

W C A L

WEST CATHOLIC ATHLETIC LEAGUE

Founded 1967



A Member of the
Central Coast Section
of the
California Interscholastic Federation

Constitution and By-Laws

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CONSTITUTION OF THE WEST CATHOLIC ATHLETIC LEAGUE

NAME

This organization shall be known as the West Catholic Athletic League (WCAL).

ARTICLE I – PURPOSE

The purpose of this League shall be:

1. To supervise and control the athletic competition between the member schools of this League.
2. To provide guidance and direction so that athletics will always contribute effectively to the total educational development of the students.
3. To administer the athletics of the League in accordance with the Constitution, By-Laws and Rulings.
4. To provide for the development of cordial and friendly relations among the member schools through the high standards of good sportsmanship.

ARTICLE II – PHILOSOPHY AND GOALS

The WCAL was founded in 1967 to provide for the administration of athletic competition among its member schools. Athletic participation is seen as integral to the common Catholic mission of our schools and, as such, is viewed as an extension of the class room. Administrators, faculty, and coaches dedicate themselves, to bring forth to their student-athlete that will serve the participating individual and the community.

Towards that end the league offers competition in athletics to attain the following goals:

1. To promote in the student-athlete greater appreciation of his/her **spirituality** by fostering an understanding of athletic competition within a Christian context.
2. To instill in the student-athlete a sense of **responsibility** by emphasizing consistent effort and by making the student-athlete aware and respectful of the needs of others.
3. To nurture a willingness to **sacrifice** in the student-athlete by requiring that his/her actions on and off the playing field be consistent with goals of the team as a whole and not be directed towards individual honors.
4. To further a sense of personal **discipline** and **positive decision-making** in the student-athlete by demanding high standards of behavior and encouraging from activities that maximize his/her athletic, academic, and personal potential.

5. To have the student-athlete internalize the proper ideals of **sportsmanship**, ethical conduct, and fair play by adult modeling and teaching of such principles on and off the playing field.
6. To develop positive **leadership** qualities in the student-athlete by defining and encouraging the assumption of varied leadership roles.
7. To enhance the **relationships** among the member schools by using the vehicle of athletic focus on the common Christian vision our schools share.
8. To promote a **positive perception** of our schools and our student athletes in the largest community by demonstrating excellent sportsmanship, ethical conduct, and fair play.

ARTICLE III – GOVERNMENT

PRINCIPALS’ COUNCIL – The Principals’ Council, composed of the Principals of all member schools, shall be the governing body of this organization. Any Principal may delegate his/her powers to his/her Vice Principal or to some other member of his/her faculty, except this person may not be the Athletic Director for the school, and may not serve as the substitute for the regular member at any meetings.

DECISION OF THE PRINCIPALS’ COUNCIL FINAL – The decisions of the Council shall be final, unless a Council decision is overruled by the California Inter-scholastic Federation or by the Central Coast Section, to which this organization belongs.

PROCEDURE FOR VOTING ON THE PRINCIPALS’ COUNCIL – In all decisions, the Council shall vote by schools, and each school shall be entitled to one (1) vote. The vote of each school shall be cast by the Principal or by his/her delegate. A simple majority is necessary to decide any vote, except that which would involve an amendment (See Amendment) or a request for membership or withdrawal (See League Membership). In areas involving questions of a specific gender (boys or girls), school representatives may only vote if their school offers sports in the specific gender in question.

QUORUM ON THE PRINCIPALS’ COUNCIL – A quorum shall consist of a simple majority of the voting members of the Council.

ARTICLE IV – JURISDICTION

WCAL A MEMBER OF THE CCS AND THE CIF – This League is a member of the Central Coast Section of the California Interscholastic Federation and, as such, the League and all member schools are subject to the Constitution and By-Laws of both bodies, the Central Coast Section and the California Interscholastic Federation.

CONSTITUTION AND BY-LAWS BINDING ON MEMBER SCHOOLS – The league Constitution and By-Laws are binding on all member schools. Member schools may enact regulations which are more stringent than those of the League Constitution and By-Laws, but they cannot adopt any regulations which would be less stringent.

STUDENT SUBJECT TO ELIGIBILITY RULES – All students of the member schools are subject to the rules of eligibility for participation in athletic contests as stated in the Constitution and By-Laws, and are accountable to the governing body of the League for violations of the same.

ARTICLE V – OFFICERS

LEAGUE PRESIDENT – There shall be a President elected by the Principals of all the schools to serve as the main officer for the League. In the absence of the President, Pro-tem Chairman shall be elected.

TERMS OF THE PRESIDENT – The term of the President shall be two years, renewable at the end of the first term, for one additional year.

ELECTION OF THE PRESIDENT – The election of the President will be held at the end of his/her term at the last meeting of the school year, and the newly elected President will take office at the end of that meeting.

SECRETARY – The school that hosts the Principals Council Meeting shall provide a person to act as secretary for the meeting. This person is to take notes of the actions of the meeting, and prepare and distribute copies of the minutes of the meeting to all member schools.

LEAGUE COMMISSIONER – A Commissioner shall be appointed by the Council to execute the rulings and procedures of the League and to administer the League according to its Constitution and By-Laws. Refer to the General By-Laws, Article I, for the responsibilities of the Commissioner.

DELEGATES TO THE BOARD OF MANAGERS – The President (or his/her delegate), and two delegates chosen by the Principals' Council shall serve as delegates to the CCS Board of Managers. The Commissioner shall substitute for any delegate who cannot attend a CCS Board of Managers meeting.

ARTICLE VI – MEETINGS

Meetings of the Principals' Council shall take place five (5) times a year, in September, November, January, April and either May or June. Special meetings of the Council may be called by the President.

At its meetings, the Principals' Council shall:

1. Organize by electing its officers and appointing a Commissioner.
2. Receive reports from committees.
3. Review the minutes of the Athletic Directors' Council and act upon their proposals and recommendations.
4. Consider new policies, procedures, new business and such other matters as may seem necessary.

ARTICLE VII – LEAGUE MEMBERSHIP

JOINING THE LEAGUE – Any Catholic high school in the Archdiocese of San Francisco or the Diocese of San Jose desiring membership in this League shall submit a written request for membership one (1) year in advance of anticipated entry. The President of the Council shall present such a request at the next regularly scheduled meeting of the Council. A two-thirds affirmative vote of the Council is needed for approval of the membership request.

WITHDRAWING FROM THE LEAGUE – Any member school wishing to withdraw from the League shall submit such a request in writing one (1) year in advance of anticipated withdrawal. A two-thirds affirmative vote of the Council is needed for approval of the withdrawal request.

ARTICLE VIII – ATHLETIC DIRECTORS’ COUNCIL

PURPOSE – The Athletic Directors’ Council, composed of the Athletic Directors of all member schools, shall be the advisory body of the League.

FUNCTION – The function of the Athletic Directors’ Council shall be to present to the Principals’ Council recommendations and proposals regarding League rulings, procedures, policies, schedules and all other matters which are deemed necessary. A Chairman shall direct this Council and the office shall be reviewed at the end of a three (3) year term. Refer to the General By-Laws, Article I, for further details.

MEETINGS – The Athletic Directors’ Council shall meet at least six (6) times a year, and five (5) of these meetings must be held before the scheduled meetings of the Principals’ Council. Special meetings may be called by the Chairman. Refer to the General By-Laws, Article I, for further details.

ONE VOTE PER SCHOOL – Each school shall have one (1) vote and any proposal or recommendation shall pass by simple majority.

ARTICLE IX – PROTESTS AND ELIGIBILITY

DIRECT PROTESTS AND ELIGIBILITY QUESTIONS TO THE LEAGUE COMMISSIONER – All protests and questions of eligibility shall be directed and sent to the League Commissioner. He/she will process all protests and questions of eligibility and will be responsible for rendering the final decision in accordance with the following procedure:

1. All ordinary and routine protests and questions of eligibility shall be decided by the Commissioner.
2. The more serious protests and questions of eligibility shall be presented by the Commissioner to the Principals’ Council, and, if deemed necessary by the Council, a committee will review the protest and/or the eligibility matter. In any protest or eligibility case where it is deemed necessary to form a committee, the Commissioner shall be the chairman, and no member may be from a school which is involved in the protest or eligibility case. The committee members must be Principals or their delegates. The final decision in any protest or eligibility case shall be sent in writing to the Principals of the schools involved. If any appeal to the Central Coast Section or to the California Interscholastic Federation office is to be made, it shall be made only by the League Commissioner.

ARTICLE X – ASSESSMENTS

The expenses of the League shall be met by an assessment levied upon each member school at the beginning of each school year. If additional funds are needed, the Principals’ Council shall be authorized to levy an extra assessment upon the member schools.

ARTICLE XI – AMENDMENTS

A. The Constitution of this League may be amended at any regular meeting of the Principals’ Council by a two-thirds vote of the members present, provided notice of such amendment shall have been received by all members two weeks in advance. Such amendments shall not be in effect for a period of thirty (30) days after such a passage, except by unanimous consent of a quorum present and voting.

GENERAL BY-LAWS OF THE WEST CATHOLIC ATHLETIC LEAGUE

ARTICLE I – ORGANIZATIONAL PROCEDURES

1. RESPONSIBILITIES OF THE LEAGUE COMMISSIONER – The League Commissioner’s basic responsibilities are:
 - Foster a deeper understanding among member schools of our shared Catholic/Christian values and identity; and promote the understanding among student-athletes and coaches that athletic competition exists within a framework of mutual respect and appreciation for God-given talents and abilities.
 - Promote an awareness among member school of the Purpose and the Philosophy and Goals of the WCAL and of the history and traditions of the league; and in so doing, encourage ongoing reflection among the governance/administrative bodies of the league about the potential for changes for the league.
 - Prepare for approval by the Principals Council sports schedules for league play among the member schools.
 - Prepare for approval by the Principals Council an annual slate of meetings of the league, including those of the Principals Council, the AD Council, and Sport Committees.
 - Administer WCAL playoffs, WCAL post-season meets, and WCAL post-season tournaments, inclusive of procurement of venues, as needed; assignment of officials; and working with host schools, provision of volunteer event personnel for such events.
 - Manage the financial affairs of the league, inclusive of budget development and execution; payments for services rendered; payment of CCS fees; filing of tax returns, as needed; and regular reports to the Finance Committee of the league.
 - Cause to be maintained a website for the league and a presence on social media, in keeping with industry standards.
 - Inform member schools as to issues before the CCS and/or CIF that may impact member schools.
 - Receive, research, and rule on all protests and requests for corrective action, in keeping with league by-laws.
 - Establish processes and procedures to ensure the verification of eligibility of all student-athletes competing in WCAL contests.
 - Administer a program of awards, inclusive of team championship awards and all-league awards.
 - Facilitate effective communication between member schools and contracting referee associations.
 - Cause to be maintained a permanent record of all league contests and league final standings.
 - Establish and maintain effective media relations on behalf of the league.
 - As directed by the Principals Council, pursue broadcast opportunities for WCAL contests as contracted with outside vendors.
 - Represent the school in negotiations with vendors providing service to the league, as needed.
2. FUNCTIONS OF THE ATHLETIC DIRECTOR – The basic functions of the Athletic Directors’ Council are:
 - A. To present and discuss suggestions and recommendations from the coaches. Each Athletic Director is a representative of the coaches on his/her staff.
 - B. To review and discuss the minutes of the Sport Committee meetings.
 - C. To present to the Principals’ Council any suggestions and recommendations for changes, additions or deletions in League Policies and Procedures which are deemed necessary.
 - D. To discuss and recommend for approval by the Principals’ Council such items as schedules, playoffs, sport rules, sportsmanship, awards, eligibility and any other matters, routine or otherwise, which pertain to the well-being of the League.

3. MEETING OF THE ATHLETIC DIRECTORS' COUNCIL – The Athletic Directors' Council shall meet at least one week prior if possible to all regularly scheduled meetings of the President's Council. The Athletic Directors' Council meetings will be scheduled in September, November, January, February, April and May. Special meetings may be called with the approval of the Principals' Council.
4. SITE OF ATHLETIC DIRECTORS' COUNCIL MEETINGS – The site of the Athletic Directors' Council meetings shall be rotated among member schools.
5. INVITATIONS TO THE ATHLETIC DIRECTORS' COUNCIL MEETINGS – Athletic Directors' Council shall invite Sport Chairmen, coaches, and other necessary persons to attend Council meetings whenever the presence of such persons is necessary for the better understanding of a particular issue or point of discussion.
6. CHAIRMAN OF THE ATHLETIC DIRECTORS' COUNCIL –The basic responsibilities of the Chairman of the Athletic Directors' Council are:
 - A. Make proper arrangements for the meetings and conduct the meetings.
 - B. Assist the League Commissioner in preparation of the agenda for the meeting.
 - C. Assist the League Commissioner in communications whenever necessary during the year.

NOTE: The Chairman does not have any executive power or authority except when expressly granted by the League Commissioner.
7. SPORT COMMITTEES – There shall be a Sport Committee for each league sport.
 - A. A Sport Committee is composed of all the varsity coaches of the same sport.
 - B. The functions of the Sport Committee are:
 1. To meet and discuss any and all aspects of their particular sport with the intention of improving the sport and the League as a whole.
 2. To recommend and suggest to the Athletic Directors' Council changes, revisions, additions or deletions to existing League rulings and procedures which govern their particular sport.
 - C. A Sport Committee has no power to alter, revise or eliminate any League ruling, procedure or approved schedule. This right belongs to the Principals' Council and/or the League Commissioner only.
8. SPORT CHAIRMAN – Each Sport Committee shall be directed by a Chairman, approved by the Athletic Directors' Council. A Sport Chairman shall serve for a period of at least two years. Each school shall be represented by a Sport Chairman whenever possible.
9. RESPONSIBILITIES OF A SPORT CHAIRMAN – The basic responsibilities of a Sport Chairman are:
 - A. Call and conduct committee meetings of all the coaches in his/her sport, according to the schedule of dates set by the League office. Minutes must be kept and sent to the League Commissioner and to the Athletic Directors. Additional meetings may be called upon notification of the League Commissioner. Minutes must be in the League Office two weeks prior to the Athletic Directors' meetings.
 - B. Keep the League Office and fellow coaches abreast of new rules and of rule changes in his/her particular sport and of any other matters which may affect the sport.
 - C. Represent the coaches of his/her sport at the Athletic Directors' Council meeting when called upon to present recommendations, to clarify points of discussion, or to make a report on his/her sport.
 - D. Represent the League coaches of his/her sport at the Central Coast Section Sport Committee meetings, and report the results of those meetings to the League coaches and to the League Commissioner.

NOTE: The Chairman does not have any executive power or authority except when expressly granted by the League Commissioner.

10. **SPORT COMMITTEE MEETING DATES** – The suggested schedule of **Meeting Dates for Sport Committees** is as follows:

Cross Country	Pre-Season Meeting in September Evaluation Meeting in April
Football	Pre-Season Meeting in September After the last league game (All-League Selections) Evaluation Meeting in May
Girls Golf	Pre-Season Meeting in September Evaluation Meeting in April
Girls Tennis	Pre-Season Meeting in September Evaluation Meeting in April
Girls Volleyball	Pre-Season Meeting in September Evaluation Meeting in April
Water Polo	Pre-Season Meeting in September Evaluation Meeting in May
Basketball	Pre-Season Meeting in October Evaluation Meeting in April
Soccer	Pre-Season Meeting in October Evaluation Meeting in April
Wrestling	Pre-Season Meeting in October Evaluation Meeting in May
Baseball	Pre-Season Meeting in January Evaluation Meeting in May
Boys Golf	Pre-Season Meeting in January Evaluation Meeting in May
Boys Lacrosse	Pre-Season Meeting in January Evaluation Meeting in April-May
Girls Lacrosse	Pre-Season Meeting in January Coaches Meeting Evaluation Meeting in April-May
Softball	Pre-Season Meeting in January Evaluation Meeting in May
Swimming & Diving	Pre-Season Meeting in January Evaluation Meeting in May
Boys Tennis	Pre-Season Meeting in January Evaluation Meeting in April
Track & Field	Pre-Season Meeting in January Evaluation Meeting in April
Boys Volleyball	Pre-Season Meeting in January Evaluation Meeting in May

- A. Additional meetings may be called by the Chairman upon proper notice to the League Commissioner.
- B. The League Commissioner shall be notified of and plan to attend all meetings.

- C. The Principal and the Athletic Director shall be notified by the Commissioner in writing whenever a coach misses a committee meeting.
 - D. A \$10 fine shall be levied whenever a coach misses a committee meeting.
11. COMMUNICATING COACHES' IDEAS – The coaches of this League have two effective methods of communicating their ideas, recommendations and proposals:
- A. At the Sport Committee meetings where ideas and proposals are discussed and recommendations are proposed for presentation to the Athletic Directors' Council for approval.
 - B. Through the Athletic Director who is the school representative at the Athletic Directors' Council meetings.
12. NO SPECIAL CONSIDERATION FOR INDIVIDUAL SCHOOLS – No Athletic Director or coach shall approach the League Commissioner or any member of the Principals' Council for special consideration concerning matters which have been discussed, voted upon or tabled. Any such separate and secret pleas by individuals or individual schools shall be ignored and shall draw League censure.

ARTICLE II – GENERAL POLICIES

1. WCAL: A PART OF THE CCS AND CIF – All policies of this League must conform to the regulations and policies of the Central Coast Section and the California Interscholastic Federation.
2. ALL POLICIES MUST BE APPROVED BY THE PRINCIPALS’ COUNCIL – No policies are effective until approved by the Principals’ Council.
3. LEAGUE POLICY REGARDING RECRUITING – The following is the WCAL “Recruiting Rule”:
 - A. No coach or faculty member may approach a student, his/her parents or family, his/her school coach or teacher for the expressed purpose of inducing the student to attend their high school in order to participate in athletics. This shall be known as the “Recruiting Rule.”
 - B. A school shall be equally guilty of violating the “Recruiting Rule” if it knowingly makes use of a third party (not on the school staff) who is guilty of violating the “Recruiting Rule.”
 - C.
 1. If a member school suspects a violation of the recruiting rule by another member school the principal of the school suspecting the violation may send a letter clearly outlining the facts, circumstances and any relevant proof confirming the alleged violation to the principal of the suspected school.
 2. Copies of this letter will also be forwarded to the League Commissioner, and to the principals of the other league schools.
 3. The accused school has fifteen (15) days from the receipt of the accusation letter to respond. The response shall be in written form from school principal to school principal with copies sent to the League Commissioner and to the principals of the other league member schools. The response will include a detailed description of the steps taken to investigate the allegations, and either confirm or deny the suspected violation, and shall include relevant, specific facts, circumstances and proof substantiating and documenting confirmation or denial. If the in-house investigation confirms a violation has occurred the violating school may provide a recommendation for a penalty for their violation in their response, including any remedies that the school is taking to rectify the solution, and to insure that this will not happen in the future.
 4. Once the League Commissioner receives the response from the accused school, the Commissioner will, within seven (7) days, convene a hearing panel consisting of three principals of schools not involved in the inquiry to hear and rule on the issue. This panel will then determine any appropriate penalties it deems fit as described in Section D. below. The school that made the accusation may comment on the merits of the accused school’s response to the hearing panel prior to the final ruling.
 5. In the event a member school has been accused of a recruiting violation by a non-member school, and the accusation is filed with the CCS, the member school must also follow the procedures outlined in Section C.3. above regardless of any ruling by the CCS in the matter. Under this situation the school accused of a recruiting violation must send a written response described in Section C. 3. above to the League Commissioner. The Commissioner will then convene hearing panel as described in Section C. 4. above to rule on the issue on behalf of the entire league.

4. **PENALTIES FOR VIOLATING THE RECRUITING RULE** – Penalties of any violation of the “Recruiting Rule” may be one or more of the following:
 - A. Probationary Status for the school’s program(s) involved in the violation for one year. If during this year of Probationary Status a second violation occurs the school may not be permitted to participate in some or all sports for the WCAL Playoffs and/or CCS Playoffs, and could be deemed ineligible for any league championship. Further, if the same coach(es) associated with the first violation is/are involved in a second violation such coach(es) may be suspended from coaching at their school for one year.
 - B. Any coach(es) or player(s) involved in the violation may be suspended from coaching or playing at their school for one year.
 - C. The school may not be allowed to participate in the WCAL Playoffs in either the sport(s) involved in the violation, or possibly all sports for one year. Also, the school could be deemed ineligible for any league championship(s) in the sport(s) involved in the violation, and/or possibly all sports for one year.
 - D. The school may not be allowed to participate in a sport or sports for the CCS Playoffs for one year.
 - E. Regardless of the penalty incurred, the school must meet its league schedule obligations in all sports during the penalty phase.
5. **PENALTIES FOR VIOLATING OTHER WCAL BY-LAWS** – The penalty for the violation of a WCAL Sport Rule and/or By-Law shall be a one year suspension from the sport in which the violation occurred.
6. **RADIO AND TV COVERAGE** – The following shall be effected:
 - A. All requests to broadcast and/or televise regular season games and/or league meets shall be directed to the host school which shall determine whether there shall be radio or TV coverage.
 - B. All requests to broadcast and/or televise league playoff games and/or league meets shall be directed to the League Office for approval.
7. **SCHOOLS MAY COMPETE IN NO OTHER LEAGUE** – Any school which fields a team in a WCAL-sanctioned league sport must compete in the WCAL or as an independent, unless granted an exemption by the Principals Council with a two-thirds majority vote.
 - A. The intent to field such a team shall be made known in writing to the League Office.
 - B. The written notice shall contain a projected time frame for entry into league competition and the expected levels of competition.
 - C. Periodic reports of progress shall be made to the League Office in order that projected schedules may be discussed and proposed in a timely fashion.
8. **CAMPS AND/OR CLINICS** – Schools must consult with the commissioner on any activities involving camps or clinics that fall outside the parameters of practice and competition during the regular school year prior to implementing such activities. Further, no middle school students may participate in open gyms during the regular school year.

