restrictive, than guidance in the By-Laws. Official guidelines shall not violate rules of the By-Laws.

8.3 Gentlemen's Agreements

Specific policies, practices, rules and procedures that are expected to be followed by VMAC teams in specific sports are expected to be set in writing in the Official Guidelines. Unwritten, so-called "gentlemen's agreements" should be avoided.

8.4 Official Guideline Approval

To be added, deleted, or changed, Official Guidelines for specific sports must receive approval by a majority of members present and voting at Conference Meetings.

ARTICLE IX – Amendments

9.1 Amendment Ratification

Unless otherwise stated herein, amendments or exceptions to these By-Laws require ratification by 75% of all member schools. Abstention shall be regarded as a vote against the amendment.

ARTICLE X – Addendums

10.1 Virginia Metro Athletic Conference Sportsmanship Agreement

The VMAC's goal is to provide a safe space for student athletes to compete in a healthy Christ-like manner that represents God, their school, and their families with dignity and respect. All athletes, spectators, and coaches in VMAC schools must agree to abide by the following sportsmanship expectations:

- d. Treatment of all people in the event with mutual respect regardless of race, color, national origin, religion, sex, ability, or political beliefs.
- e. Individuals must not engage in demeaning or unsportsmanlike behavior that puts down opponents.
- f. Any behavior that would endanger the wellbeing or safety of any player, coach or attendee is strictly prohibited.
- g. Tobacco, drugs, and alcohol are strictly prohibited during all sporting events.
- h. Profanity, foul language, demeaning language surrounding gender, or race will not be tolerated.

- i. Any threat aimed at a player, coach, or spectator, of any kind is strictly forbidden. This includes in person and via social media.
- j. Any physical altercation or physical intimidation of any kind, on the field of play, or in the stands is strictly prohibited.
- k. Athletes and coaches will stay on the field of play or in designated coaching areas. Spectators will stay in the seating areas. Any breaking of this barrier will be considered a serious violation.
- l. No party will be allowed to confront an official, opposing player, fan, or coach at the conclusion of the game in an argumentative or aggressive manner.

Failure to comply with these expectations will result in the removal of that individual from the premises. The individual will also be subject to a further disciplinary review by the VMAC Executive Committee.