ARTICLE III – GENERAL RULINGS

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – Starting dates for “Organized Practice” in the following team sports have been established:
 - A. Fall Sports - No organized practice for seniors, juniors or sophomores may begin before the Friday of the 6th week of the annual NFHS/CCS Official Calendar (August 15, 2015). Freshmen may not begin practice until the Wednesday after the JV and Varsity starting dates.

No sport may have more than 54 hours of practice time before the contest start date established by the CCS in Article V, Section 3.H.
 - B. Winter Sports - The first day of practice for all levels shall be the date established by the CCS.
 - C. Spring Sports - The first day of practice for all levels shall be the date established by the CCS.

3. STARTING DATES FOR UNDERCLASSMEN – Juniors, sophomores and freshmen may begin practice on the same date as the Varsity, except for Freshmen Football Players and other Freshmen who participate in other Fall Sports. They must wait one week after the other levels begin their practice until starting their practice.

4. SPORT SCHEDULES
 - A. The League Commissioner shall prepare all schedules with the following guidelines:
 1. In a double round robin format, maintain the same opponents over a two year period, but rotate home and away dates for opponents in the two year period. Every two year period the Commissioner shall create schedules for double round robin sports that match different opponents.
 2. In a single round robin format, rotate the schedules by moving the first game of the year to the last game of the year in subsequent years, and rotate the home/away dates for the opponents.
 - B. The following schedules shall be prepared each year:

Baseball	Double round robin for all levels.
Basketball	Double round robin for all levels for both boys and girls.
Cross Country	Three weighted League meets.
Football	Single round robin for all levels.
Golf	Double round robin for boys’ and girls’ varsity and JV teams.
Boys Lacrosse	Single round robin format for both levels.
Soccer	Double round robin format for both boys and girls.
Softball	Double round robin format for varsity and JV teams.
Swimming & Diving	Single round robin for all boys’ and girls’ levels.
Tennis	Double round robin format for both boys’ and girls’ varsity and JV teams.
Track & Field	Single round robin for all levels boys and girls.
Volleyball	Double round robin for both boys’ varsity and JV teams. Single round robin for girls’ varsity, and North-South format for other girls’ levels.
Water Polo	Single round robin for all levels for both boys and girls.
Wrestling	Single round robin for all levels.

5. FRESHMAN-ONLY TEAMS – Any school may add a freshman-only team for any sport that is not offered as part of the normal league schedule. Such teams can schedule practice contests with any other schools in that sport.

6. SCHEDULE TO THE COMMISSIONER – Prior to the first game of the season in each sport, each school shall send a schedule of that sport to the Commissioner and to each member school.
7. SCHEDULE CHANGES – Any date or site changes for any League event (i.e. league championships, League sponsored meets, jamborees, etc.) from the published league schedule must be made through the Commissioner’s Office. It is the Commissioner’s responsibility to insure that all member schools are adequately contracted and consulted prior to changes being finalized.
8. PROCEDURE TO CHANGE THE SCHEDULE OF A SPORT
 - A. The Sport Committees will review their current schedule at the Sport Coaches Meeting each year. Any proposals to change the format of the schedule for the following year must be presented in writing to the League Commissioner. This proposal must be supported by a majority vote of the varsity coaches, and shall include a rationale for the change. No request for changes in the sport schedules for the current school year will be accepted.
 - B. If changes to the current schedule format are requested by the coaches, the League Commissioner will prepare two sports schedule. The first schedule will involve recommended changes from the coaches. The second schedule will use the current schedule format. Both of these schedules will be presented for a first reading and discussion by the Athletic Directors’ Council and Principals’ Council at their September meetings. The Athletic Directors’ Council will vote on the sport schedules at their November meeting, and make recommendations to the Principals’ Council. The Principals’ Council will vote on the sport schedules at their November meeting. The vote will be final. No further review of schedules or requests for change will be discussed after the November meeting of the Principals’ Council.
 - C. The Principals reserves the right to make exceptions to this procedure.
9. RESCHEDULING AN EVENT WITHIN A SPORT SCHEDULE
 - A. The WCAL schedule takes priority when schools make up their sport schedules. No changes of a League contest shall be made to facilitate a non-league contest.
 - B. No approved schedule may be changed without the expressed permission of the Commissioner. If a change is granted, the host school must notify all member schools, local newspapers and the League Statistician.
 - C. There shall be a \$10 fine charged each time a school fails to properly notify all schools and the League Office of a schedule change.
10. CONSULT PRINCIPALS REGARDING MAJOR SCHEDULE CHANGES – Athletic Directors must consult their Principals prior to any schedule changes or postponements which would not be a matter of simple routine, e.g. changes which would involve the prolongation of the season or which might disrupt other school schedules.
11. DROPPING A SPORT FROM LEAGUE COMPETITION – Schools which intend to drop an existing sport program from league competition must submit such a request in writing one (1) year in advance of the anticipated withdrawal. A two-thirds affirmative vote of the Principals Council is needed for the withdrawal request.
12. DROPPING A LEVEL OF COMPETITION WITHIN A SPORT
 - A. Fall Sports: October 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any fall sport.
 - B. Winter Sports: December 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any winter sport.
 - C. Spring Sports: March 1 of each year is the deadline for notification to the League Office of any school’s intention to drop a team from any spring sport.

13. GAMES AND GAME LIMITS

A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport.

B. The following are the League game limits:

Sport	Varsity	Junior Varsity	Freshmen or Frosh/Soph
Baseball	27+2 Scrimmages, with each game counting one against the maximum	23+2 Scrimmages	21+2 Scrimmages
Basketball	24+2 Scrimmages	23+2 Scrimmages	21+2 Scrimmages
Cross Country	13 Meets and/or Invationals for All Teams		
Football	10+1 Scrimmage	10+1 Scrimmage	9+1 Scrimmage
Golf	18 Matches for all levels		
Lacrosse	20 Matches + 2 Scrimmages for all levels		
Soccer	20+2 Scrimmages	20+2 Scrimmages	19+2 Scrimmages
Softball	27+2 Scrimmages	23+2 Scrimmage	19 contests
Swimming & Diving	13 Dual Meets and/or Tournaments		
Tennis	22+2 Scrimmages	22+2 Scrimmages	
Track & Field	15 Meets and/or Invitations for all Teams		
Volleyball	26+2 scrimmages for all levels		
Water Polo	24+2 Scrimmages for all levels		
Wrestling	40 Contacts for each player at all levels		

C. Tournament: A tournament counts as the minimum number of contests guaranteed. With the exception of volleyball, all contests played shall count as one contest, whether the game is played in a tournament or as a dual contest.

For Volleyball - All 3 out of 5 contests shall count as 1 contest even if played in a tournament. Any 2 out of 3 contests played in a tournament shall count as ½ of a contest. In pool play, if 2 contests are played, but a third would not be played regardless of the outcome, those contests do not count toward the maximum number of contests.

D. An alumni contest shall not be included in the game limit of any sport.

E. Games shall not be played on Sundays and Christmas.

14. SCRIMMAGES

A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers and scorers and no admission is charged.

B. A scrimmage shall not involve any costs whatsoever.

C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.

D. All scrimmages shall be included in the official game limit set for each team in each sport.

E. Refer to the By-Laws of the individual sports for scrimmage policies specific to that sport.

15. OFFICIAL STARTING TIMES FOR LEAGUE GAMES, MEETS AND MATCHES

A. Starting times for all games shall be designated on all schedules and must be observed by all teams under the penalty of forfeiture.

B. Following are the league starting times:

Sport		Varsity	JV	Freshmen
Baseball	Weekdays	4:00	4:00	4:00
	Saturdays	12:00	11:00	11:00
	SAT Saturday	2:00	11:00	11:00
	Night games	7:00	Night Games at St. Francis for Freshman & JVs will be 3:30 for Freshman and 6:30 for JVs.	

Basketball	Coed Doubleheaders	Varsity 7:30 or 6:00, alternating each half season. JV 3:00 if Varsity plays at 6:00, and 4:30 if Varsity plays at 7:30. Freshman teams play at sites opposite the Varsity & JV, and starting times alternate each half season. - 3:30, 5:00 and 6:30		
	Single Gender Games	7:30	6:00	Boys 3:00 & 4:00, alternating each half. Girls 4:30
	Saturdays	For 4 games Freshmen 2:00, 3:30; JV 5:00 and Varsity 6:30 For 3 games Freshmen 3:30, JV 5:00 and Varsity 6:30		
Cross Country		All meets to start at 2:00		
Football	Weekday	All teams 3:30 during DST, 3:00 during DST		
	Night (Fri. or Sat.)	7:00 or 7:30	4:00 or 5:00	
	Saturday*	1:00	10:00	10:00
	SAT Saturday	2:00	11:00	10:15
		* There must be a minimum of 45 minutes between games on Saturday doubleheaders.		
Golf		3:00 After DST - 2:30 Prior to DST, or the time dictated by the Golf Course		
Lacrosse		3:30	After the Varsity	
Soccer	Weekdays	3:15	3:00, if both JV and Frosh matches are played on the same field. Frosh match to follow upon completion of JV match.	
	Saturdays	11:00	11:00	11:00 or after JVs
	SAT Saturday	2:00	11:00	11:00 or after JVs
Softball		4:00	4:00	
Swimming & Diving		3:00		
Tennis		3:00 Prior to DST, 3:30 during DST, or the time dictated by court availability		
Track & Field		2:30 Prior to DST 3:00 during DST time		
Boys' Volleyball		6:00	4:30	
		If a school has only a varsity program, the starting time remains 6:30		
Girls' Volleyball		6:30	5:00	4:00
Water Polo	Without Lights	3:30	4:30	5:30
	With Lights	6:30	5:30	4:30
Wrestling		7:00	6:00	5:00

However, if possible JV and Freshmen matches could be run at the same time to preserve length of time for matches

16. **ROUND ROBIN COMPETITION WINNERS** – The winner of the round robin competition in each of the sports shall be determined by a point system as follows:
1. Two (2) points for a game, meet or match won.
 2. One (1) point for a game, meet or match tied.
 3. No (0) points for a game, meet or match lost.
17. **LEAGUE CHAMPIONSHIPS**
- A. The League championship in football and tennis shall be determined by the results of the round robin competition.
 - B. The League Championship in basketball, soccer, baseball, softball water polo, volleyball, golf, swimming, wrestling and track shall allow for possible co-champions. The co-champions shall be the team that wins the round robin competition, together with the team that wins the league playoffs. If the same team wins both the round robin and the league playoffs that team is declared the sole champion of that sport.
 - C. The League Championship in cross country shall be determined by the combined results of the round robin competition and the league playoffs.

- D. A sport shall have at least four (4) schools with a full-fledged team before it may be considered for a league championship. However, to qualify for CCS Playoffs, a sport must have five teams, not just four teams.

18. LEAGUE MEET AND PLAYOFFS

- A. There shall be a League Meet or Tournament in the following sports:
- | | |
|----------------------|---|
| Cross Country Meet | Boys: Varsity, Junior Varsity, Sophomore & Freshmen |
| | Girls: Varsity, Junior Varsity & Frosh-Soph |
| Swimming Meet | Boys: Varsity and Frosh-Soph |
| | Girls: Varsity and Junior Varsity |
| Tennis Tournament | Varsity Singles and Doubles Championships for both boys and girls |
| Track Meet | Boys: Varsity and Frosh-Soph |
| | Girls: Varsity and Junior Varsity |
| Wrestling Tournament | Varsity, Junior Varsity and Freshmen |
- B. There shall be League Playoffs in the following sports:
- | | |
|------------|---------|
| Baseball | Varsity |
| Water Polo | Varsity |
| Golf | Varsity |
| Lacrosse | Varsity |
| Volleyball | Varsity |
| Softball | Varsity |
- Football, Basketball and Soccer have no League Playoffs.
- C. All playoffs and meets shall be held at facilities where admission can be charged whenever and wherever possible.
- D. Playoffs and meets shall not be held at any facility which practices *de facto* discrimination.
- E. There will be no playoffs for any Lower Level Teams other than Track, Wrestling, Cross Country & Swimming.
- F. Starting times for league playoffs shall be determined by the League Commissioner.
- G. The following schools shall host or coordinate the playoffs for specific sports through the 2016-2017 seasons.
- | | |
|-----------------|---------------------------------|
| Baseball | Archbishop Mitty |
| Swimming | Bellarmino |
| Diving | Presentation |
| Track and Field | St. Francis |
| Water Polo | Sacred Heart Prep or Bellarmino |
- Wrestling Alternate between Sacred Heart Cathedral and Archbishop Riordan. However, another school may host if either Sacred Heart Cathedral or Archbishop Riordan cannot host.

19. CENTRAL COAST SECTION MEETS AND PLAYOFFS

- A. Best Effort – Each school which enters CCS Playoffs shall be responsible to see that its qualifying individuals and/or teams proceed as far as possible in Regional, Sectional and State competition.
- B. Opting Out of the CCS Playoffs – A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS Entry Points to qualify for the CCS Playoffs, each team below that team in the round robin standings moves up one spot. The school next in line can replace the school who opted out or did not qualify for the CCS Playoffs.
- C. Individual Competition – An individual shall not be withdrawn from such competition without the approval of his/her Athletic Director. Such competition shall have priority over any sport spring practice or any other out-of-season sport activity.

- D. Order of Entry of At-Large Entries – Teams shall enter the CCS Playoffs as At-Large Entries based upon how the teams finished in the League Round Robin. This includes the use of tie-breakers to break a tie in the league standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tie breaking procedure.)
- E. Order of Entry into CCS as #1 and #2 seeds - In sports that have guaranteed entries as seeds to CCS the following shall apply:
 - 1. The winner of the round robin shall be the #1 seed to CCS. In the event there are ties for the round robin championship between two or more teams, and the tie cannot be resolved with the tie-breaking procedures outlined in each specific sport, then if one of the teams tied for the round robin championship wins the league tournament, that team shall receive the #1 seed to CCS. Also, if neither (none) of the teams that tied for the round robin championship wins the tournament, and the tie-breaking procedure cannot determine which team receives the #1 seed, a coin flip will decide the #1 seed. The other team(s) shall be seeded based upon tie-breaking procedures, including a coin flip.
 - 2. The winner of the league tournament shall be the #2 seed to CCS unless the situation described above in section 19.1 exists (more than one team has won the round robin). In this case, the winner of the tournament shall receive a lower seed than all of the teams that won the round robin.
 - 3. Unless 1. and 2. in this Section exists, the seeding to CCS is as follows:
 - a. #1 seed is the round robin winner;
 - b. #2 seed is the winner of the league tournament;
 - c. The remaining seeds, or at-large entries, to CCS shall be the teams that finished in the order of the league standings.

20. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Whenever a coin flip or drawing becomes the last option of the tie-breaker system for any sport to break a tie between two or more teams, the Commissioner shall determine the time and place for such a coin flip or drawing. The coin flip or drawing shall be held regardless of whether the schools involved are present. The winner of the coin flip or drawing shall be given the higher seed, but this seed shall only apply to the league playoffs. In determining the rank of at-large entries into the CCS Playoffs, the team(s) with the highest total CCS Points, when applicable, shall receive entry into the CCS Playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS Points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.
- B. Tie-breaker procedures to establish seeds into the league playoffs and CCS are outlined in each specific sport in Part III of these bylaws.

21. COACHING STAFF LIMITS

- A. The following numbers represent the maximum number of coaches, paid or volunteer, that a school may have for each sport.

Sport	Maximum Number of Coaches
Baseball	7
Basketball	6 coaches for 3 levels; 5 coaches for 2 levels
Cross Country	4 coaches for boys; 3 coaches for girls
Football	12
Golf	2 coaches for each gender
Lacrosse	3 coaches for each level
Soccer	6 coaches for 3 levels; 5 coaches for 2 levels
Softball	6 coaches for 3 levels; 5 coaches for 2 levels

Swimming & Diving	4 coaches for boys; 4 coaches for girls (includes a diving coach)
Tennis	2 coaches for each gender
Track & Field	8 for single gender schools; 12 for coed schools
Volleyball	4 coaches for boys; 6 coaches for girls
Water Polo	2 coaches per each level of boys and girls sports, with a maximum of 6 coaches per gender
Wrestling	5

- B. Volunteer coaches must be under the immediate direction of the paid coaching staff, and volunteers are included in the maximum number of coaches for each sport.
 - C. Schools may assign the coaches to any level they deem appropriate for their school.
 - D. AT-LARGE COACHES – Schools will have eight (8) extra coaches per gender who can be assigned to any sport each school determines. However, no more than three (3) of these extra coaches can be assigned to any one sport.
22. COACHES ROSTER TO THE COMMISSIONER – The Commissioner can notify schools requesting that a roster of all their coaches, complete with addresses and phone numbers should be sent to the Commissioner at the beginning of each school year. This would not be required unless the Commissioner asks for it each year.
23. LEAGUE SPORTS INFORMATION DIRECTOR - SID
- A. A League Sports Information Director - SID shall be appointed by the Commissioner, and shall work under the supervision of the Commissioner. The SID shall be responsible for the official league standings of those sports assigned to him/her.
 - B. The specific duties of the SID shall be:
 1. Attend League meetings when called upon to do so.
 2. Establish and maintain an effective procedure for receiving, compiling and publishing League scores and standings.
 3. Supply the necessary forms and instructions for the reporting of game results by the schools.
 4. Publish and mail a weekly release to the schools and to the newspapers which appear on the official mailing list.
 5. Publish and mail the All-League Teams to the newspapers.
 6. Establish and maintain an effective liaison with the local newspapers which cover the League in order to enhance the league's opportunities for maximum publicity.
 7. Notify the League Office immediately whenever any school fails to report its weekly scores and standings.
 - C. Each school's athletic department shall work with the SID. The athletic departments shall report their school's scores no later than noon of the Monday following each week's contests to the SID. A \$25 fine shall be assessed to a school each time this weekly report is late or not reported.
24. GAMES, MATCHES AND/OR TOURNAMENTS AFTER COMPLETION OF LEAGUE SCHEDULES
- A. Once the league schedules are completed, lower level teams may play non-league contests up to the start of the varsity playoffs for their specific sport. Jamborees, scrimmages and playoffs are excluded from this rule.
 - B. Once the league season is completed, Varsity teams are not permitted to play any additional games, unless it is a scrimmage with another team that is in the CCS Playoffs. Only one of these scrimmages is allowed. The only exception is if weather has caused cancellation of a match/game. Then the League Commissioner can rule to allow a scrimmage to be played.

ARTICLE IV – SPECIAL RULINGS

1. FORFEITURES – A forfeiture shall result in a win for the offended team and a loss for the offending team. A game or contest shall be forfeited for the following reasons:
 - A. Failure to play a scheduled opponent at the appointed time and place and/or failure to complete a scheduled game or contest.
 - B. Failure to provide sufficient and certified (Association) officials, proper facilities, and proper supervision and control which are necessary for the particular sport being played.
 - C. Failure to give proper notice in the case of a proper postponement of a scheduled game or contest. (See “Postponements”)
 - D. Failure to provide for the rescheduling of a postponed contest within the specified time period.
 - E. Unauthorized cancellations of a scheduled game or contest. (See “Cancellations”)
 - F. The falsification or misrepresentation of the reasons which were submitted for the postponement and/or cancellation of a scheduled game or contest.
 - G. Use of ineligible athletes.
 - H. Failure of a team to have an adult coach or supervisor.
 - I. In a situation where one team cannot provide an opponent in a league match the following rule will apply:
 1. When one coach decides his/her team cannot provide a player to compete in a league match, then both coaches can agree a forfeit has occurred in the specific class of competition for that contest. Further, this forfeit will be established and communicated to the other school’s head coach and athletic director at least one day prior to the event so the team that receives the forfeit does not have to have its athletes present.
Any disagreement under this situation between the two teams will be resolved by the Commissioner.
2. POSTPONEMENTS
 - A. Scheduled Games and Contests – A scheduled game or contest may be postponed for the following reasons:
 1. Inclement weather, except for football and indoor sports.
Note: Due to the difficulty of rescheduling football games, scheduled games should be played despite poor weather, unless the poor weather proves destructive. (Refer to football By-Laws.)
 2. The sudden loss of facilities, due to causes beyond the school’s control.
 3. A school is closed due to epidemic.
 4. Mutual consent of the Principals of the schools involved whenever the best interests of the students are to be served.
 5. Failure of assigned officials to appear or the unavailability of qualified officials.
3. PROCEDURE FOR POSTPONEMENT OF REGULAR SEASON CONTESTS:
 - A. The school seeking the postponement must notify the other school by noon of the scheduled day.
 - B. The Commissioner must be notified as soon as possible.
 - C. Refer to the By-Laws of the individual sports for rescheduling procedures specific to that sport.
 - D. Rescheduling Priorities
 1. In case of a postponement of a League contest, rescheduling should be made to accommodate the already-published schedule of the schools involved.
 2. In case of a non-league postponement which needs to be rescheduled, the League schedule shall not be altered to facilitate a non-league contest.

4. PROCEDURE FOR POSTPONEMENT OF LEAGUE PLAYOFFS AND LEAGUE MEETS
 - A. Only the League Commissioner can postpone a League Playoff and/or League Meet. He/she can do so only after consultation with the host school, the Meet Director and the competing teams.
 - B. The Commissioner will notify the competing schools before noon, if possible.
 - C. In those cases where the cause for postponement occurs after noon, the Commissioner will notify competing teams immediately.

5. CANCELLATIONS
 - A. Only the League Commissioner can cancel a scheduled game or contest, a League playoff, or a League meet.
 - B. The Principals of the competing schools, by mutual consent, may request a cancellation whenever the best interests of the students are concerned.
 - C. Requests for a cancellation, along with the reasons for same, must be submitted to the League Commissioner in time for proper notification of all parties concerned.
 - D. A postponed game or contest, approved by the League Commissioner, may be cancelled by the League Commissioner and/or by the mutual consent of both schools, if such game or contest has no bearing on the final standings.
 - E. Smog Alert – Game and Practice Cancellations: All schools shall comply with the directives issued by the County School Offices in regard to the cancellation of practices and games due to a Smog Alert.

6. PENALTY FOR VIOLATION OF THE POSTPONEMENT AND/OR CANCELLATION PROCEDURES.

The team or teams found in violation of the procedures set in this Article regarding Postponement and/or Cancellations may be liable for suspension from the League Playoffs, meets or tournaments of the sport involved. The Principals of the schools involved shall be consulted prior to any suspension action by the Commissioner.

ARTICLE V – ELIGIBILITY

1. RULES OF ELIGIBILITY – The California Interscholastic Federation and the Central Coast Section rules shall be observed by all league schools. The League rules, which may be more stringent, shall be observed by all member schools.
2. CLASSIFICATION OF ATHLETES – Athletes in all sports must be classified and certified for any interscholastic competition.
3. ELIGIBILITY LISTS
 - A. Eligibility lists shall be prepared for each sport, indicating:
 1. The classification of competition (Varsity, JV, Frosh-Soph, or Freshman)
 2. Certification of the eligibility of the athletes listed (Scholastic, Residence and Age).
 - B. Eligibility lists shall be prepared on the official League Eligibility Form and be signed by the Athletic Director and Principal.
 - C. A copy of each school's eligibility list shall be sent to the Commissioner by the first league contest. There is a \$10 fine for late filing.
 - D. The eligibility list filed with the Commissioner shall be the official eligibility list of a school. In the case of any changes (additions, deletions or revisions) the Commissioner must be notified in writing as soon as possible.
4. CHANGING CLASSIFICATION OF COMPETITION
 - A. Moving up OK, but no downward movement after League Begins: No player of a team in any sport whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other member schools.
Exceptions: Cross Country and Wrestling. Refer to the individual sport By-Laws for specific details.
 - B. Freshman Basketball: The Freshman A and B Teams shall have separate eligibility lists and there shall be no exchange of players between the two teams during the League season.
 - C. Temporary Moves to Varsity: Once the League begins, a player on a lower level team may be moved to the varsity team on a temporary basis. The player is considered to have moved up regardless of whether he/she plays in the contest. The maximum number of contests for that player for the season cannot be exceeded.
 1. Tennis: This provision also applies to the League contests, but only if the varsity team has no other players to compete in the match.
 - D. Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
5. ELIGIBILITY OF NEW STUDENTS – The eligibility of a boy/girl upon entering high school from an elementary or junior high school or upon transferring from one high school to another is specifically covered by the By-Laws of the CIF and CCS.
6. MULTIPLE SPORTS IN ONE SEASON – An athlete is eligible for any and all different sports whose seasons are concurrent within the school year.
7. INCOMING FRESHMEN – Incoming Freshmen shall not be eligible for summer league play or open gyms prior to starting school in the fall. Incoming Freshmen may not begin organized practice until the third Monday in August.

8. SENIORS – Senior athletes are not eligible for Junior Varsity competition and shall not play on any JV team in any sport.
Exceptions: Cross Country (see the Cross Country By-Laws for specific details) and by consent of the League Commissioner. Also see “Eligibility of New Students” above.
If a school feels it may have a situation that would require using seniors on a JV team(s), that school must request permission to use those seniors from the Commissioner. The Commissioner will decide if the request is appropriate.
9. OTHER ELIGIBILITY REQUIREMENTS – Eligibility requirements other than those of the CIF and/or CCS shall be determined and interpreted by the League Commissioner and/or the Principals’ Council.
10. SEASON LONG PLAY – 50% RULE
 - A. In individual sports (swimming, track and field, cross country, tennis, golf, gymnastics, badminton, or wrestling) a student athlete must compete in at least $\frac{1}{2}$ of the regular league contests in order to participate in the CCS playoffs in that sport. The specific qualification standards outlined in the CCS bylaws for each of these sports must be met in addition to this general minimum participation.
The following exceptions to this rule may be determined by the League Commissioner only:
 1. If there is a serious medical condition or hardship that is beyond the student’s control, and which clearly and solely causes their lack of participation in a minimum of $\frac{1}{2}$ of their regularly scheduled league contests, or
 2. If the student has corrected a scholastic ineligibility in the most recent grading period which occurs after the first half of the league season is complete, and which directly and solely causes their lack of participation in a minimum of $\frac{1}{2}$ of their regularly scheduled league contests, or
 3. If through internal team competition and ladder movement an athlete has not had the opportunity to participate in $\frac{1}{2}$ of the regularly scheduled league contests.

ARTICLE VI – AWARDS

1. REGULATIONS

- A. All awards shall be authorized and approved by the Principals' Council.
- B. Separate permanent plaques shall be awarded to all Varsity Championship teams that win the round robin championship and another plaque for winning the playoffs.
- C. The WCAL Medal shall be the same for all sports.
- D. The WCAL Certificate shall be the same for all sports in which certificates are given.
- E. Certificates shall be given to members of All-League Teams for Varsity only.
- F. A sport shall have at least four (4) schools with a full-fledged team in order to qualify for awards.

2. CHAMPIONSHIP MEDALS AND CERTIFICATES

BASEBALL

25 medals for the Varsity Championship Team.

BASKETBALL

20 medals for the Varsity Championship Team.

CROSS COUNTRY

- 1. 12 medals for the Varsity Championship Team
- 2. Medals for the first ten (10) places in varsity competition.
- 3. Certificates for the first ten (10) places in lower level competition.

FOOTBALL

60 medals for the Varsity Championship Team.

GOLF

- 1. Six (6) medals for the Varsity Championship Team.
- 2. Medals for the first five (5) places in the League Tournament, based on low gross scores.
- 3. All-League Certificates for one member of every team. An All-League Certificate to a second member from a team that is a league champion or co-champion. An All-League Certificate to the Player who is the Medalist in the League Tournament.

LACROSSE 25 medals for the Varsity Championship Team.

SOCCER

25 medals for the Varsity Championship Team.

SOFTBALL

25 medals for Varsity Championship Team

SWIMMING & DIVING

- 1. Medals for the first three (3) places in each Varsity event.
- 2. Certificates for the 4th through the 8th places in each Varsity event.
- 3. Certificates for the first six (6) places in each Frosh-Soph or JV event.

TENNIS

- 1. 12 medals for the Varsity Championship Team.
- 2. Medals for the first three (3) places in singles and doubles matches.

TRACK & FIELD

- 1. Medals for the first three (3) places in each varsity event.
- 2. Certificates for the 4th, 5th and 6th places in each varsity event.
- 3. Certificates for the first six (6) places in each Frosh/Soph event.

VOLLEYBALL

20 medals for Varsity Championship Team.

WATER POLO

20 medals for the Varsity Championship Team.

WRESTLING

1. Medals for the first three (3) places in each Varsity weight class.
2. Certificates for 4th place in each Varsity weight class.
3. Certificates for the first four (4) places in each lower level weight class.

3. ALL-LEAGUE TEAMS

- A. All-League teams shall be selected in Baseball, Basketball, Cross Country, Football, Golf, Lacrosse, Soccer, Softball, Tennis, Volleyball, and Water Polo on the varsity level only and each school shall participate in the selection.
- B. The method of selection shall be determined by the coaches and approved by the Commissioner, and the coaches shall be responsible for necessary revisions and improvements.
- C. The mechanics of the selection method shall be determined by the coaches and approved by the Commissioner, and the coaches shall be responsible for necessary revisions and improvements. The mechanics of the selection method shall be processed through the League Office (ballots, tabulation, distribution, and publication).
- D. Certificates shall be awarded to those players selected for the First and Second All-League Teams, not Honorable Mention.

4. ALL-LEAGUE CERTIFICATES:

The following number of certificates shall be awarded to athletes selected for the All-League Teams.

SPORT	Varsity Certificates
Baseball	26
Basketball	15
Cross Country	14
Football	45
Golf	10
Lacrosse	28
Soccer	28
Softball	31
Tennis	14
Volleyball	16
Water Polo	26

5. COACHES SERVICE AWARD-PLAQUE

A plaque shall be awarded to each coach who has coached at a WCAL school for at least 15 years, and for every five years thereafter.

6. PLAYER OF THE YEAR AWARDS

A player of the year plaque shall be awarded to any player in any sport who is elected the player of the year for that sport.

ARTICLE VII – FINANCES

1. WEST CATHOLIC ATHLETIC LEAGUE FINANCIAL POLICY

It is recognized that all funds handled by the West Catholic Athletic League, whether they be donations, corporate sponsored donations, fees, or dues are monies designated for the furtherance and administration of athletics for the students of the schools who are members of the CCS/West Catholic Athletic League.

A. Host School Expenses

When a school hosts a League sponsored Playoffs, Tournament, Meet or special event, any approved expenses incurred for that hosting will be reimbursed by the League Commissioner upon receipt of an Expense Reimbursement Form.

B. League Staff Expenses

Staff shall be reimbursed for necessary travel expenses as determined by the League Board of Managers. Such expenses reimbursement shall be reflected in the annual budget and financial statements, approved by the League Board of Managers. Reimbursement for auto travel shall be a flat rate as determined by the Principals.

C. Treasurer

The Commissioner shall assume the duties of the Treasurer and shall carry on all official correspondence and perform such other duties as usually devolve upon such an officer.

D. Deposits/Payments

The Commissioner shall receive and take charge of all money and deposit the same in a bank approved by the President and to have charge of all trophies, emblems and other property belonging to the league. The Commissioner shall pay all bills of the League in a timely fashion by drawing a check on the bank of deposit.

E. Financial Reporting

At the last meeting of the Board of Managers, the Commissioner shall submit a written report showing receipts and disbursements for the year, and a budget for the next year.

2. LEAGUE FEES

A. Membership Fee

Whenever necessary, a membership fee shall be levied upon the member schools at the beginning of each school year. The amount of this fee shall be set by the Commissioner and approved by the Principals' Council.

B. Entry Fees

The League policy is to avoid individual entry fees for athletes entered in League Meets and Tournaments whenever and wherever financially feasible. However, when financial conditions dictate, an entry fee shall be levied.

C. Supplemental Teams

The League can allow schools outside the League to become Supplemental Members of the WCAL for specific sports. If a school is a Supplemental Member of the WCAL a minimum fee of \$500.00 will be charged per sport to that school for expenses.

3. GATE RECEIPTS

A. School-sponsored games and meets

1. Gate receipts shall be retained by the home team and no payment of expenses or guarantee need be made to the visiting team.

B. League-sponsored games and meets

1. Gate receipts shall be retained by the League Office.
2. Receipts from the pre-game sale of all tickets shall be retained by the League Office.
3. If a school does not collect gate receipts for league sponsored games/meets without approval by the League Commissioner, that school must pay the league the estimated proceeds that would have resulted from such gate receipts had they been collected.

4. DISTRIBUTION OF GATE RECEIPTS

A. League Gate Receipts

1. League gate receipts shall be used to defray the operating expenses of the League itself. If a surplus should result, it shall be distributed equally to all member schools at the end of the year, or retained as a surplus for the next year's operating costs.

5. PASSES AND ADMISSION TO GAMES

A. Passes

1. The League Office shall control and issue all official league passes. League passes will be numbered, and have the current school year date listed on the pass. These passes are valid at all WCAL athletic events, including the WCAL Playoffs.
2. A sufficient number of these passes shall be distributed to each member school for distribution to each school's faculty and administration. In addition, the League Office shall distribute league passes to members of the media.

B. Life Passes

1. Lifetime passes may be issued by the Commissioner to any duly recommended person with long and meritorious service in the League who has retired from the League.

C. Admissions

1. When and if space is limited, the host school must notify the visiting school beforehand and must allot space for the visiting school's rooting section. Such space must accommodate a maximum of 300 people which would include parents, students and band.
2. Coaches must notify a school beforehand if they want to bring their team with them when the coach scouts a game. This is a courtesy which the home team has the right to refuse when seating space is limited.
3. Cheerleaders, band members, managers, statisticians, and sports writers are to be admitted free if properly identified at the admission gate.

6. ADMISSION PRICES

- A. Schools can charge admission during the regular League season with prices as follows:
- \$5.00....General Admission
 - \$3.00....Senior Citizens
 - \$3.00....High School Students with ASB Card
 - \$2.00....Children 12 and under

- B. No admission prices will be charged for the first round League-sponsored playoff games for the following sports: Boys Volleyball, Boys and Girls Soccer, Lacrosse, Boys and Girls Water Polo and Baseball.

Admission prices for all semi-final and final rounds of playoff games for these sports, and for all rounds of playoffs for all other sports shall be the same as section A above with the exception that General Admission is \$8.00.

- C. Admission During the Regular League Season – Schools may (but are not obligated to) charge for the following sports during the regular league season: basketball, football, volleyball, and wrestling. Schools shall not charge admission for other sports during the regular league season.

- D. Admission to League-Sponsored Playoff Games and Meets – Schools who host League sponsored playoff games and meets shall charge admission prices for each event, and the proceeds shall be retained by the League.

Exception: Admission shall not be charged for Softball Playoffs, and the host school shall be responsible for obtaining and paying officials.

7. HOST SCHOOL BUDGETS FOR LEAGUE-SPONSORED CONTESTS

- Baseball The expense of the officials and gate help used in the playoffs shall be paid by the League.
- Basketball All necessary expenses for the playoffs which are approved by the Commissioner shall be paid by the League.
- Golf Each team participating in the League Playoffs shall be given a maximum of \$150.00 to be used by the Commissioner for payment of green fees.
- Lacrosse The expense of the officials and gate help used in the playoffs shall be paid by the League.
- Soccer The expenses of the officials and gate help used in the playoffs shall be paid by the League.
- Swimming All necessary expenses for the League Meet up to a maximum of \$ 1,500 which are approved by the Commissioner shall be paid by the League.
- Tennis All necessary expenses for the League Meet approved by the Commissioner shall be paid by the League.
- Track All necessary expenses for the League Meet up to a maximum of \$ 1,500 which are approved by the Commissioner shall be paid by the league.
- Volleyball The expenses of the officials and gate help used in the playoffs shall be paid by the league.
- Wrestling All necessary expenses for the League Meet approved by the Commissioner shall be paid by the League.

8. SPORTS INFORMATION DIRECTOR - SID EXPENSE BUDGET

- A. Supplies necessary for the work done by the SID shall be supplied by the League Office.
- B. The salary of the SID shall be determined by the Commissioner and approved by the Principal's Council.
- C. Cost of phone and computer correspondence shall be reimbursed by the League.

ARTICLE VIII – OFFICIALS

1. OFFICIALS MUST BE CERTIFIED

All officials used by member schools must be assigned and be members of an officially recognized Officials Associations. Any exception to this rule must be approved by the League Commissioner.

2. COMMISSIONER ASSIGNS OFFICIALS FOR LEAGUE PLAYOFF

Officials shall be assigned by the League Commissioner for League playoff games in baseball, basketball, soccer, softball, volleyball, water polo, and the wrestling tournament.

3. NUMBER OF OFFICIALS

The number of officials shall be as follows:

Baseball	All Levels	2
	Playoffs	3
Basketball	Varsity	3
	Lower Levels	2
Football	Varsity	4, but a 5 th official can be used if the Official Association adds the 5 th official.
	Junior Varsity	4
	Freshmen	4
Lacrosse	All Levels	3
Soccer	Varsity	3
	Junior Varsity	2
	Freshmen	2
Softball	All Levels	2
Volleyball	All Levels	2
Water Polo	Varsity & F/S	2

4. IF THE REQUIRED NUMBER OF OFFICIALS ARE NOT PRESENT

A varsity team may refuse to play any game when less than the number of required officials are on hand. See Article V., Special Rulings - Forfeitures and Postponements.

Exception: Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand.

5. “DINGED” OFFICIALS

If a “dinged” official is assigned a game by necessity or error and reports to work a game, the game must be played with him/her officiating.

ARTICLE IX – PROTESTS

1. PROTESTS INVOLVING ELIGIBILITY

- A. Protests of eligibility may be made at any time during the current school year.
- B. A boy/girl who has been found ineligible shall be considered to have been ineligible in all the games he/she participated while ineligible, and those games shall be declared forfeit. Refer to General By-Laws Article IV - Special Rulings/Forfeitures.

2. PROTESTS INVOLVING GAME CONDITIONS AND/OR GAME RULES

A protest involving game conditions and/or game rules must be called to the attention of the officials before the game or during the game when the reason for the protest arises. The following procedures shall be employed:

- A. The cause for protest shall be discussed with the officials and the two coaches involved, and every attempt shall be made to settle the issue without protest. The home team has the primary responsibility to provide the rule book.
- B. If there seems to be cause for protest, then the athletic directors of the schools involved shall discuss the problem and seek a settlement without protest.
- C. If the athletic directors of the schools involved cannot agree to a settlement of the protest, the League Commissioner shall be notified and he/she shall render a decision on the protest.
- D. If both schools involved in the protest cannot agree with the decision of the League Commissioner, then the Principals of either school may continue the protest as outlined in Section 6 below.

3. OTHER PROTESTS

A protest involving policy and procedures not connected with a game condition or rule shall be subject to the same procedures as outlined in Item 4 with the exception of part A.

4. NO PROTESTS OF JUDGEMENT CALLS

No protest which involves an official's judgment shall be made. Protests shall be made only when a rule has been violated.

5. GAME RULES OF THE SPORT

The game rules of each sport govern the effect of a valid protest upon the game and game results. These rules are set in the Rule Books issued by the CIF and CCS. In protest cases not specifically covered by the Rule Book, the league Commissioner shall be responsible for rendering a decision. He/she shall employ any or all of the following steps:

- A. Consultation with Supervisors of Officials, Officials Association Committees and other League Commissioners.
- B. Reference to the WCAL Handbook, CCS and CIF rulings, bylaws and constitutions.
- C. Previous rulings made in similar protests, tradition, and consultation with local well-known authorities.
- D. Personal interpretation and discretionary use of personal judgment whenever necessary.

6. WCAL INCIDENT AND ADVISORY BOARD

Whenever the League Commissioner deems it necessary or helpful to get feedback regarding decisions pertaining to (1) student eligibility, or (2) sportsmanship violations or concerns he/she may convene the WCAL Incident Advisory Board. The Commissioner may use this Board any time he/she seeks feedback and advice from Principals or Athletic Directors on any item listed above.

- A. Members of the Advisory Board will serve on 3 year cycles coinciding with the term of the WCAL Athletic Director's Chairperson and/or President of the WCAL Principals Council.

- B. The membership of the board will consist of the League Commissioner, the President of the WCAL Principals Council, the Chairperson of the WCAL Athletic Directors Council, and four (4) additional members; 2 Principals and 2 Athletic Directors to be elected by the Principals Council and the AD Council respectively.
- C. No member of the Board may participate if their school was involved in the incident/contest (either offending or offended).
- D. Reviews do not have to happen in person, but should involve all members of the Board unless a Board Member's school was involved in the incident. The Board may review items over email or teleconference, etc.
- E. The Board will make a recommendation to the Commissioner regarding the incident which would include levying or lessening of any penalty or other consequences considered by the Commissioner.
- E. The Commissioner has the final authority to determine any course of action pertaining to the incident.

7. RESULTS OF PROTESTS AND APPEALS

Final decisions regarding protests and appeals shall be documented in writing and sent to the school(s) involved whenever possible.

ARTICLE X – EJECTIONS

1. CONSEQUENCES OF AN EJECTION – If a player or coach is ejected from a contest the following applies:
 - A. If a player or coach is ejected from a contest during the season that player or coach must sit out the next contest following their ejection. If a player participates in the next contest following his/her ejection that player will be treated as an ineligible player for that contest, and his/her team shall forfeit the contest.
 - B. If the contest from which a player or coach was ejected is the last contest of the year for that team, the above stated disqualification would carry over to that team’s first regularly scheduled league contest the next year.
 - C. Any player or coach ejected from any CCS Playoff contest because of flagrant misconduct or unsportsmanlike behavior shall be excluded from participating in the remainder of the CCS Playoff contests in the sport for that year, including any CIF contests. If the ejection occurs in the final CCS-CIF contest for that team then the player or coach would have to sit out the first league contest the next season.

2. SOLE GROUNDS FOR APPEAL OF AN EJECTION
There is normally no appeal on ejections unless there is the issue of “mistaken identity”. However, if any ejection is deemed to have possible unusual circumstances that may allow for the penalty of the ejection to be reverse or lessened an AD or Principal may appeal to the Commissioner within 24 hours after the ejection. The Commissioner will have the final authority to decide if the ejection penalty may be lessened or overturned.

ARTICLE XI – SPORTSMANSHIP

1. THE WCAL SPORTSMANSHIP CODE

Definitions of Sportsmanship

- A. The practice of playing fair, of taking loss or defeat without complaint or victory without gloating and treating opponents with fairness, generosity, and courtesy.
- B. In accordance with the league philosophy and goals (Article II), the promotion of sportsmanship is integral to the functioning of this league. As a concrete measure of the understanding and commitment to fair play, ethical behavior, and integrity, sportsmanship demonstrated by all involved in athletics is perhaps the clearest sign that this league and its member schools are treating athletic participation as “integral to the common Catholic mission of our schools.”

2. RESPONSIBILITY

- A. Everyone associated with an athletic event - coaches, athletes, officials, cheerleaders, spectators and school administration - play an important role in seeing that standards of sportsmanship are upheld before, during and after a contest is played.
- B. Each person in attendance should strive to meet ideals of sportsmanship:
 - 1. Show respect for the opponent at all times. The opponent should be treated as a guest, greeted cordially on arriving, given the best possible accommodations and treated respectfully at all times.
 - 2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Sportsmanship implies the willingness to accept and abide by the decisions of the officials.
 - 3. Know, understand and appreciate the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as to the letter of the rules.
 - 4. Maintain self-control at all times. A prerequisite of sportsmanship requires one to understand his/her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Sportsmanship is concerned with the behavior of all involved in the game.
 - 5. Recognize and appreciate skill in performance regardless of affiliation. Applause for a good performance of an opponent is a demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most highly commendable gestures of sportsmanship.
- C. Within the framework of these basic fundamentals are the specific responsibilities which each individual must bear.

3. THE COACH

- A. The coach bears the greatest burden of responsibility for sportsmanship. The influence of the coach upon the attitudes and behavior of the players, the student body and the community is unequalled. In order for sportsmanship to become a reality, it is essential that the coach subscribe to the values of sportsmanship and teach its principles through words and action.

B. The coach should:

1. Always set a good example for others to follow.
2. Teach the values of honest effort in conforming to the spirit as well as the letter of the rules.
3. Instruct the players in their sportsmanship responsibilities.
4. Discipline those students who display unsportsmanlike behavior; if necessary, forfeit their privilege of representing their school.
5. Be an accommodating host to opponents; treat them as guests.
6. At every opportunity, remind the student body that the opposing team is their guest, and that as hosts, they should be polite and courteous.
7. Consider providing opportunities for social interaction among coaches and players of both teams before and after the contest.
8. Respect the judgment of the officials and their interpretation of the rules. Public protests can only lead to similar behavior by the players and spectators.
9. Publicly shake hands with the officials and opposing coach before the contest. After the contest, congratulate opposing coach and team on a good effort.

3. THE ATHLETES

A. The responsibility of the athletes for sportsmanship is second in importance only to the coach. Because athletes are admired and respected, they exert a great deal of influence over the actions and behavior of the spectators.

B. The athletes should:

1. Accept seriously the responsibility and privilege of representing the school and community.
2. Treat opponents with the respect that is due them as guests and fellow competitors.
3. Shake hands with opponents and wish them good luck before the contest.
4. Offer assistance during a break in game action to an opponent who has fallen.
5. Exercise self-control at all times, accepting decisions and abiding by them.
6. Respect the judgment of the officials and their interpretations of the rules. Never argue or make gestures indicating dislike for a decision.
7. Allow the captain to be the only team member to communicate with the officials regarding the clarification of a ruling.
8. Accept both victory and defeat with pride and compassion, never be boastful or bitter.
9. Congratulate the opponents in a sincere manner following either victory or defeat.
10. Cooperate with the coach and fellow athletes in trying to promote sportsmanship.
11. Welcome the opportunity to discuss the rules and strategies of the contest with parents and friends so they can better understand and appreciate the finer points of the game.
12. Never taunt an opponent or celebrate an accomplishment in such a way as to "show up" the opponent or demonstrate a lack of respect or provoke another team or its spectators.

4. THE CHEERLEADERS

A. Since the cheerleaders are the chosen representative of the student body, they have an unusual opportunity and a significant responsibility for promoting sportsmanship. Cheerleaders should be chosen who are respected by fellow students. The most aggressive and vocal individual does not necessarily make the best cheerleader. By setting a good example, the cheerleaders can influence and help control the reactions of student spectators.

- B. The cheerleaders should:
1. Work with moderators to design standards of desirable behavior for the leaders and cheering section
 2. Select positive cheers which praise their own team without antagonizing their opponents.
 3. Make spirit signs that are positive in nature and do not refer to the opposing team in a derogatory or negative manner.
 4. Use discretion in selecting when to cheer. Give the opposing team's cheerleaders equal opportunity to execute their cheers.
 5. Give encouragement to injured athletes and recognition to outstanding performances for either team.
 6. Serve as host to the visiting cheerleaders. Meet them upon arrival, and show them hospitality.
 7. Assist school officials at rallies or other gatherings in reminding students of the expectations of good sportsmanship and that the reputation of the school depends largely upon the behavior of its students at athletic contests. It should be emphasized that no derogatory remarks or booing should be made at any time.
 8. For desired spectator response, cheers should be executed with precision and ease.
 9. Develop a large repertoire of desirable and timely cheers which may be called upon at appropriate moments.
 10. Always maintain enthusiasm and composure especially in trying circumstances, remembering responsibilities for leadership.

5. THE STUDENT BODY / CHEERING SECTION

Spectators and their tremendous enthusiasm for sports are indicative of their vital responsibility for sportsmanship. Their habits and reactions determine the quality of sportsmanship which reflects upon the reputation of the school they are supporting.

- A. The spectator should:
1. Know and demonstrate the fundamentals of sportsmanship.
 2. Respect, cooperate and respond enthusiastically to cheerleaders.
 3. Censure fellow spectators who display negative behavior.
 4. Respect the property of the school and the authority of school officials.
 5. Show respect for an injured athlete when he/she is removed from the contest.
 6. Never applaud errors by opponents or penalties inflicted upon them.
 7. Never heckle or jeer members of the opposing team.
 8. Never criticize the athletes or coaches for the loss of the contest.
 9. Respect the judgment and strategy of the coach. Refrain from being a second guesser.
 10. Avoid profane language and obnoxious behavior which are contrary to sportsmanship.
 11. Never participate in an unauthorized visit to another school or engage in any acts of vandalism.
 12. Remain in stands or spectating area; never enter athletic field or court.

6. THE BAND AND OTHER ENTERTAINERS

- A. The band directors should contact each other before the game in order to coordinate times for playing and any other necessary details.
- B. Band members should be supervised by a staff member and they should enter the stadium or gym as a group.

- C. Bands should only play before a game, during time-outs, at halftime and after the game. In this regard, band directors should be sensitive to any school which may desire to sing its Alma Mater at the end of the game and provide opportunity for them to do so without interruption. Visiting schools should be allowed to sing Alma Mater first.
- D. Bands, dance troupe members, and other entertainers should not interfere with the officials, with practicing teams, or with the playing of the game.

7. THE ATHLETIC DIRECTOR

- A. Less visible than the coaching staff, but nevertheless of great importance to the overall program of sportsmanship, is the athletic director. The numerous details which are essential for a smoothly functioning educational contest require the efforts of an individual dedicated to the true purpose of school athletics. The philosophy which this person holds is reflected in the policies and procedures which he/she initiates, the behavior of the coaches and athletes, and in the conduct of all athletic contests. This person must subscribe to and promote the ideals of sportsmanship.
- B. A responsible athletic director will:
 1. Secure competent officials who will be satisfactory to both teams, and provide adequate compensation to assure quality officiating.
 2. Schedule opponents who have similar standards.
 3. Avoid scheduling opponents in which rivalry has reached the point that unruly behavior has become an accepted matter of course.
 4. Enlist the support of student leaders in the development of sportsmanship programs.
 5. Work closely with the cheerleaders and/or their moderator in the techniques of spectator management.
 6. Secure competent public address announcers who promote the fundamentals of sportsmanship, who do not elicit undesirable spectator reactions, and who announce the game in a nonpartisan manner.
 7. Maintain a good relationship with the media; keep them well-informed of the activities and the objectives of the program.
 8. Provide for clearly defined and appropriately separated rooting sections.
 9. Notify visiting school of location of rooting sections, procedures for halftime, etc.

8. THE PRINCIPAL AND HIS/HER DESIGNEES

- A. The administration must establish the importance of the fundamentals of sportsmanship in the minds of the entire school family and all those who associate with any of the activities of the school. The quality of the sportsmanship displayed at athletic contests reflects the leadership provided by the administration.
- B. The principal should ...
 1. Pursue avenues for proactively promoting sportsmanship (e.g., pre-game gatherings with opposing school's faculty and coaches, prayer before start of contest, etc.)
 2. Establish definite eligibility policies and procedures, and be sure that they are thoroughly understood.
 3. Prevent outside influences from exerting undue pressure upon the athletic program.
 4. Be sure parents thoroughly understand what the school expects of its athletes.
 5. Take an active role in the development of athletic policies.
 6. Be sure that all students have a definite understanding of the kinds of behavior expected of them.

7. Support and encourage school programs designed to enhance the understanding of sportsmanship.
8. Establish and enforce consequences for students and athletes who violate expectations of sportsmanship.
9. Establish good rapport with the media relative to its obligation for promoting good sportsmanship.
10. Insure the employment of coaches who are concerned primarily with educational objectives and the well-being of students.

9. THE DEAN

A. The Dean Should:

1. Provide sufficient supervision for all football and basketball games as well as other athletic events which require special supervision.
2. Provide, when necessary, additional security such as police to assist in maintaining order and safety at athletic events. It is the responsibility of the home team to assess the nature and extent of security needs for an event.
3. Attend all varsity football and basketball games and any other events he/she determines to require the dean's presence; if the Dean is unable to attend an athletic event, he/she will assign a designee and provide the name of this designee to the Dean of the opposing school. The designee will confer with the opposing Dean prior to the start of the athletic event.
4. Notify students of consequences for unsportsmanlike behavior, inclusive of potential expulsion for serious offenses such as vandalism.

10. BEHAVIOR GUIDELINES FOR CONTESTS

A. Acceptable Behavior:

1. Applause during introduction of athletes, coaches and officials
2. Athletes shaking hands with opponent who fouls out while both sets of fans recognized athlete's performance with applause.
3. Accepting all decisions of officials.
4. Cheerleaders leading fans in positive yells in positive manner.
5. Handshakes between participants and coaches at end of contest, regardless of outcome.
6. Treating competition as a game, not a war.
7. Coaches/athletes searching out opposing participants to recognize them for outstanding performances of all participants.
8. Applause at end of contest for performances of all participants.
9. Everyone showing concern for an injured athlete, regardless of team.
10. Encouraging surrounding people to display only sportsmanlike conduct.

B. Unacceptable Behavior

1. Disrespectful, taunting, derogatory yells, chants, songs or gestures (including such cheers as "Nah, Nah, hey, hey, good-bye" or "Airball, Airball").
2. Turning backs or holding up newspapers while teams are being introduced, or when teams, dance or drill teams are performing.
3. Booing or heckling an official's decision.
4. Criticizing officials in any way; displays of temper with an official's call.
5. Yells that antagonize opponents.
6. Refusing to shake hands or give recognition for good performances.
7. Blaming loss of game on officials, coaches or athletes.
8. Laughing or name-calling to distract an opponent.
9. Using profanity or displays of anger that draw attention away from the game.

10. Doing own yells instead of following lead of cheerleaders.
11. Using noisemakers at any time unless these are mascots or traditional items that have prior approval of the league. The Bellarmine Bell, the St. Francis Cannon and the Riordan Fog Horn are league approved in the context and have special rules for their use. Schools wishing to introduce new “noisemaking” devices must receive the approval of the league.
12. Unauthorized visiting of other school’s rooting section.
13. Going onto the court or field at any time before, during, or after contest.

11. PROCEDURES AND SANCTIONS

Should any school identify unsportsmanlike behavior by another member school, the following process should be followed.

- A. For violations of the sportsmanship code, every effort should be made to resolve the concern at the lowest lever; that is, contact should be made between coaches, Athletic Directors, Deans, or Principals to articulate the concern. The school that was contacted about a minor violation has the responsibility to investigate and respond appropriately and to then inform the other school in writing of the action taken. A copy of the written response should be sent to the Commissioner.
- B. Upon receipt of this letter it becomes the responsibility of the league commissioner to investigate the incident. If upon completion of his/her investigation, he/she feels there has been a serious violation of the sportsmanship code, he/she may take one of the following actions:
 1. Send a formal letter of sanction to the violating school and give formal notification to the Board of Managers;
 2. If the Commissioner feels there is a need for further review of the incident he/she may notify the President of the WCAL that the Commissioner would like the WCAL Incident Advisory Board to review the incident and advise the Commissioner on any possible action they deem to be warranted regarding the incident. Refer to page 28 6. WCAL INCIDENT ADVISORY BOARD for procedures to follow for further review.

12. PRAYERS

Each school that uses a public address system to announce a game in any sport shall read a Prayer from the approved list of Prayers prior to the start of that game.

13. ANNUAL SPORTSMANSHIP MEETING

Each year the League Commissioner shall conduct a meeting on Sportsmanship with all the member schools. Attendees at this meeting shall include the League Commissioner, each school’s Dean, and select students from each school such as yell leaders, etc. The meeting will be held in September each year, and shall be hosted by all schools on a rotation basis established by the Commissioner . The Agenda for this meeting shall be prepared by the Commissioner with the assistance of the Deans Council.

ARTICLE XII – ATHLETICS PHILOSOPHY

The members of the West Catholic Athletic League believe that athletic participation is integral to our common Catholic/Christian mission. We consider athletics to be an extension of the classroom, another facet of our educational mission. The members of the WCAL pledge not to use undue influence in attracting student-athletes to our schools, including the following:

1. No one associated with any WCAL School may approach a student or his/her parents, either directly or through a third party (teacher, coach, etc.), for the purpose of inducing that student to attend any WCAL School in order to participate in athletics.
2. Prospective students or their parents or representatives should contact the school Admissions Office, not coaches or athletic administrators, to discuss application, admission, financial aid, etc. WCAL coaches or athletic administrators who may be contacted in this way should direct the person to the Admissions Office.
3. WCAL coaches or other Athletic Department personnel are not to discuss, promise, or infer admission or financial aid to prospective students or their parents or representatives.
4. WCAL coaches or other school personnel or representatives are not to discuss team membership, playing time, etc., with prospective students or their parents or representatives.
5. WCAL coaches are not permitted to send text messages or make phone calls to grammar school or middle school students.
6. WCAL does not award athletic scholarships.
7. No middle-school-age individual or team may be invited or given discounted admission to WCAL athletic contests. These may be extended only to entire classes or school student bodies.
8. WCAL does not target specific individual students for invitation to sport camps. Sport camps are open to the general public.
9. Financial aid for sport camps is not based on athletic ability.
10. Any correspondence from WCAL representatives to camp participants must be sent to all participants, and not targeted at specific individuals.
11. No middle school students may participate in open gyms or other athletic activities with WCAL students during the regular school year.
12. Incoming freshmen are not eligible for summer league play. Incoming freshmen may not begin organized practice until the league-sanctioned starting date.

ARTICLE XIII – AMENDMENTS TO THESE BY-LAWS

These By-Laws may be amended by any regular meeting of the Principals' Council by a majority vote of those present.

SPORT BY-LAWS OF THE WEST CATHOLIC ATHLETIC LEAGUE

ARTICLE I- BASEBALL

1. PRACTICE
 - A. "Organized Practice" is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES – Organized practice for all levels may not begin prior to a date established by the CCS – See page 11.
3. COACHING STAFF LIMITS – The maximum number of coaches, paid or volunteer, for baseball is 7.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a "game" whenever two schools meet in any competition in any CIF-approved sport. The game limit for baseball is:
 Varsity: 27 games and 2 Scrimmages, with each game counting against the maximum number of games
 Junior Varsity: 23 and 2 Scrimmages
 Freshman: 21 and 2 Scrimmages
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the National Federation Rules.

5. STARTING TIMES
 Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

Day	Varsity	JV	Freshmen
Weekdays	4:00	4:00	4:00
Saturdays	12:00	11:00	11:00
SAT Saturdays	2:00	11:00	11:00
Night Games	7:00 - Night games at St. Francis will be doubleheaders - Freshmen at 3:30 and JVs at 6:30		

(Both sides must agree to play a night game.)

6. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
 - D. Scrimmages may be scouted.

7. SCHEDULE

- A. A double round robin League schedule shall be played each year by the varsity team.
- B. The varsity League schedule shall end in time to allow for the league playoffs before the CCS playoffs.
- C. A double round robin League schedule shall be played each year by the junior varsity and freshman teams.
- D. Easter Tournaments: Both the week before and after Easter have been reserved for Easter Tournaments, and both weeks shall be considered a “dead period” for League games and League makeup games. However, makeup games may be played if both schools agree, but no school is obligated to make up a postponed League game during this two week period. In the event Easter Week falls at a time when the league has scheduled a three game week, and if any school(s) are scheduled to play in a tournament on the Saturday of that week those schools may play league games on Tuesday, Thursday and Friday instead of Tuesday, Friday and Saturday. However, if two teams are not playing in Easter Tournaments on the Saturday of that week will play their games as originally scheduled – namely, Tuesday, Friday and Saturday.

8. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves To Varsity: Once the League begins, players on a lower-level team may be moved up to the varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

9. SPORT-SPECIFIC RULES

- A. Levels of Competition
There shall be varsity, junior varsity, and freshman competition.
- B. Adult Coaches for Varsity, Junior Varsity, and Freshman Games
 - 1. An adult coach may occupy either of the coaching boxes providing that a second designated adult coach in uniform is in the dugout.
 - 2. If one team does not have two designated adult coaches, then both teams must abide by the rule limiting the adult coach to the coaching box directly in front of his/her dugout.
 - 3. Such coaches must be in uniform and a uniform is defined as baseball or coaching shoes, baseball uniform pants, baseball uniform shirt or windbreaker and baseball cap.
 - 4. A coach who does not wear a uniform may enter the playing field to talk to his/her defensive team and/or pitcher. He/she may also come on the playing field to talk to his/her batters.
- C. Aluminum Bats
 - 1. Varsity: Aluminum bats are optional on the varsity level and are recommended for practice and practice games.
 - 2. Junior-Varsity and Freshman: Aluminum bats are mandatory on the JV and freshman levels. In cases where 31-inch and 32-inch aluminum bats are not available, wood bats may be used and proper notice shall be given to the opposing coach and Athletic Director.
- D. Batting Practice
There shall be no batting practice prior to a League game or League Playoff game.

E. Facilities

1. The host school shall provide proper field conditions such as cut grass, chalk lines, home plate, a batter's box, and the pitcher's mound.
2. Restraining lines near the players' bench shall be used if there are no dugouts.

F. Ground Rules

Each varsity coach shall send to all schools the ground rules for all the diamonds his/her teams (varsity, JV, and freshman) use during the season. A copy shall also be sent to the League Office. Failure to comply with this rule shall draw league censure and may be the basis of a valid protest.

G. Pitching Limitation

1. A pitcher shall be limited to thirty (30) outs and/or three (3) appearances in a calendar week, Monday through Saturday, during the season.
2. Each school shall record the number of outs pitched per pitcher to date on the back of the game scorecard for each game of the week. This scorecard shall be used as the official verification of the pitcher(s) status for any game during the week.

H. Speed-up Rule

The WCAL has adopted the suggested speed-up rule as found in the National Federation High School Rule Book. The speed-up rule shall be applicable to all League freshman games.

I. Winter Leagues

Any boy/girl shall be allowed to participate in winter league competition, but no coach or person affiliated with the school shall be allowed to coach or direct the boy/girl or team in any manner.

10. POSTPONEMENTS, TIES, AND PROTESTS

A. Postponements

Games postponed because of rain shall be rescheduled for the next available day. The home team school shall set the date upon consultation with the visiting school. Any conflicts shall be resolved by the Commissioner. The sequence of make-up games shall follow the sequence of regular schedule whenever and wherever possible. The only exceptions to make-up games are both the week before or after Easter. (See "Schedule/ Easter Tournaments" above.)

B. Ties

1. A tied game shall be considered a completed game if at least five (5) innings have been completed. Individual records of a tied game shall stand and be official.
2. Tied games which are called because of rain, darkness, curfew, etc., shall not be replayed at a later date if five (5) innings have been completed. In this case, the game will be considered a tied game, and each team shall receive one point in accordance with the point system used to determine round robin championships.
3. If a lower level team is involved in a tied game under the circumstances of #2 above, and each school's Athletic Directors are in unanimous agreement that it is not in the best interest to complete the tied game due to travel restrictions, then the game does not have to be completed.

C. Suspended Games

A baseball game that is suspended by weather, darkness, etc. shall be considered a completed game if at least five innings have been played, or 4½ innings have been played with the home team ahead in the score when the game was postponed. If any game is called by the umpires due to rain, darkness, curfew, etc prior to either 5 full innings or 4½ innings as described above, regardless of the score of the game when it is called, that game shall be classified as a suspended game and shall be rescheduled at the next available future date. That game shall be resumed at the point when the umpires called the game.

D. Protests

All valid protested games shall be played from the point of protest to completion.

1. Varsity

- a. If the protest occurs after the fifth inning, and the protested game is in the first round, the game shall be completed prior to the beginning of the next regularly scheduled game between the two schools or by mutual contest of the Athletic Directors.
- b. If the protest occurs before completion of the fifth inning, or if the protested game is in the second round, then the postponement rule applies. (See "A" above.)

2. Junior Varsity and Freshman

- a. If the protest occurs after the fifth inning, and the protested game is in the first round, the game shall be completed prior to the beginning of the next regularly scheduled game between the two schools or by mutual contest of the Athletic Directors.
- b. If the protest occurs before completion of the fifth inning, or if the protested game is in the second round, the game shall not be continued unless the game has a bearing on the championship.

11. ROUND ROBIN COMPETITION WINNERS

The winner of the round robin competition shall be determined by a point system as follows:

1. Two (2) points for a game won.
2. One (1) point for a game tied.
3. Zero (0) points for a game lost.

12. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS

- A. There shall be an eight team playoff for the Varsity only. The winner of the round robin shall receive no less than the #1 seed to the CCS Payoffs regardless of how they finish the WCAL Playoffs. The winner of the WCAL playoffs shall be the #2 seed to CCS. If there are co-champions in the round robin the seeding shall be determined by Section 19. E. 1. outlined on page 16 of this handbook.
- B. There shall be no playoff to determine the JV or freshman championship. The winners of the round robin in the JV and freshman leagues shall be declared champions. In the case of ties for first place in either league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- C. For varsity only, in the event that two teams tie for the round robin championship and each team has defeated the other, both teams shall be declared co-champions. If one team has defeated the other team twice in round robin play, that team shall be designated the round robin champion. In the event that a third team wins the playoffs, then all three teams shall be declared tri-champions.
- D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
- E. For varsity only, if a tie still exists after tiebreaker "D" above, the overall champion shall be determined by the team that wins the playoffs. Seedings for the playoff shall be determined by Section 13, "Method for Breaking Ties in League Standings and Entries into the CCS."
- F. 10 Run Rule

The WCAL does not use a 10 Run Rule for either League Games or Playoff Games.

13. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Multiple Ties in the double round standing shall be broken starting with the lowest teams tied.
- B. The following procedure shall be used to break ties in the order as listed:
 - 1. Head to head competition involves only contests played within league schedule.
 - 2. Greatest number of wins within the tie.
 - 3. Greatest number of wins above the tie.
 - 4. Greatest number of wins versus the highest-ranked team above the tie.
 - 5. Greatest number of wins below the tie starting with the team ranked next in line to the tied teams.
 - 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
- C. Coin Flips or Drawings
 - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified prior to the drawing.
 - 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
 - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.

14. VARSITY PLAYOFF FORMAT

- A. The playoffs shall be organized and supervised by the Commissioner.
- B. The playoffs shall normally begin on the Tuesday after the end of the regular league schedule, weather permitting.
- C. Three officials shall be assigned by the Commissioner for all playoff games. Home team officials shall be assigned to all games.
- D. The playoffs shall operate in the following manner for an eight-team playoff:
 - First Round
 - 1st place team vs. 8th place team
 - 2nd place team vs. 7th place team
 - 3rd place team vs. 6th place team
 - 4th place team vs. 5th place team
 - Semifinals
 - All games to be played at the sites of the higher seeds.
 - The lowest-seed winner of the first round shall play the highest-seed winner of the first round in one game, and the other two winners of the first round shall play each other in the second game.
 - Finals
 - The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.

1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 13, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
 2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 13, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.
- E. Playoff Game Sites
1. The first-round games shall be played at the field of the higher-seeded teams.
 2. Whenever possible, the semifinals and finals shall be played at Stephen Schott Stadium at Santa Clara University. Archbishop Mitty shall be responsible for coordinating the semifinals and finals, under the supervision of the Commissioner, if they are held at Stephen Scott Stadium. The higher-seeded team shall be the home team on the scoreboard for the semifinals and finals at Stephen Schott Stadium.
 3. In the event that the Stephen Schott Stadium is not available for the semifinals, then they shall be played at the field of the higher-seeded teams.
 4. In the event that Stephen Schott Stadium is not available for the finals, then the game shall be played at the field of the higher-seeded team unless three or more teams tied for the round robin championship, in which case Section D.2. above would prevail.
 5. For the semifinals or finals, the Commissioner may select another field that is not the field of the higher seed(s) if the Commissioner feels this is warranted.
- F. Tied Playoff Games: A League playoff game that is suspended by weather, darkness, etc. shall be considered a completed game if at least five innings have been played, or four and one-half innings have been played with the home team ahead in the score when the game was postponed. If any game is called by the umpires due to rain, darkness, curfew, etc prior to either five full innings or four and one-half innings as described above, regardless of the score of the game when it is called, that game shall be classified as a suspended game and shall be rescheduled at the next available future date. That game shall be picked up by reverting back to the last completed inning played when both teams had full at-bats. If Stephen Schott Stadium is not available for this game, then the game shall be moved to the field of the higher seed.
- G. Uncompleted Playoffs: If the League playoffs cannot be played at all or cannot be completed in their entirety, then the final standings shall be determined by the results of the double round robin schedule. The first-place team shall be the League champion and the #1 seed to the CCS playoffs and the second-place team shall be the #2 seed to the CCS playoffs.

15. CENTRAL COAST SECTION PLAYOFFS

- A. The winner of the round robin is the #1 seed to the CCS.
- B. The winner of the League Playoffs, shall be designated as the #2 seed to CCS.
- C. If ties exist for the round robin championship, the seeding to CCS shall be determined by the rules stated in Section 19. E. on page 16 of this handbook.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
- E. Order of Entry for At-Large Entries: Teams shall enter the CCS Playoffs as at-large entries based upon how the teams finished in the League round robin. This includes the use of tie-breakers to break a tie in the League standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tiebreaker procedure).

16. OFFICIALS

- A. Officials for all varsity, junior varsity, and freshman League games shall be obtained by the host school.
- B. The number of officials shall be two on all levels; three for varsity playoff games.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. Coaches shall be permitted to reject an official and shall notify the host school at least one (1) Week prior to the game involved.
- E. Officials for the varsity playoff games shall be assigned by the Commissioner.

17. GAME CONDUCT

- A. If a player or coach is ejected from a contest during the season, that player or coach must sit out the next contest following their ejection. If a player or coach participates in the next contest following his/her ejection, that player will be treated as an ineligible player for that contest and his/her team shall forfeit the contest.
- B. If the contest from which a player or coach was ejected is the last contest of the year for that team, the above-stated disqualification would carry over to that team’s first regularly-scheduled league contest the next year.
- C. Any player or coach ejected from any CCS playoff contest because of flagrant misconduct or unsportsmanlike behavior shall be excluded from participating in the remainder of the CCS playoff contest in the sport for that year, including any CIF contests. If the ejection occurs in the final CCS-CIF contest for that team, then the player or coach would have to sit out the first league contest the next season.
- D. Individuals involved in a team brawl may be subject to disciplinary action by the League.
- E. Repeat offenders shall be subject to longer suspensions.
- F. A report of a player ejection, coach ejection, or team brawl must be made to the League Commissioner. Failure to file a report shall result in League censure.

18. ALL-LEAGUE TEAM

The coaches shall meet during the week after the end of the regular season to select the All-League team.

ARTICLE II – BASKETBALL

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS – See page 11.

3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for basketball is 6.

4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for basketball is:
 - Varsity: 24 games and 2 Scrimmages
 - Junior Varsity: 23 games and 2 Scrimmages
 - Freshman: 21 games and 2 Scrimmages
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Games shall not be played on Sundays and Christmas.
- E. All games shall be played according to the National Federation Rules.
- F. The length of quarters for League games shall be:
 - Varsity: 8 minutes
 - JV: 7 minutes
 - Freshman: 7 minutes

5. STARTING TIMES

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

Format	Level	Starting Time
Coed Doubleheaders	Varsity	7:30 or 6:00, alternating each half season.
	JV	3:00 if the varsity plays at 6:00 and 4:30 if the varsity plays at 7:30.
Single-Gender Games	Boys Frosh and Girls Frosh-Soph	Play at sites opposite the varsity and JV and starting times alternate each half season – 3:30, 5:00, and 6:30.
	Varsity	7:30
	JV	6:00
	Frosh Boys	3:00 and 4:30, alternating each half season, with “Bs” playing at 3:00 for the first half of the year, and “As” playing at 3:00 for the second half of the year.
Saturdays	Frosh-Soph Girls	4:30
	Varsity	6:30
	JV	5:00
	Two Frosh Games	2:00 and 3:30
	One Frosh Game	3:30

6. SCRIMMAGES

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.

- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. The one approved varsity scrimmage shall be held any time during the month of November.
- F. The varsity scrimmage shall not be scouted.
- G. A post-season scrimmage in preparation for the CCS playoffs is permitted as long as permission for the scrimmage is obtained from the Commissioner.

7. SCHEDULE

- A. A double round robin League schedule shall be played each year by the varsity team.
- B. The varsity League schedule shall end in time to allow for the League playoffs before the CCS playoffs.
- C. A double round robin League schedule shall be played each year by the junior varsity and freshman teams.

8. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves To Varsity: Once the League begins, players on a lower-level team may be moved up to the varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition unless approved by the League Commissioner.
- D. The Freshman A and B Boys' Teams shall have separate eligibility lists, and there shall be no exchange of players between the two teams during the league season unless approved by the League Commissioner.

9. SPORT-SPECIFIC RULES

- A. Levels of Competition
 - Boys - There shall be Varsity, Junior Varsity, Freshman "A", and Freshman "B" competition.
 - Girls - There shall be Varsity, Junior Varsity, and Frosh-Soph competition.
- B. Game Ball
 - The home team shall provide the game ball. It must be an official ball according to National Federation rules. It may not be rubber.
- C. Timers
 - Official timers must be adults at all varsity and junior varsity games.

10. ROUND ROBIN COMPETITION WINNERS

The winner of the round robin competition shall be determined by a point system as follows:

- 1. Two (2) points for a game won.
- 2. One (1) point for a game tied.
- 3. Zero (0) points for a game lost.

11. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. If two teams tie for the championship in the round robin, head to head results shall determine the champion. If one team does not have a better record than the other team they both are co-champions.

- B. Other than determining the league champions, all other ties for seeding purposes shall follow the following procedures:
 - 1. Head to head competition involves only contests played within league schedule.
 - 2. Greatest number of wins within the tie.
 - 3. Greatest number of wins above the tie.
 - 4. Greatest number of wins versus the highest-placed team above the tie.
 - 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 - 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
- C. Coin Flips or Drawings
 - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified prior to the drawing.
 - 2. In determining the rank of at-large entries into the CCS playoffs, the team(s) involved in the tie with the best record head to head shall receive entry into the Enrollment Divisions of the CCS Playoffs before the other team(s). If two or more teams involved in the tie have the same record head to head then the results of the coin flip or drawing shall determine the rank of at-large entry into specific Enrollment Divisions of the CCS.
 - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing.
If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.

12. CENTRAL COAST SECTION PLAYOFFS

- A. The winner of the round robin shall be designated the #1 seed to the CCS.
- B. If ties exist for the round robin championship the seeding to CCS shall be determined by the rules stated in Section 19. E. on page 16 of this Handbook
- C. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
- D. Order of Entry for At-Large Entries: Teams shall enter the CCS playoffs as at-large entries based upon how the teams finished in the League round robin. This includes the use of tie-breakers to break a tie in the League standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tiebreaker procedure.)

13 OFFICIALS

- A. Officials for all varsity, junior varsity, and freshman League games shall be obtained by the host school.
- B. There shall be three officials assigned for each League varsity game and two officials assigned for each League junior varsity or freshman game.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. Coaches shall be permitted to reject an official based upon their written evaluation and shall notify the Commissioner at least 10 days before the first game.
- E. Officials for the varsity playoff games shall be assigned by the Commissioner, and split crews shall be used in all playoff games involving teams serviced by different associations.

- F. If the Required Number of Officials Are Not Present
 - 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 - 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- G. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”

14. GAME CONDUCT

- A. If a player or coach is ejected from a contest during the season, that player or coach must sit out the next contest following their ejection. If a player or coach participates in the next contest following his/her ejection, that person will be treated as an ineligible player for that contest and his team shall forfeit the contest.
- B. If the contest from which a player or coach was ejected is the last contest of the year for that team, the above stated disqualification would carry over to that team’s first regularly scheduled league contest the next year.
- C. Any player or coach ejected from any CCS playoff contest because of flagrant misconduct or unsportsmanlike behavior shall be excluded from participating in the remainder of the CCS playoff contests in the sport for that year, including any CIF contests. If the ejection occurs in the final CCS-CIF contest for that team, then the player or coach would have to sit out the first league contest the next season.
- D. Repeat offenders shall be subject to longer suspensions.
- E. A report of a player or coach ejection must be made to the League Commissioner. Failure to file a report shall result in League censure.

15. ALL-LEAGUE TEAM

Following is the procedure for selecting the All-League Team for the Boys:

- A. Each coach shall nominate up to five of his/her own players.
- B. From the nomination list, each coach shall list his/her preference in order. All coaches will then vote for the All-League team from the nomination list. The eight players receiving the highest total of votes shall constitute the First Team All-League, with the seven players receiving the next highest total of votes constituting the Second Team All-League. All other players receiving votes shall be designated Honorable Mention. Coaches shall not vote for their own players or vote for a player who is not on the nomination list.
- C. For the Boys the player with the highest point total shall be named the Player of the Year, and shall be awarded the Ed Fennelly Player of the Year Award. If two players tie for the highest point total they both shall receive the Ed Fennelly Player of the Year Award. No Ed Fennelly Player of the Year Award will be given if more than two players tie for the highest point total.
- D. For selecting the All-League Team for the Girls, the Girls Varsity Coaches shall meet after the end of the League Season to discuss selecting the All-League Team. Each team’s coach will nominate and discuss the strengths of any players they wish to nominate for All-League. After all coaches have nominated their players the coaches shall vote on the All-League Team.
 - 1. The eight players with the highest vote total shall constitute the First Team All-League. The next seven players who have the highest number of votes after the First Team is selected shall be designated as Second Team All-League. Any players who have received votes, but not enough votes to qualify for First or Second Team shall be designated Honorable Mention All-League.
 - 2. The Player with the highest vote total shall be named the Player of the Year, and shall be awarded the WCAL Player of the Year Plaque. If two players tie for the highest vote total, both shall be Co-Players of the Year, and both shall receive a Player of the Year Plaque. No Player of the Year Plaque shall be given if more than two players tie for the highest point total.

ARTICLE III — CROSS COUNTRY

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES — No organized practice for seniors, juniors, or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
3. STARTING DATES FOR FRESHMEN — No organized practice for Freshmen may begin until one week after the other levels begin practice.
4. COACHING STAFF LIMIT — The maximum number of coaches, paid or volunteer, for cross country is 4 for boys and 3 for girls.
5. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for cross country is 15 meets and/or invitationals for all teams.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. Games shall be held according to the National Federation Rules.
6. STARTING TIMES
All League meets shall begin at 2:00 PM. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.
7. SCHEDULE
 - A. There shall be three weighted League meets, with the last meet held at least one week prior to the CCS meet.
8. ELIGIBILITY
 - A. Runner may be moved from team to team during the League Season.
 - B. Seniors may compete on the Junior Varsity level.
9. SPORT-SPECIFIC RULES
 - A. Levels of Competition and Entries Per Level
There shall be the following number of levels of competition and entries per level in the three League meets:
 1. Boys
 - Varsity - Maximum of seven runners from each school.
 - Junior Varsity - Unlimited number of runners from each school.
 - Sophomore - Unlimited number of runners from each school.
 - Freshman - Unlimited number of runners from each school.
 2. Girls
 - Varsity - Maximum of seven runners from each school.
 - Junior Varsity - Unlimited number of runners from each school.
 - Frosh-Soph - Unlimited number of runners from each school.

- B. Organization of the Meets
The three League meets shall be organized by the Cross Country chairs under the supervision of the Commissioner.
- C. Cost of the Meets
The League Commissioner's Office shall pay the cost of running all three League meets.
- D. Athletic Trainer at Meets
A trainer shall be in attendance at all league meets. The member schools shall determine what school will provide the trainer for each meet.
- E. Spikes
Spikes shall not be worn in the League meets.

10. POSTPONEMENTS

If a League meet needs to be postponed, the Commissioner shall be notified and the meet rescheduled for the earliest possible date.

11. LEAGUE CHAMPIONSHIP

A. The League championship shall be determined by the highest total of combined points from the three League meets.

B. The weighted scoring system for the three League meets will be as follows:

1st meet - 25% 2nd meet - 25% Final meet - 50%

In the first two League meets, points will be awarded as follows:

- 1st Place 8 points
- 2nd Place 7 points
- 3rd Place 6 points
- 4th Place 5 points
- 5th Place 4 points
- 6th Place 3 points
- 7th Place 2 points
- 8th Place 1 point

In the Final League meet, points will be awarded as follows:

- 1st Place 16 points
- 2nd Place 14 points
- 3rd Place 12 points
- 4th Place 10 points
- 5th Place 8 points
- 6th Place 6 points
- 7th Place 4 points
- 8th Place 2 points

The above point system shall be adjusted to reflect the exact number of schools participating in a given meet.

The winner of each meet shall receive the maximum points for each meet regardless of the number of schools participating. Points will be awarded only to teams participating in a given meet.

- C. In case of ties in the standings, teams shall share the points. In case of ties between teams in a match, the tie shall be broken by the results of the 6th runner
- D. If two (2) teams tie for first place in total combined points, co-champions shall be declared and equal awards shall be given to the two teams.
- E. If either the first meet or second meet are cancelled due to weather, then the final meet shall have 2/3rd of all the points. If both the first and second meets are cancelled then the final meet counts 100% of all the points.

12. CENTRAL COAST SECTION MEET

- A. Schools which qualify shall be entered in the CCS meet. The number of qualifiers is determined by the CCS Cross Country By-Laws.
- B. The top three individuals in the third and final League meet who are not members of a team that qualifies for the CCS meet shall be the League individual qualifiers to the CCS meet.
- C. Season Long Play — 50% Rule
Athletes must participate in at least $\frac{1}{2}$ of all league meets to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.
- D. Any individual may qualify for an at-large entry into CCS Championships by matching or eclipsing a predetermined CCS qualifying time at the league finals.

ARTICLE IV – FOOTBALL

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team. Conditioning and weight training is not considered organized practice.
 - B. Practice or team meetings shall not be held on Sundays or Christmas.
 - C. Physical exams may be given and equipment issued prior to the starting date, but no actual practice may be held until the starting date. Whenever players appear with any type of protective equipment (excluding shoes) or using any type of equipment designed for contact drills, such as blocking shields, dummies, sleds, etc., it shall be considered a football practice.
 - D. All football practice sessions must be conducted on the campus or regular home field of the school holding the practice. No school or its allied organizations, such as booster clubs, may provide housing off campus and/or meals free of charge to athletes during regular football practice prior to the opening of school.
2. STARTING DATES — No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
3. STARTING DATES FOR FRESHMEN — No organized practice for Freshmen may begin until one week after the other levels begin practice.
4. COACHING STAFF LIMITS — The maximum number of coaches, paid or volunteer, for football is 12.
5. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for football is:

Varsity:	10 and 1 Scrimmage
Junior Varsity:	10 and 1 Scrimmage
Freshman:	9 and 1 Scrimmage
 - B. There shall be a minimum of 14 days of organized practice for the team before the first game.
 - C. There shall be a minimum of 10 days of organized practice for the individual boy/girl before he/she may participate in a game.
 - D. There shall be a minimum of 10 days of organized practice for the team before the first interscholastic scrimmage is held.
 - E. There shall be a minimum of five days of organized practice for the team before the first intrasquad scrimmage is held.
 - F. No team shall play more than two games in any eight-day period.
 - G. A tournament counts as the minimum number of contests guaranteed.
 - H. An alumni contest shall not be included in the game limit of any sport.
 - I. Games shall not be played on Sundays and Christmas.
 - J. All games shall be played according to the National Federation Rules
 - K. The length of quarters for League games shall be:

Varsity:	12 minutes
JV:	10 minutes
Freshman:	10 minutes

6. **STARTING TIMES**

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

Day	Varsity	JV	Freshman
Weekdays	All teams 3:30 during DST, 3:00 during standard time.		
Saturdays*	1:00	10:00	10:00
SAT Saturdays*	2:00	11:00	10:15
Nights (Fri or Sat)	7:00 or 7:30	4:00 or 5:00	

* There must be a minimum of 45 minutes between games on Saturday doubleheaders.

7. **SCRIMMAGES**

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged. Further, teams alternate in carrying the ball, downs are not counted, score is not kept, and the coaches are on the field directing play.
- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted and are open to the public.
- F. No school shall participate in an interscholastic scrimmage before the 10th day of team practice for that particular school.

8. **SCHEDULE**

- A. A single round robin League schedule shall be played each year by each team.
- B. The League season shall end on the date prescribed by the Central Coast Section.
- C. The freshman League football schedule shall be the same as the varsity and JV with the sites being opposite.

9. **ELIGIBILITY**

- A. **Moving Up OK, But No Downward Movement After League Begins:** No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. **Temporary Moves To The Varsity:** Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis. Specific approval from the Commissioner must be obtained in advance. The maximum number of contests for the season for that player cannot be exceeded.
- C. **Seniors:** Senior athletes are not eligible for junior varsity competition.

10. **SPORT-SPECIFIC RULES**

- A. **Levels of Competition**
There shall be Varsity, Junior Varsity, and Freshman competition.
- B. **Age Requirement**
A boy/girl shall be 15 years of age before he/she may play varsity football.
- C. **Facilities and Support Staff**
 - 1. All schools shall provide and abide by the Home Game Information Sheet.
 - 2. The playing field must conform to the current rule book requirements and should have a clock and public address system. A visible electric clock is mandatory for varsity games. In case of clock malfunction or the use of an emergency field without a visible electric clock, the hand clock shall be kept on the visitor's side of the field.

3. The host school should guarantee a minimum seating allowance of 300 for the visiting school.
4. The host school shall provide well-trained line crews to assist the officials at the games.
5. The visiting school may set up its own equipment to facilitate scouting, either a tower or platform. Such equipment shall be easily and immediately disassembled after the game.
The home team Athletic Director shall designate where the portable elevation may be located. Any type of elevation used must not be located in front of the spectator stands.
6. The visiting school may share the home school's existing equipment but must provide its own electrical necessities.

D. End Zone Scouting

Football coaches shall be permitted to scout games from behind the end zone provided that the following regulations are observed:

1. If there are stands or bleachers in the end zone, the stands or bleachers must be used.
2. If there is a crowd control rope or barrier inside the track, the coaches must be behind such rope or barrier.
3. If there is a crowd control rope or barrier outside or beyond the track, the coaches may be on the track but without any players or non-coaching persons.
4. If there are no stands, bleachers, or crowd control ropes, the coaches must be no closer than the track.

E. Press Box Scouting

The press box shall not be used for scouting by any League school at any League school's games.

F. Film Exchange for Scouting

Schools may exchange game films for the purpose of scouting according to the following guidelines:

1. All schools may use any form of film taping.
2. Teams will exchange film for the second and third week prior to their game.
3. The exchange is to take place by Saturday of each week at 8 PM or by the prior arrangement of the coaches involved.
4. Exchanged tapes are to be returned on the day of the game.
5. No exchanged tapes are to be duplicated by the receiving team.
6. League coaches may not exchange tape of a League opponent with any non-League school.
7. The two game films to be exchanged shall be on two separate tapes.

11. POSTPONEMENTS

- A. League games shall be played despite rain, poor field conditions, and lack of crowd accommodation, except in the most extreme cases. The principle is that the game itself is the most important factor and that it should always be played as scheduled whenever and wherever possible. Rescheduling football games is most difficult, often impractical, and sometimes impossible. Postponing games until after the season should not be considered a possibility except in the rare case of the last game of the season.

- B. The following policies shall be observed:
 1. The home team shall make provisions beforehand for a suitable alternate field to facilitate the rescheduling of games whenever a postponement is necessary, particularly in the case of a rented field.
 2. The visiting team shall fully cooperate with the rescheduling plans of the home team.
 3. A priority in rescheduling games shall be followed whereby a varsity game has precedence over a JV game and a JV game has precedence over a freshman game.
 4. All schools shall be ready to switch home fields in order to facilitate the rescheduling of a game because of poor weather or field conditions.
- C. Postponement and rescheduling of a game because of weather shall be done at the earliest possible time to help minimize the communications problems for officials, spectators, news media, scouting personnel, etc.
- D. For further details, see "General By-Laws/Article IV/Postponements."
- E. Games that are suspended under CCS rules shall be completed based upon the CCS rule that applies to such suspended game.

12. TIES

- A. The California Tie-Breaker shall be used only in any varsity game. There is no tie-breaker for JV or freshman games.

13. LEAGUE CHAMPIONSHIP

- A. The League champion shall be determined by a point system as follows:
 1. Two (2) points for a game won.
 2. One (1) point for a game tied.
 3. Zero (0) points for a game lost.
- B. Since football is in itself peculiar to the playing of ties, there shall be no playoff whenever teams tie for the championship.
- C. In the case of ties for first place on the JV or freshman level, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- D. For varsity only, in the event that two teams tie for first place, both teams shall be declared co-champions and equal awards shall be given. The team which defeated the other in regular season play shall be designated as the number one representative of the League in the Central Coast Section playoffs. The other team shall be designated as the number two representative of the League in the CCS playoffs.
- E. For varsity only, if three or more teams tie for first place, co-champions shall be declared and equal awards shall be given.

14. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Multiple ties in the double round standing shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
- B. The following procedure shall be used to break ties in the order as listed:
 1. Head to head competition involves only contests played within league schedule.
 2. Greatest number of wins within the tie.
 3. Greatest number of wins above the tie.
 4. Greatest number of wins versus the highest-ranked team above the tie.
 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).

- C. Coin Flips or Drawings
 - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified prior to the drawing.
 - 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
 - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. (If applicable, the nine-game adjustment as per CCS rules shall be used.) If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.

15. CENTRAL COAST SECTION PLAYOFFS

- A. The League champion shall be designated as the #1 representative of the League to the CCS playoffs. Section 13. D. on page 56 clarifies how ties are resolved for the league championship, and representative to CCS.
- B. The second-place team in the final League standings shall be designated as the number two representative of the League in the Central Coast Section playoffs.
- C. Other teams may qualify as nominees to the CCS playoffs in the order of the final League standings.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
- E. Order of Entry for At-Large Entries: Teams shall enter the CCS playoffs as at-large entries based upon how the teams finished in the League round robin. This includes the use of tie-breakers to break a tie in the League standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tiebreaker procedure.)

16. OFFICIALS

- A. Officials for all Varsity, Junior Varsity, and Freshman League games shall be obtained by the host school.
- B. There shall be five officials assigned for each League Varsity game and four officials assigned for each League Junior Varsity or Freshman game.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. If The Required Number Of Officials Are Not Present
 - 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 - 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- E. For further details, refer to the General By-Laws Article IV - Special Rulings “Forfeitures” and “Postponements.”

17. SPRING PRACTICE

- A. Teams can have five (5) days of spring practice between May 1st and the second Saturday in June (start of summer). Actual dates for this spring practice will be determined by each school. Contact drills cannot be done during spring practice, including no helmets.

18. SUMMER CONDITIONING SESSIONS

- A. Schools are permitted fifteen (15) days or 30 hours between the second Saturday of June and July 31st to conduct summer practice. Contact drills can only be done if a school attends a team contact camp.
- B. Summer passing tournaments and team camps may be part of the 15 days allowed for summer practice. Summer passing tournaments count one day of practice for each day of participation. Team contact camps count one day for each two-hour session supervised by the team's coach(es).
- C. The 15 days selected by each school shall be published and sent to the Commissioner before the end of the school year.
- D. Conditioning, including weight training, is exempt from the 15 day limits during the summer.
- E. No full contact practice is allowed during the off-season. Please consult Section Bylaws for allowable off-season activities. Only the following equipment is allowed: football, bags, blocking sleds and football shoes. If allowed by the Section, a team may participate in air and bags/blocking drills while attending a team camp. Please consult Section and School District rules regarding the use of the aforementioned school equipment in the off-season. Team camps are considered practice. Only the following equipment is allowed: football, bags, blocking sleds and football shoes. If allowed by the Section, a team may participate in air and bags/blocking sled drills while attending team camp. Please consult Section and School District rules regarding the use of the aforementioned school equipment in the off-season. For purposes of this Bylaw, the off-season is defined as the teams's last football contest of the season until the first day of practice the following school year as set by the Section.

19. ALL-LEAGUE TEAM

Coaches will meet the week after the final League game to select the All-League team.

ARTICLE V – GOLF

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES (BOYS) — No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. STARTING DATES (GIRLS) — No organized practice for seniors, juniors or sophomores may begin prior to Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
4. STARTING DATES FOR FRESHMEN (GIRLS) — No organized practice for Freshmen Girls may begin until one week after the other levels start practice.
5. COACHING STAFF LIMIT — The maximum number of coaches, paid or volunteer, for golf is 2 for each gender.
6. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for golf is:
 - Varsity: 18 Matches and 2 scrimmages
 - Junior Varsity: 18 Matches and 2 scrimmages
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Matches shall not be played on Sundays and Christmas.
 - E. All matches shall be played according to the USGA Rules of Golf.
7. STARTING TIMES

Matches on both the varsity and JV levels are to begin at 3:00 during DST and 2:30 during standard time, or the time dictated by the golf course. Starting times for all matches shall be designated on all schedules and must be observed under the penalty of forfeiture.
8. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
 - D. All scrimmages shall be included in the official game limit set for each team in each sport.
 - E. Scrimmages may be scouted.
9. SCHEDULE (BOYS)
 - A. A double round robin League schedule shall be played each year by the Varsity and JV teams.
10. SCHEDULE (GIRLS)

A double round robin League schedule shall be played each year by the Varsity and JV teams.

11. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves To The Varsity: Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis for up to two non-league contests. Specific approval from the Commissioner must be obtained in advance. The player is considered to have moved up regardless of whether he/she plays in the contest. The maximum number of contests for the season for that player cannot be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

12. SPORT-SPECIFIC RULES

- A. Levels of Competition
 - Boys – There shall be Varsity and Junior Varsity competition.
 - Girls – There shall be Varsity and Junior Varsity competition.
- B. Team Composition
 - A team for League competition shall consist of a minimum of five to a maximum of six players.

13. POSTPONEMENTS

- A. League Dual Matches — These matches, whether postponed beforehand or after matches begin, shall be rescheduled by the host school, after notifying the Commissioner, at the earliest possible date. Postponed matches must be made up before the League tournament.
- B. League Tournament — The tournament shall be rescheduled at the earliest possible date by the Golf Chairman under the direction of the Commissioner.

14. ROUND ROBIN COMPETITION

- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. One (1) point for a game tied.
 - 3. Zero (0) points for a game lost.
- B. Scoring for both men's and women's matches shall be medal play with the team winner determined by the lowest total of the five best scores from the six players' gross scores. This will be the scoring format unless a different format is mandated by the Central Coast Section.
- C. In the women's League a maximum score for each hole shall be double the par for that hole.
- D. If adverse conditions exist through a course and coaches believe "preferred lies" or "winter rules" would promote fair play or help protect the course, they may choose to do so. However, if the coaches agree to "preferred lies" or to "winter rules," it should be in detail and should be interpreted by the coaches, as there is no established code for "winter rules." See the USGA Rules of Golf for guidelines. If the participating coaches disagree as to what rules should be played, the rules of play shall be decided by the coach of the home team. Again, adherence to USGA Rules of Golf is encouraged.
- E. In accordance with USGA Rules, all players must putt out no matter how close the ball may be to the hole in all dual matches and in the WCAL tournament.

- F. Flagrant violation or “apparent violation” of any rule(s) of play either in League dual matches or in the WCAL League tournament must be confronted before players start the next hole.
- G. The USGA Rules shall govern procedures for determining individual scores in League dual matches and in the WCAL tournament. The competitor shall check his/her score for each hole, settle any doubtful points with the match director or the committee, ensure that the marker has signed the card, countersign the card himself/herself, and return it to the match director or the committee as soon as possible. The competitor is responsible for the correctness of the score recorded for each hole while the match director or tournament committee is responsible for the addition of the scores.
- H. Caddies shall not be permitted in dual matches and/or League tournament. However, in girls’ golf, the players are allowed to use pull carts in both dual matches and the League tournament. Range finders are permitted in League matches.
- I. The number of holes to be played at a dual match shall be agreed upon by the coaches before the match begins, but a minimum of nine holes must be played:
 - 1. If less than nine holes are played because of weather or darkness, a rematch shall be necessary. (See “Postponements” above.)
 - 2. If the number of holes agreed upon beforehand exceeds nine, but that number of holes cannot be played, the scores of the players’ first nine holes shall determine the winner.
- J. Dual matches which end in a tie shall not be played off.

15. DETERMINING THE CHAMPIONSHIP FOR GIRLS’ GOLF AND AUTOMATIC ENTRY INTO THE CCS

- A. Round Robin Champions — The team that has the highest number of points after the League season shall be declared the round robin champion. The winner of each match shall receive two points. If a match ends in a tie each team shall be awarded one point. In the event that two or more teams tie for the most points in the round robin, the championship shall be determined as follows:
 - 1. If two teams tie for the round robin championship and one team has a better overall record against the other team in head to head competition that team shall be declared round robin champion.
 - 2. In the event that two teams tie and both teams have defeated or tied the other in head to head competition then both teams shall be declared co-champions of the round robin. The team with the most number of combined points from the round robin and the League championship tournament shall be declared the #1 seed to CCS.
 - 3. If more than two teams tie for the round robin championship the champion shall be the team with the greatest number of points within the tie. If a tie cannot be broken this way there will be no round robin champion, and the automatic entry into CCS, and the sole League champion, will be the team with the highest number of combined points from the round robin and the League championship tournament.
- B. Tournament Champion — A tournament shall be held at the end of the season to determine a tournament champion, and also resolve the automatic entry into CCS. The tournament shall involve all League teams, and points will be awarded to each team depending upon how they finish in the League championship tournament. The team that wins the league tournament shall be declared a co-champion with the team that won the round robin.

- C. Automatic Entry into CCS for Girls— The automatic entry into the CCS tournament will be the team that has the highest number of points after combining the points from the round robin schedule with points received in the League championship tournament.

Points in the round robin will be awarded by how teams finish in the round robin standing based upon the number of teams participating within the league, then doubling the actual number of points. For example, if seven teams play in the round robin the winner would receive 7 points for first place, and then those points would be doubled making the winner of the round robin having 14 points. Second place would receive 6 points doubled, or 12 points, etc.

Teams that tie for a spot in the standing would split the points for all the places that are tied. Assume two teams tie for second place and third place. Those two teams would split 12 points for second place and 10 points for third place giving each team 11 points.

Additional points would be added to all the teams based upon how they finish in the League Tournament. For example, if seven teams play in the League Tournament, the winner gets 7 points; second place 6 points, etc. Teams that tie would split the total points for all places tied the same as round robin. Assume two teams tie for second in the Tournament. They would split second and third place points - 6 points for second, 5 points for third giving each team 5½ points each.

Once the Tournament is finished we combine all the points each team has accumulated, and the team with the highest number of combined points is the Automatic Entry into the CCS Tournament. The first at-large entry to the CCS would be the team that has the next highest number of combined points, Second At-Large entry to CCS would be the next team with the highest number of points, etc.

- D. Entries to the CCS Tournament in the Event the League Tournament is Not Held – In the event the year-end tournament is cancelled due to weather or other unforeseen circumstances, the individual players who are to be selected to the CCS tournament who are not on qualifying teams will be selected as follows:
1. Coaches from all the League teams may nominate any of their qualified players for consideration for selection.
 2. All the League coaches will discuss the nominees and vote to list the players in order of preference for selection as the individuals to the CCS tournament.

16. LEAGUE CHAMPIONSHIP, CCS SEEDINGS, AND INDIVIDUAL CHAMPIONSHIPS

- A. For boys, the round robin winner shall be declared a co-champion with the winner of the league tournament. The round robin winner is the #1 seed to CCS, and the winner of the league tournament is the #2 seed to CCS.
- B. For both boys and girls, the individual champion shall be the player who shoots the lowest score during the League championship tournament.
- C. In case of ties among teams or individuals in the League championship tournament, ties shall be broken as follows: First tie-breaker shall be the total scores for the back nine holes; if still tied the second tie-breaker shall be the total scores for the last six holes on the back nine; if still tied the next-tie breaker shall be the total scores on the 18th hole. If a tie still exists the tie shall be broken by chance (flip of a coin by the Commissioner).
- D. For boys, in the event of a tie between two or more teams in the round robin for the championship the following shall prevail:
1. For varsity only, if two teams tie for the round robin championship and one team has a better overall record against the other team in head to head competition that team shall be declared the round robin champion.

2. In the event two teams tie and both teams have defeated or tied the other in head to head competition then both teams shall be declared co-champions of the round robin. If a third team wins the League championship tournament then all three teams shall be declared tri-champions. In the event of ties in the round robin, the seeding to CCS shall be determined by Section 19. E. on page 16 of this handbook.
 3. If more than two teams tie for the round robin championship the round robin champion shall be the team with the greatest number of wins/points within the tie. If the tie cannot be broken with head to head competition based upon the results of the round robin then the winner of the League championship tournament shall be the sole champion of the League and the #1 seed to the CCS. In this case the #2 and #3 seeds to CCS shall be determined by the results of the League championship tournament.
- E. For boys, in the event that two or more teams are tied for the round robin championship, and the tie was unable to be broken by procedures in “D” above, and are still tied after the League championship tournament, then the normal tie-breaking procedures for tournaments outlined in “C” above shall be applied to break the tie(s), and establish the League champion and the seeds to the CCS.
- F. For Boys:
1. In the event two or more teams tie for second or third place in the round robin the tie shall be broken as follows: If two teams tie for either second or third place, the results of head-to-head competition during the round robin shall determine which team receives the higher place finish. If more than two teams tie for either second or third place the higher place team(s) shall be the team(s) with the highest number of wins within the tie.
 2. If the tie cannot be broken by item #1 above, then the team with the greatest number of wins above the tie shall be given the higher place finish.
 3. In the event there is no outright winner in either of these two situations, then the team(s) shall be given the higher place finish(es) based upon how the teams finish in the League championship tournament. If a tie cannot be broken by the scores of the year-end tournament, then the normal tie-breaker procedure for the tournament mentioned in “C” above will be applied to break the tie.
- G. There shall be no playoffs or tournament to determine the JV boys’ championship. The winner of the JV round robin shall be declared the League champion. In the case of ties for first place, regardless of the number of teams tied, all teams involved in the tie shall be declared co-champions.

17. QUALIFICATION TO THE CCS SECTIONAL TOURNAMENT (BOYS)

- A. If the round robin winner wins the playoffs they are the #1 seed to CCS, second place in the round robin is the #2 seed to CCS, and the third place team in the round robin is the #3 entry into CCS.
- B. If the second place team in the round robin wins the playoffs, they are the #2 seed to CCS, the first place team in the round robin would be the #1 seed to CCS, and the third place team in the round robin would be the #3 entry into CCS.
- C. If the #3 team from the round robin wins the playoffs they would be the #2 seed to CCS, the winner of the round robin would be the #1 seed to CCS, and the second place team from the round robin would be the #3 entry into CCS.
- D. If any team which finished the round robin in any place lower than third wins the playoffs, they would be the #2 seed to CCS, the winner of the round robin would be the #1 seed to CCS, and the second place team from the round robin would be the #3 entry into CCS.
- E. In the event the teams that are tied for the round robin winner are also tied after the League championship tournament, then the normal tie breaking procedures should be applied as done previously in deciding the League tournament champion.

18. ENTRIES TO THE CCS TOURNAMENT IN THE LEAGUE TOURNAMENT IS NOT HELD
In the event the yearend tournament is cancelled due to weather or other unforeseen circumstances, the individual players who are to be selected to the CCS tournament who are not on qualifying teams will be selected as follows:
- A. Coaches from all the League teams may nominate any of their qualified players for consideration for selection.
 - B. All the League coaches will discuss the nominees and vote to list the players in order of preference for selection as the three individuals to the CCS tournament.
19. LEAGUE CHAMPIONSHIP TOURNAMENT
- A. The League championship tournament shall be organized by the Golf Chairman under the supervision of the Commissioner.
 - B. The site of the League championship tournament shall be rotated yearly between a northern and southern site, if possible.
 - C. Each school shall enter six players, or the number mandated by CCS rules.
 - D. For boys, scoring shall be medal play with the team winner determined by the lowest total of the five best scores from each of the player's gross score, unless a different format is mandated by CCS rules. For girls, scoring shall be medal play with the team winner determined by the lowest total of the five best scores from each of the player's gross score, unless a different format is mandated by CCS rules. Individual placing shall be determined by the lowest gross scores.
20. ALL-LEAGUE TEAM
- A. The All-League Team shall be selected by the coaches. The All-League Team includes the Player of the Year and Tournament Medalist each year. In addition, the team(s) that win the round robin and/or the league tournament shall have two players on the All League Team selected by the coach(s) of those teams. Finally, additional players from the other teams will be selected by the coaches.
21. COACHING DURING MATCHES – It is permitted to appoint one coach to give advice to members of their team during League matches. Coaches may not give advice to players on reading greens prior to putting. Also, the pace of play cannot be delayed while waiting for a coach to come to give advice to any player. This coaching advise is allowed at any level for both boys and girls. Finally, no advice can be given in the year-end League Tournament by coaches to any players.
22. SEASON LONG PLAY— 50% RULE
Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

ARTICLE VI — LACROSSE

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES — No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches shall be three per each level of competition.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limits for lacrosse are 20 games and 2 scrimmages.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays or Christmas.
 - E. Games shall be held according to the National Federation Rules.
6. STARTING TIMES – All Varsity league games shall begin at 3:30, with JV games to follow the Varsity.
7. SCHEDULE
 - A. Boys Lacrosse –There will be a single round robin format schedule for all levels.
8. LEAGUE PLAYOFFS
 - A. For Boys Lacrosse, there will be playoffs for Varsity only. Assuming a 7 team league, the playoffs will consist of all seven teams. In the first round, the #2 seed will host the #7 seed; the #3 seed will host the #6 seed, and the #4 seed will host the #5 seed. The #1 seed will have a bye in the first round. Winners of first round matches will play in the semi-finals with the lowest seed winner playing the #1 seed, and the other two winners playing each other. The higher seeds for these matches will host the matches, unless the league has a central site that can host both semi-final matches. The winners of the two semi-final matches will play for the championship, at the site of the higher seed. The winner of the playoffs will be determined the Tournament League Champion, and the winner of the round robin will also be determined a League Champion.
9. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS
 - A. Multiple ties in the double round standing shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
 - B. The following procedure shall be used to break ties in the order as listed:
 1. Head to head competition involves only contests played within league schedule.
 2. If more than two teams are tied, the order shall be decided by the greatest number of points within the tie.
 3. Greatest number of points above the tie.
 4. Greatest number of points versus the highest-ranked team above the tie.
 5. Greatest number of points below the tie starting with the next-placed team below the tie and moving downward.
 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
 - C. Coin Flips or Drawings
 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a

drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.

2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.

10. ALL-LEAGUE TEAM

A. For Boys Lacrosse at the end of the league season the Lacrosse Coaches shall select the All-League Team as follows:

1. Each coach can submit up to 10 nominations from their team for All-League consideration on the Nomination Forms to the League Commissioner. The nominations should be placed in order of preference for most deserving to least deserving.
2. After all nominations are received by the Commissioner, a list of all nominated players shall be forwarded to each coach with a ballot. Coaches are to vote for 20 players in rank order of most deserving to least deserving on the ballot, and return the ballot to the League Commissioner.
3. After all ballots are sent in the 20 players with the most votes will constitute the First Team All-League. Any players who have received votes, but not enough to be on the First Team, shall be on the Second Team All-League. The player that received the most votes shall be designated Player of the Year and awarded the Player of the Year Plaque.
4. Finally, after the First and Second Team is determined the coaches can name one additional player from their own team for Second Team All-League, and one more for Honorable Mention.

ARTICLE VII — SOCCER

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES — No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for soccer is 6.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for soccer is:

Varsity:	20 + 2 Scrimmages
Junior Varsity:	20 + 2 Scrimmages
Freshman:	19 + 2 Scrimmages
Frosh-Soph	19 + 2 Scrimmages
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the National Federation Rules.
 - F. Length of Halves
 1. Varsity teams shall play two 40-minute halves with a 10-minute intermission at halftime.
 2. JV teams playing on school days as part of a doubleheader with the freshmen shall play two 30-minute halves with a five-minute intermission at halftime.
 3. JV teams playing a single game on school days may, if the coaches agree, play two 35-minute halves with a 10-minute intermission at halftime.
 4. JV teams playing on non-school days shall play two 35-minute halves with a 10-minute intermission at halftime.
 5. Freshman teams playing on school days as part of a doubleheader with the JVs shall play two 30-minute halves with a five-minute intermission at halftime.
 6. Freshman teams playing a single game on school days may, if the coaches agree, play two 35-minute halves with a 10-minute intermission at halftime.
 7. Freshman teams playing on non-school days shall play two 35-minute halves with a 10 minute intermission at halftime.
 - G. The JV and freshman teams may play concurrently whenever possible with proper notice given to the visiting team.
 - H. No overtimes shall be played in League games.
 - I. All League and playoff games shall be played on fields which meet minimum Rule Book requirements, if possible.
5. STARTING TIMES

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

Day	Varsity	JV	Freshman
Weekdays	3:15	3:00	3:15 or after JVs
Saturdays	11:00	11:00	11:00 or after JVs
SAT Saturdays	2:00	11:00	11:00 or after JVs
Weekday Playoffs	2:30		

6. SCRIMMAGES

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school's official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted.

7. SCHEDULE

- A. A double round robin League schedule shall be played each year by the varsity team.
- B. The varsity League schedule shall end in time to allow for the League playoffs before the CCS playoffs.
- C. A double round robin League schedule shall be played each year by the junior varsity and freshman teams.

8. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of lower classification after the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.
- D. Outside Teams: Players must complete play for outside teams by the Monday following Thanksgiving.

9. SPORT-SPECIFIC RULES

- A. Levels of Competition
There shall be varsity, junior varsity, and freshman competition.

10. POSTPONEMENTS

- A. League games shall be played as scheduled except in the most extreme cases of bad weather and poor field conditions. Rescheduling soccer games is very difficult, often impractical, and sometimes impossible. Postponing games until after the season should not be considered a possibility, except in the case of the last week of the regular schedule.
- B. The following policies shall be observed:
 - 1. If it is physically impossible to compete, due to climactic conditions or the availability of fields, the home coach, with the advice of his/her respective Athletic Director, will cancel the game by 12 noon.
 - 2. The visiting teams shall fully cooperate with the rescheduling plans of the home team.
 - 3. A priority in rescheduling games shall be followed whereby a varsity game has precedence over a JV game and a JV game has precedence over a freshman game.
 - 4. Make-up games shall be rescheduled in the order of cancellation whenever possible and rescheduled on the next possible playing date.
 - 5. If two or more make-up games shall fall on a particular make-up day, the game of the earlier date will be played, the later one(s) postponed to the next succeeding make-up time(s).

6. No team shall play three consecutive games nor more than four games in a six-day period, Monday through Saturday, whenever and wherever possible.
7. If a makeup game can be played and there are no physical obstructions but there is outside interference to continue its postponements, the Commissioner is empowered to cancel the game, both sides forfeiting the game. But if the Commissioner observes negligence on only one side, he/she can demand its forfeiture by the delinquent coach.
8. The Commissioner shall be notified of all postponements and rescheduling plans on the day of the postponement.
9. All schools shall be ready to switch home fields in order to facilitate the rescheduling of a game postponed because of poor field conditions and/or bad weather. The Commissioner shall schedule postponed games in consultation with schools when there is a problem involving the number of games to be played within a limited number of days.
10. If the lower levels cannot complete their league schedule by the last regularly scheduled game, then those schools who still need to make-up games can do so using the week following the last week of the regular season. These make-up games can go up to and through the Saturday of that week, if necessary, after the last week of the regular season. Once any school completes their lower-level regular season, soccer players from that school may try out for spring sports.

11. ROUND ROBIN COMPETITION WINNERS

- A. The winner of the round robin competition shall be determined by a point system as follows:
 1. Three (3) points for a game won.
 2. One (1) point for a game tied.
 3. Zero (0) points for a game lost.

12. LEAGUE CHAMPIONSHIPS

- A. The winner of the round robin will be declared the League Champion.
- B. There shall be no playoff to determine the JV or freshman championships. The winners of the round robin in the JV and freshman leagues shall be declared champions. In the case of ties for first place in either league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- C. For varsity only, in the event that two teams tie for the round robin championship and each team has defeated the other, both teams shall be declared co-champions. If one team has defeated the other team twice in round robin play, that team shall be designated the round robin champion, and shall receive all the benefits associated with being the round robin champion.
- D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of points within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.

13. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS

- A. Multiple ties in the double round standing shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
- B. The following procedure shall be used to break ties in the order as listed:
 1. Head to head competition involves only contests played within league schedule.
 2. If more than two teams are tied, the order shall be decided by the greatest number of points within the tie.
 3. Greatest number of points above the tie.
 4. Greatest number of points versus the highest-ranked team above the tie.

5. Greatest number of points below the tie starting with the next-placed team below the tie and moving downward.
 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
- C. Coin Flips or Drawings
1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.
 2. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.
14. CENTRAL COAST SECTION PLAYOFFS
- A. The winner of the round robin shall be designated the #1 seed to the CCS.
 - B. In the event of ties within the round robin the seeding for CCS shall be determined by rules under Section 19. E. on page 19 of this Handbook.
 - C. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
15. OFFICIALS
- A. Officials for all varsity, junior varsity, and freshman League games shall be obtained by the host school.
 - B. There shall be three officials assigned for each League varsity game and two officials assigned for each League junior varsity or freshman game.
 - C. The officials must be members of an association approved by the Central Coast Section.
 - D. Officials for the varsity playoff games shall be assigned by the Commissioner.
 - E. If the Required Number of Officials Are Not Present
 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
 - F. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”
16. GAME CONDUCT
- A. Yellow Card Procedure — Any player who receives a yellow card (caution) shall be removed from the game immediately. This player may re-enter the game at the next available opportunity. If the offending player is not removed immediately, the opposing team has a basis for protest. (See General By-Laws, Article IX.)
 - B. Red Card Procedure — Any player who receives a red card (ejection) shall not play in the next game. A report shall be made to the League Office by the coach of any player who has been ejected from a soccer game. Repeat offenders shall be subject to suspension. Failure to report the ejection of any player shall result in League censure and possible forfeiture of future games.

- C. Sideline Control — Teams shall be located on and share equally the same side of the field during the game, with the spectators and rooters located on the opposite sideline, across the field from the teams.

17. ALL-LEAGUE TEAM - BOYS

- A. There shall be 26 All-League players. Following is the procedure for all-League selection:
 1. Each coach shall nominate his/her players and shall be allowed three nominations plus one additional nomination for every three points earned in the final standings.
 2. From the nomination list, each coach shall vote for 12 players and one goalkeeper, with a mix of offensive and defensive players. A coach shall not vote for his/her own nominees. The 13 players receiving the highest point total shall constitute the first team All- League.
 3. After the first team is selected, the coaches shall vote for the Offensive Most Valuable Player and the Defensive Most Valuable Player. These players must come from the first team All-League. Finally, coaches may select a Player of the Year.
 4. All ties shall be broken by vote of the coaches.
 5. The second team shall consist of the 13 players with the next highest votes after the first team has been determined.
 6. All other nominees shall be listed as honorable mention.
 7. The coaches shall review the results of the voting and tabulation before the All-League team is official. The purpose is to correct any possible omissions and/or inequities that might occur.
 8. Each school must have at least two players on the All-League teams, of which at least one must be on the second team and one honorable mention.

18. ALL-LEAGUE TEAM - GIRLS

- A. Depending upon the number of teams participating in the league schedule there shall be 25 (for six team playoff), 27 (for seven team playoff) and 29 (for eight team playoff) players selected for the All-League Team. Each coach shall select their own players based upon how each team finished in the final league standings as follows:

	First Team	Second Team
1 st Place	4	2
2 nd Place	3	2
3 rd Place	2	2
4 th Place	2	2
5 th Place	1	2
6 th Place	1	2
7 th Place	0	2
8 th Place	0	2

The 7th and 8th placed teams may be given a player on the First Team if the coaches feel those teams deserve a First Team Player. However, if this occurs then the 7th or 8th Placed Teams will have only one player on the Second Team. In addition, one additional player from each league team may be designated Honorable Mention once the All-League Team is selected. Finally, coaches may select a Player of the Year.

ARTICLE VIII – SOFTBALL

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for softball is 6 coaches for three levels; 5 coaches for two levels.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for baseball is:
 - Varsity: 27 + 2 Scrimmages
 - Junior Varsity: 23 + 2 Scrimmages
 - Freshman: 19 + 2 Scrimmages
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the National Federation Rules.
 - F. Ten-Run Rule: A 10-run rule shall be used for all League games.
 - G. There shall be no time limit on Varsity or JV games.
 - H. A 10 run rule shall be used for all league games when one team is at least 10 runs ahead of another team after five innings. Further, if one team is ahead by 15 runs or more after 3 innings the game shall end.
5. STARTING TIMES

All League games shall begin at 3:30 PM. Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.
6. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
 - D. All scrimmages shall be included in the official game limit set for each team in each sport.
 - E. Scrimmages may be scouted.
7. SCHEDULE
 - A. A double round robin League schedule shall be played each year by the varsity teams.
 - B. The varsity League schedule shall end in time to allow for the League playoffs before the CCS playoffs.
 - C. A double round robin League schedule shall be played each year by the JV teams.
 - D. Easter Tournaments: Both the week before and after Easter have been reserved for Easter Tournaments, and both weeks shall be considered a “dead period” for League games and League makeup games. However, makeup games may be played if both schools agree, but no school is obligated to make up a postponed League game during this two-week period.

8. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

9. SPORT-SPECIFIC RULES

- A. Levels of Competition
There shall be varsity and junior varsity competition.
- B. Adult Coaches for Varsity, Junior Varsity, and Freshman Games
 - 1. An adult coach may occupy either of the coaching boxes providing that a second designated adult coach in uniform is in the dugout.
 - 2. If one team does not have two designated adult coaches, then both teams must abide by the rule limiting the adult coach to the coaching box directly in front of his/her dugout.
 - 3. Such coaches must be in uniform and a uniform is defined as softball or coaching shoes, softball uniform pants, softball uniform shirt or windbreaker and softball cap.
 - 4. A coach who does not wear a uniform may enter the playing field to talk to his/her defensive team and/or pitcher. He/she may also come on the playing field to talk to his/her batters.
- C. Aluminum Bats
 - 1. Varsity: Aluminum bats are optional on the varsity level and are recommended for practice and practice games.
 - 2. Junior Varsity: Aluminum bats are mandatory on the JV level.
- D. Batting Practice
There shall be no batting practice prior to a League game.
- E. Facilities
 - 1. The host school shall provide proper field conditions such as cut grass, chalk lines, home plate, a batter's box, and the pitcher's circle.
 - 2. Restraining lines near the players' bench shall be used if there are no dugouts.
- F. Ground Rules
Each varsity coach shall send to all schools the ground rules for all the diamonds his/her teams (varsity and JV) use during the season. A copy shall also be sent to the League Office. Failure to comply with this rule shall draw league censure and may be the basis of a valid protest.
- G. Winter Leagues
Any boy/girl shall be allowed to participate in winter league competition, but no coach or person affiliated with the school shall be allowed to coach or direct the boy/girl or team in any manner.

10. POSTPONEMENTS, TIES, AND PROTESTS

- A. Postponements
 - 1. Games postponed because of rain shall be rescheduled for the next available day. The home team school shall set the date upon consultation with the visiting school. Any conflicts shall be resolved by the Commissioner. The sequence of make-up games shall follow the sequence of the regular schedule whenever and wherever possible. The only exception to make-up games are both the week before and after Easter. (See "Schedule/Easter Tournaments" above.)
 - 2. For further details, see "General By-Laws/Article IV/Postponements."

B. Ties

1. A tied game shall be considered a completed game if at least five innings have been completed. Individual records of a tied game shall stand and be official.
2. If, at the completion of a regulation game (seven innings), the eighth and ninth innings shall be played the same as all previous innings. If the game remains tied after nine innings, then beginning in the 10th inning a runner shall be placed on second base at the start of each inning. That runner shall be the player in the batting order who precedes the leadoff batter in each inning starting with the 10th inning. The game will proceed each inning using this adjustment until one team has won or the game has to be called due to darkness or weather problems. In the event that a game is tied after the fifth inning, including games that go extra innings as described here, such games will be considered a completed game and will not be replayed.
3. Tied games which are called because of rain, darkness, curfew, etc., shall not be replayed at a later date if five innings have been completed. In this case, the game will be considered a tied game, and each team shall receive one point in accordance with the point system used to determine round robin championships.
4. Suspended Games—A softball game that is suspended by weather, darkness, etc. shall be considered a completed game if at least five innings have been played, or 4½ innings have been played with the home team ahead in the score when the game was postponed. If any game is called by the umpires due to rain, darkness, curfew, etc prior to either 5 full innings or 4½ innings as described above, regardless of the score of the game when it is called, that game shall be classified as a suspended game and shall be rescheduled at the next available future date. That game shall be resumed at the point when the umpires called the game.
5. If a lower level team is involved in a tied game under the circumstances of #3 above, and each school's Athletic Directors are in unanimous agreement that it is not in the best interest to complete the tied game due to travel restrictions, then the game does not have to be completed.

C. Protests

All valid protested games, both varsity and JV, shall be played from the point of protest to completion.

1. If the protest occurs after the fifth inning, and the protested game is in the first round, the game shall be completed prior to the beginning of the next regularly scheduled game between the two schools or by mutual contest of the Athletic Directors.
2. If the protest occurs before completion of the fifth inning, or if the protested game is in the second round, then the postponement rule applies. (See "A" above.)

11. ROUND ROBIN COMPETITION WINNERS

- A. The winner of the round robin competition shall be determined by a point system as follows:
1. Two (2) points for a game won.
 2. One (1) point for a game tied.
 3. Zero (0) points for a game lost.

12. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS

- A. There shall be a playoff for the varsity only. The winner of the playoff and the winner of the round robin shall be declared co-champions of the league. The winner of the round robin shall receive no less than the #2 seed to the CCS playoffs regardless of how they finish in the WCAL playoffs. The winner of the WCAL playoffs shall be the #1 seed to CCS.

- B. There shall be no playoff to determine the JV or freshman championships. The winners of the round robin in the JV and freshman leagues shall be declared champions. In the case of ties for first place in either league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
 - C. For varsity only, in the event that two teams tie for the round robin championship and each team has defeated the other, both teams shall be declared co-champions. If one team has defeated the other team twice in round robin play, that team shall be designated the round robin champion, and shall receive all the benefits associated with being the round robin champion. In the event that a third team wins the playoffs, then all three teams shall be declared tri-champions.
 - D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
 - E. For varsity only, if a tie still exists after tiebreaker “D” above, the overall champion shall be determined by the team that wins the playoffs. Seedings for the playoff shall be determined by Section 13, “Method for Breaking Ties in League Standings and Entries into the CCS.”
13. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS
- A. Multiple ties in the double round standing shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
 - B. The following procedure shall be used to break ties in the order as listed:
 1. Head to head competition involves only contests played within league schedule.
 2. Greatest number of wins within the tie.
 3. Greatest number of wins above the tie.
 4. Greatest number of wins versus the highest-ranked team above the tie.
 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
 - C. Coin Flips or Drawings
 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.
 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.
14. VARSITY PLAYOFF FORMAT – All games are played at the site of the high seed.
- A. The playoffs shall be organized and supervised by the Commissioner.
 - B. The playoffs shall normally begin on the Tuesday after the end of the regular League schedule, weather permitting.
 - C. Two officials shall be assigned by the Commissioner for all playoff games. Home team officials shall be assigned to all games.

- D. The playoffs shall operate in the following manner for a seven-team playoff:
- | | |
|-------------|---|
| First Round | 1st place team receives a bye.
2nd place team vs 7th place team.
3rd place team vs 6th place team.
4th place team vs 5th place team. |
| Semifinals | The lowest-seed winner of the first round shall play the first place team.
The other two winners of the first round play each other. |
| Finals | The finals will be played between the two teams that have won the semi-finals. |

1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 14, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 14, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.

- E. Playoff Games Sites: All games shall be played at the site of the higher seed.
- F. Ten-Run Rule: If a team is losing by 15 runs after 3 innings, or 10 runs after 5 innings the game shall be called with the team ahead winning the game.
- G. Tied Playoff Games: In the case of a tied game called because of darkness or weather, the game shall be replayed the next day starting from the spot the game was called.
- H. Uncompleted Playoffs: If the League playoffs cannot be played at all or cannot be completed in their entirety, then the final standings shall be determined by the results of the double round robin schedule. The first-place team shall be the League champion and the #1 seed to the CCS playoffs and the second-place team shall be the #2 seed to the CCS playoffs.

15. CENTRAL COAST SECTION PLAYOFFS

- A. The winner of the round robin shall be designated the #1 seed to CCS.
- B. The winner of the league tournament shall be designated the #2 seed to CCS.
- C. If a tie exists for the round robin championship the seeding to CCS shall be determined by the rules stated in Section 19. E. on page 16 of this Handbook.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
- E. Order of Entry for At-Large Entries: Teams shall enter the CCS playoffs as at-large entries based upon how the teams finished in the League round robin. This includes the use of tiebreakers to break a tie in the League standings. (See "Method for Breaking Ties in League Standings and Entries into the CCS" for the tiebreaker procedure.)

16. OFFICIALS

- A. Officials for all varsity and junior varsity League games shall be obtained by the host school.
- B. There shall be two officials assigned for each League game.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. Coaches shall be permitted to reject an official and shall notify the host school at least one week prior to the game involved.

- E. Officials for the varsity playoff games shall be obtained by the host school.
- F. If the Required Number of Officials Are Not Present
 - 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 - 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- G. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”

17. GAME CONDUCT

- A. If a player or coach is ejected from a contest during the season, that player or coach must sit out the next contest following their ejection. If a player participates in the next contest following his/her ejection, that player will be treated as an ineligible player for that contest and his team shall forfeit the contest.
- B. If the contest from which a player or coach was ejected is the last contest of the year for that team, the above stated disqualification would carry over to that team’s first regularly scheduled league contest the next year.
- C. Any player or coach ejected from any CCS playoff contest because of flagrant misconduct or unsportsmanlike behavior shall be excluded from participating in the remainder of the CCS playoff contests in the sport for that year, including any CIF contests. If the ejection occurs in the final CCS-CIF contest for that team, then the player or coach would have to sit out the first league contest the next season.
- D. Individuals involved in a team brawl may be subject to disciplinary action by the League.
- E. Repeat offenders shall be subject to longer suspensions.
- F. A report of a player ejection, coach ejection, or team brawl must be made to the League Commissioner. Failure to file a report shall result in League censure.

18. ALL-LEAGUE TEAM

The coaches shall meet during the week after the end of the regular season to select the All-League team. Coaches shall nominate and elect the Most Valuable Player and the Most Valuable Pitcher. In addition, the All-League team shall be comprised of players selected from each team in the League by that team’s coach based upon how each team finished in the round robin as follows:

Finish	First Team	Second Team
First Place	4	2
Second Place	3	2
Third Place	2	2
Fourth Place	2	2
Fifth Place	1	2
Sixth Place	1	2
Seventh Place	1	1

If any teams are tied in the League standings, all teams within the tie shall be entitled to the number of All-League players from the highest place in the tie. In addition, teams may each select one additional player to be designated as Honorable Mention All-League. Finally, coaches may select a Player of the Year..

ARTICLE IX – SWIMMING AND DIVING

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.
3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for swimming and diving, including the diving coach, is 4 for boys and 4 for girls.
4. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for swimming and diving is 13 dual meets and/or tournaments for all teams.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. Games shall be held according to the National Federation Rules.
5. STARTING TIMES

All League meets shall begin at 3:00 PM. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.
6. SCHEDULE
 - A. The League schedule shall be a single round of dual meets.
7. ELIGIBILITY
 - A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
 - B. Temporary Moves to the Varsity: Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis for non-league contests. However, the player may not exceed the maximum number of contests for the season.
 - C. Seniors: Senior athletes are not eligible for junior varsity competition.
 - D. League Championship Meet – The eligibility rule is as follows:
 1. Freshman and sophomore athletes who competed on the varsity level during the dual meet season may be entered in the frosh/soph or junior varsity League championship meet.
 2. Athletes may not change classification (varsity, frosh/soph, or JV) after being seeded in an event in the League championship meet.
 - E. Season Long Play— 50% Rule

Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

8. SPORT-SPECIFIC RULES
- A. Levels of Competition
 - Boys – There shall be varsity and frosh-soph competition.
 - Girls – There shall be varsity and junior varsity competition.
 - B. Reporting Results of League Meets
 - The host school shall be responsible for compiling the meet results and for reporting them to the League Statistician.
 - C. DIVING – If the home team does not have adequate diving facilities, including depth of the pool, then they must move diving to the opposite school’s site or a site chosen by the League Commissioner. If a school refuses to dive at the opposite site, then the points will be awarded to the other team.
9. POSTPONEMENTS
- A. League dual meets shall be rescheduled by the host school, after notifying the Commissioner, at the earliest possible date.
 - B. The League championship meet shall be rescheduled for the earliest possible date by the Meet Director under the direction of the Commissioner.
10. LEAGUE CHAMPIONSHIPS
- A. The winner of the dual meet competition shall be declared a League champion.
 - B. In the event that the winner of the dual meet competition does not win the League championship meet, then the team that wins the League championship meet shall be declared co-champion with the round robin winner.
 - C. If two teams tie for first place in the dual meet standings and one team has defeated the other, that team shall be declared the round-robin champion.
 - D. If two teams tie for first place in the dual meet standings and tied their specific dual meet against each other, then they shall be declared co-champions with the team that wins the League championship meet.
 - E. If more than two teams tie for first place in the dual meet standings, then the winner of the League championship meet shall be declared the sole League champion.
11. LEAGUE CHAMPIONSHIP MEET
- A. The League championship meet shall be organized and managed by the Athletic Directors of the responsible schools, assisted by the Swimming and Diving Chairman, and under the supervision of the Commissioner.
 - B. Swimming and Diving Committee shall meet prior to the League championship meet to assist in the preparation of the meet. At this meeting, the following will take place:
 - 1. Entries shall be determined.
 - 2. Rules and regulations shall be reviewed.
 - 3. Responsibilities for the various aspects of the meet shall be determined, for example, support staff, equipment, supplies, and materials. There shall be a \$15 fine per person charged to any school that fails to provide the necessary personnel.
 - C. The operation of the League championship meet shall be hosted by Junipero Serra for a minimum of three years (2012, 2013, 2014). Also, the operation of the diving championship meet shall be hosted by Presentation for the same three years mentioned above for swimming.
 - D. Trials and finals shall be held on separate days.
 - E. Schools shall be limited to four official entries per individual event, and one official entry per relay event. Schools shall be allowed an unlimited number of unofficial entries for individual events, and one unofficial entry for relay events. Unofficial entries may not qualify for the finals.
 - F. Eight lanes shall be used for the finals.
 - G. The meet shall be scored through 16th place (finals and constitution finals).

- H. Start times shall be 12:30 for warm-ups and 2:00pm for regular meet.
- I. Diving – On the varsity level, diving shall consist of 11 dives. On the frosh-soph/JV level, diving shall consist of eight dives. Any diver who fails to complete 10 dives at the varsity level or seven dives at the frosh-soph/JV level shall be disqualified from the League championship meet by the Meet Director. The site for the Diving Championships shall be established each year when schedules are approved. Current sites are Presentation or St. Ignatius. Start times are warm-ups 2:30, and actual event 4:00pm.

ARTICLE X – TENNIS

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.
2. STARTING DATES (BOYS) – No organized practice for all levels may begin prior to a date established by the CCS – See page 11.
3. STARTING DATES (GIRLS) – No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.
4. STARTING DATES FOR FRESHMEN (GIRLS) – Freshmen girls may not begin practice until one week after all the other levels begin their practice.
5. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for tennis is 2 coaches for boys; 2 coaches for girls.
6. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for tennis is:

Varsity:	22 Matches and 2 Scrimmages
Junior Varsity:	22 Matches and 2 Scrimmages
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the USTA Rules of Tennis.
7. STARTING TIMES

Matches on both the varsity and JV levels are to begin at 3:30 during DST and 3:00 during standard time, or the time dictated by the off-campus tennis facility. Starting times for all matches shall be designated on all schedules and must be observed under the penalty of forfeiture.
8. SCRIMMAGES
 - A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
 - B. A scrimmage shall not involve any costs whatsoever.
 - C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
 - D. All scrimmages shall be included in the official game limit set for each team in each sport.
 - E. Scrimmages may be scouted.
9. SCHEDULE
 - A. A double round robin League schedule shall be played each year by both boys and girls varsity and JV teams.

10. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves to Varsity: Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
 - 1. If a team loses a player for illness, injury, etc., and as a result of that loss that team would be forced to forfeit a varsity match, that team may move a JV player up to the varsity for that match. That player may then be moved back to the JV team after that match. Movement of a specific player may occur only twice during the season. If the specific player is moved from the JV team to the varsity after two previous movements, that player must remain on the varsity team for the rest of the season.
No JV players may be moved to the varsity under this rule if the varsity has enough substitute players on their current roster to fill the vacancy described above.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.
- D. Season Long Play— 50% Rule
Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

11. SPORT-SPECIFIC RULES

- A. Levels of Competition
There shall be varsity and junior varsity competition.
- B. Team Composition
 - 1. A team for dual match competition shall be composed of four single players and six double players (4-3 format), all ranked according to ability one through ten.
 - 2. The first four ranked players on a team must play in that order. The fifth through tenth players should make up the doubles teams. However, the top two doubles teams must be ranked in order.
 - 3. A team must notify their opponent of an “order of strength” lineup change from the last League match. The opponent may adjust their lineup accordingly. If the “order of strength” is not changed, no lineup adjustments will be allowed. An absent player replaced by appropriate substitution policies does not constitute an “order of strength.”
 - 4. If a player is absent from a League match, the coach may substitute a player at the fourth singles spot or at the third doubles spot and move the remainder of the lineup up.
 - 5. Coaching will be allowed on set breaks and all odd game changeovers, except the first game changeover of a set.
 - 6. If a school has more than one coach, multiple coaches may coach the match as long as it is an equal number per school and is agreed upon by the coaches at the match.
 - 7. Coaches may go onto the courts of play during changeovers except after the first game of a set. Coaches are encouraged to discourage any distractions in play.
- C. Team Balls
The home team shall provide a minimum of 14 balls, and the balls may be Wilson, Penn, or Dunlap Championship balls.

12. POSTPONEMENTS AND TIES

- A. Postponements of League Dual Matches – These matches, whether postponed beforehand or after matches begin, shall be rescheduled by the host school, after notifying the Commissioner, for a date within one week of the originally scheduled match. If the match had already started before being postponed, then the players shall continue from the point of interruption. The decision to call a match shall be that of the home team coach.
- B. Ties in Dual League Matches – In the case of a tie when the games are at six all, the 12-point tiebreaker shall be used to determine the winner.
- C. Postponement of League Tournament – The tournament shall be rescheduled at the earliest possible date by the Tennis Chairman under the direction of the Commissioner.

13. ROUND ROBIN COMPETITION

- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. One (1) point for a game tied.
 - 3. Zero (0) points for a game lost.
- B. Each match shall be determined by the best of three sets, that is, two out of three. The team which wins at least four out of seven matches shall be declared the winner.
- C. In the case where there are only four courts available, the number one and two singles players and the first and second doubles teams will play first. If the team has already won the match, then no-add scoring may be used if both coaches agree prior to each match. A third set match tie-break (first player to 10 by two) may be used if the dual match has been decided. This is only to be used in a third set if the situation arises.
- D. At each League match, coaches must exchange written lineups no later than just prior to the verbal introduction of lineups.
- E. Rules for Coaching
 - 1. Coaching will be allowed on every odd game switchover (including the first game of each set), and during the 10-minute break between the second and third sets of play. If a set ends on an even game, the players may break but coaching is not allowed until the next odd game.
 - 2. Only a school's coach may advise or coach the team or player during the match.
 - 3. Only one coach may be designated as the coach for the designated match.
 - 4. Coaches may go onto the court of play to coach during switchovers. Coaches are encouraged to discourage any distractions in play.

14. LEAGUE CHAMPIONSHIP

- A. The team which wins the double round robin competition shall be the League champion and will be the League entry in the CCS tennis team tournament.
- B. If two or more teams tie for the round robin championship, and all teams within the tie have equal records among themselves, a playoff shall be conducted as described below to determine which team shall be the league entry to the CCS team tennis tournament. All teams involved in the tie shall be declared League champions, unless one team involved in the tie has a better record against the other team(s) involved in the tie. In this case, the team with the better record shall be the League champion, and no playoff would be necessary.
- C. Ties involving two or more teams
 - 1. In the event there is a tie involving two or more teams, and those teams have equal records among themselves, then a playoff shall be conducted to break the tie as follows: Each team shall play seven separate sets as in a regular match against the other teams. Each of the four single players on each team shall be ranked, and play a set against the similar four ranked single players on the other teams. All players ranked #1 on each team shall play a match against the other team's players who ranked #1; all #2 ranked players shall play matches against

the other team's #2 ranked players, etc., until all four ranked players have played their singles matches. The same format would be used for doubles matches. The winner of each match shall be awarded one point, and at the end of all of these matches the team with the greatest number of points shall be declared the league representative to the CCS.

2. In the event there is still a tie after this playoff, but the tie involves only two teams, then the results of the head-to-head competition in the playoffs between those two teams shall determine the representative to the CCS.
3. In the event there is still a tie between more than two teams after the above playoff, then the tie shall be broken by counting up the results of each match and awarding one point for each game won within the match. For example, if player A defeats player B in their set by a score of 6-2, then player A would receive six points and player B would receive two points. Each team would total up all their points from all the matches, both singles and doubles, and the team with the greatest number of points would be declared the champion and representative to the CCS. In the event there are still two teams tied after this tiebreaker, then tiebreaker #2 above shall be used to break the tie.
4. If all of the above tie-breakers cannot decide a champion, then a coin flip will be held to break the tie.

15. LEAGUE TOURNAMENT FORMAT

- A. A League tournament shall be held for the varsity level only and shall decide who is eligible to compete in the CCS singles and doubles tournament. Each school will send six players, two for singles, and four to compete for doubles.
- B. The League tournament shall be played on two consecutive days.
- C. In the singles competition, the top four players will be seeded based upon their individual League records. If there is a tie for the seeds, it will be broken in the following manner:
 1. The player who normally plays the number one position
 2. Record against the other player
 3. Sets won against the other player
 4. Blind draw
- D. The doubles team is seeded similar to the singles. Their seeding is based upon the combined League record of each member of the team.
- E. Line judges shall be used during matches to resolve cases of disputes. Designated players, but not parents, may serve as line judges.

16. ALL-LEAGUE TEAM

An All-League varsity team shall be selected by the varsity coaches. The procedure is as follows:

1. Each coach may nominate his/her own players.
2. From the nomination list, each coach shall vote for players and rank them in order from first to 14th but may not vote for his/her own players.
3. Point System – Fourteen points shall be given to first choice, thirteen for second choice, etc. The seven players with the highest point totals shall be named first team and the next seven players shall be second team.
4. All-League certificates shall be awarded to the 14 players.
5. Doubles teams should be treated as one spot on the All-League list.
6. Along with the voting of the All-League team, the coaches shall vote for a Player of the Year and Doubles Team of the Year.

ARTICLE XI – TRACK & FIELD

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.

3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for track and field is 8 for single-gender schools and 12 for coed schools.

4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for track and field is 15 meets and/or invitationals for all teams.
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Games shall not be played on Sundays and Christmas.
- E. All games shall be played according to the National Federation Rules, except for special changes mandated by the CCS track and field by-laws.

5. STARTING TIMES

Meets are to begin at 3:00 during DST and 2:30 during standard time. Starting times for all meets shall be designated on all schedules and must be observed under the penalty of forfeiture.

6. SCRIMMAGES

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted.

7. SCHEDULE

There shall be a single round of dual League meets each year.

8. ELIGIBILITY

- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
- B. Temporary Moves to the Varsity: Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

- D. League Championship Meet
 - 1. Freshmen and sophomores who competed on the varsity level during the dual meet season may be entered in the frosh/soph or junior varsity League championship meet.
 - 2. Athletes may not change classification (varsity, JV, frosh-soph) after being seeded in an event in the League championship meet. No re-seeding shall be done.
 - E. Season Long Play— 50% Rule

Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.
9. SPORT-SPECIFIC RULES
- A. Levels of Competition

Boys – There shall be varsity and frosh-soph competition.
Girls – There shall be varsity and junior varsity competition.
 - B. Reporting Dual Meet Results

The host school shall be responsible for compiling the meet results and reporting them to the League Statistician.
 - C. School Home Facilities

Schools shall exchange basic ground rules concerning peculiar aspects of their track and field facilities and equipment.
10. POSTPONEMENTS
- A. Postponements of League Dual Meets – These meets shall be rescheduled by the host school, after notifying the Commissioner, at the earliest possible date.
 - B. League Championship Meet – This meet shall be rescheduled for the earliest possible date by the track and field Chairman under the direction of the Commissioner.
11. LEAGUE CHAMPIONSHIP
- A. A League championship meet shall be held at least one week prior to the CCS trials.
 - B. The League champion(s) shall be decided as follows:
 - 1. The winner of the dual meet competition (i.e., the round robin) shall be declared a champion of the League. If the winner of the dual meet competition does not win the League championship meet, the team that wins the League championship meet shall also be declared a League champion.
 - 2. If two teams tie for first place in the round robin, the team that defeated the other team shall be declared the round robin League champion. If those two teams have tied their round robin meet, they both shall be declared champions.
 - 3. If more than two teams tie for first place in the round robin, then the team that wins the League championship meet shall be the sole League champion.
 - 4. If two teams tie for first place in combined total points in the League championship meet, co-champions shall be declared and equal awards shall be given to the two teams, as well as the team that won the round robin.
 - 5. If more than two teams tie for first place in combined total points in the League championship meet, then the team that won the round robin is the sole League champion.
12. LEAGUE CHAMPIONSHIP MEET
- A. The League championship meet shall be organized and managed by the Athletic Director of the host school, assisted by the Track Chairman, and under the supervision of the Commissioner.
 - B. The League championship meet shall be hosted by St. Francis for 2016, 2017 and 2018.
 - C. Entries to the League championship meet shall be sent in by the Wednesday, one week prior to the trials.

- D. Games Committee – A Games Committee shall be established by the Commissioner and shall consist of two Athletic Directors, two track and field coaches, and the Commissioner. This committee shall serve as the jury of appeals.
- E. Track trials shall be played on the Saturday prior to the League Finals.
- F. Schools shall be limited to five entries per event and one relay team per relay event.
- G. Team scoring shall be on a 10-8-6-4-2-1 basis.
- H. All members of the same team must wear the same type and color uniform during the League championship meet, in accordance with the National Federation Rules.
- I. The League championship meet shall also determine the qualifiers to the CCS trials.
- J. The number of qualifiers in each event for the CCS trials is determined by the CCS track and field by-laws. The lowest-place qualifier in each event is subject to challenge by an athlete who qualifies under the Hardship Rule.
- K. Hardship Rule
 - 1. A generally accepted outstanding athlete who misses the League championship meet through circumstances beyond his/her control shall be considered for qualification to the CCS trials under the Hardship Rule.
 - 2. Application for consideration shall be presented to the meet director in writing by the coach of the involved athlete before the meet, giving name, event, and circumstance.
 - 3. The Games Committee shall act upon the application immediately following the meet and a decision shall be rendered by a majority vote. This decision shall be final.
 - 4. When a favorable consideration has been granted, the athlete shall compete against the lowest-place qualifier of the meet on a neutral track or field. This competition shall be held on a day and at a time set by the Games Committee in cooperation with the two coaches concerned.
 - 5. Applications based upon illness or injury shall be accompanied by a written statement from a physician.
- L. An outside agency may be used to run some aspects of the trials and finals of the League Championship Meet.

ARTICLE XII – VOLLEYBALL

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES (GIRLS) – No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.

3. STARTING DATES (BOYS) – No organized practice for all levels may begin prior to a date established by the CCS – See page 11.

4. STARTING DATES FOR FRESHMEN (GIRLS) – Freshmen girls must not start practice until one week after the other levels start their practice.

5. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for volleyball is 6 for both boys and girls if each gender has Varsity, JV and Freshman levels. Each level of competition shall have a maximum of 2 coaches per level, per gender.

6. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for volleyball is 26 matches plus two scrimmages for all teams. Any 2 out of 3 contests played in a tournament shall count as $\frac{1}{2}$ of a contest. In pool play, if 2 contests are played, but a third would not be played regardless of the outcome, those contests do not count toward the maximum number.
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Games shall not be played on Sundays and Christmas.
- E. All games shall be played according to the National Federation Rules.
- F. The match winner shall be determined by winning three out of five games for varsity and two out of three games for junior varsity and freshman.
- G. The home school will provide balls and ball cart for the visiting team to warm up.

7. STARTING TIMES

Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

	Varsity	JV	Frosh
Boys	6:30	5:00	NA
Girls	6:30	5:00	4:00

These starting times apply regardless of the number of levels of the sport a school sponsors.

8. SCRIMMAGES

- A. A scrimmage is defined as a practice or athletic exhibition wherein teams from different schools participate and compete, without the benefit of paid officials, timers, or scorers, and no admission is charged.
- B. A scrimmage shall not involve any costs whatsoever.
- C. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins. If a scrimmage is scheduled after the official schedule is printed and distributed, all member schools and the League Office shall be notified within 24 hours.
- D. All scrimmages shall be included in the official game limit set for each team in each sport.
- E. Scrimmages may be scouted.

9. SCHEDULE
- A. Boys – A double round robin League schedule shall be played each year by the varsity and JV teams.
 - B. Girls – A single round robin League schedule shall be played each year by the varsity team and a north-south format shall be played by the JV and freshman teams.
10. ELIGIBILITY
- A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.
 - B. Temporary Moves to the Varsity: Once the league begins, players may be moved up to the Varsity for non-league contests. However, the maximum number of contests for that player in a season may not be exceeded.
 - C. Seniors: Senior athletes are not eligible for junior varsity competition.
11. SPORT-SPECIFIC RULES
- A. Levels of Competition
 - Boys – There shall be varsity and junior varsity competition.
 - Girls – There shall be varsity, junior varsity, and freshman competition.
12. ROUND ROBIN COMPETITION WINNERS
- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. One (1) point for a game tied.
 - 3. Zero (0) points for a game lost.
13. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS (DOUBLE ROUND ROBIN FORMAT)
- A. The winner of the round robin shall receive the #1 seed to CCS. The winner of the league playoffs shall receive the #2 seed to CCS. In the event of ties for the round robin championship the seeding to CCS will be determined by the bylaws stated in Section 19. E. on page 16 of this Handbook.
 - B. There shall be no playoff to determine the JV or freshman championships. The winners of the round robin in the JV and freshman leagues shall be declared champions. Where a north-south format is used, Northern champions and Southern champions will be declared. In the case of ties for first place in any lower-level league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
 - C. For varsity only, in the event that two teams tie for the round robin championship and each team has defeated the other, both teams shall be declared co-champions. If one team has defeated the other team twice in round robin play, that team shall be designated the round robin champion, and shall receive all the benefits associated with being the round robin champion. In the event that a third team wins the playoffs, then all three teams shall be declared tri-champions.
 - D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
 - E. For varsity only, if a tie still exists after tiebreaker “D” above, the overall champion shall be determined by the team that wins the playoffs. Seedings for the playoff shall be determined by Section 15, “Method for Breaking Ties in League Standings and Entries into the CCS.”

14. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS (SINGLE ROUND ROBIN FORMAT)
- A. There shall be an eight-team playoff for the boys, and a seven-team playoff for the girls. The winner of the round robin and the winner of the league playoffs shall both be declared co-champions. The winner of the round robin shall be the #1 seed to CCS, and the winner of the league playoffs shall be the #1 seed to CCS.
 - B. There shall be no playoff to determine the JV or freshman championships. The winners of the round robin in the JV and freshman leagues shall be declared champions. Where a north-south format is used, Northern champions and Southern champions will be declared. In the case of ties for first place in any lower-level league, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
 - C. For varsity only, in the event that two teams tie for the round robin championship, the team that has defeated the other shall be declared the round robin champion and shall receive all the benefits associated with being the round robin champion.
 - D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
 - E. For varsity only, if a tie still exists after tiebreaker “D” above, the overall champion shall be determined by the team that wins the playoffs. Seedings for the playoff shall be determined by Section 14, “Method for Breaking Ties in League Standings and Entries into the CCS.”
15. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS AND ENTRIES INTO THE CCS
- A. Multiple ties in the standings shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
 - B. The following procedure shall be used to break ties in the order as listed:
 - 1. Head to head competition involves only contests played within league schedule.
 - 2. Greatest number of wins within the tie.
 - 3. Greatest number of wins above the tie.
 - 4. Greatest number of wins versus the highest-placed team above the tie.
 - 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 - 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
 - C. Coin Flips or Drawings
 - 1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.
 - 2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.
 - 3. In determining the rank of at-large entries into the CCS playoffs, the team(s) with the highest total CCS points, when applicable, shall receive entry into the CCS playoffs before the other teams involved in the tie, regardless of which team(s) won the coin flip or drawing. If two or more teams involved in the tie have the same number of CCS points, then the results of the coin flip or drawing shall determine the rank of at-large entry into CCS.

16. VARSITY PLAYOFF FORMAT (EIGHT TEAMS)

- A. The playoffs shall be organized and supervised by the Commissioner.
- B. The playoffs shall normally be scheduled during the week following the end of the regular League season.
- C. The playoffs shall operate in the following manner for an eight-team playoff:
 - First Round 1st place team vs. 8th place team.
2nd place team vs. 7th place team.
3rd place team vs. 6th place team.
4th place team vs. 5th place team.
All games to be played at the sites of the higher seeds.
 - Semifinals The lowest-seed winner of the first round shall play the highest-seed winner of the first round in one game, and the other two winners of the first round shall play each other in the second game.
 - Finals The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.
 - 1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 15, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
 - 2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 15, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.
- D. Playoff Games Sites (Girls)
 - 1. The first-round games shall be played at the site of the higher-seeded teams.
 - 2. Whenever possible, the semifinal games shall be played at a neutral site. If a neutral site is not available, the games will be played at the site of the higher-seeded teams.
 - 3. Whenever possible, the final championship game shall be played at a neutral site. If a neutral site is not available, the game will be played at the site of the higher-seeded team.
- E. Playoff Games Sites (Boys)
All playoff games shall be played at the site of the higher-seeded teams.

17. VARSITY PLAYOFF FORMAT (SEVEN TEAMS)

- A. The playoffs shall be organized and supervised by the Commissioner.
- B. The playoffs shall normally be scheduled during the week following the end of the regular League season.
- C. The playoffs shall operate in the following manner for a seven-team playoff:
 - First Round 1st place team receives a bye.
2nd place team vs. 7th place team.
3rd place team vs. 6th place team.
4th place team vs. 5th place team.
All games to be played at the sites of the higher seeds.

- Semifinals The lowest-seed winner of the first round shall play the 1st place team.
The winners of the other two first-round matches play each other.
- Finals The finals for the League championship shall be between the winners of the two semifinal games. If the first-place team loses in the playoffs, they shall be declared co-champions with the winner of the playoffs.
1. If two teams tied for first place and are co-champions, and the tie must be broken by a coin flip as described in Section 15, the loser of the coin flip is the #2 seed in the playoffs and will play the #7 seed in the first round. If the #2 seed wins this first-round game, they shall play the lowest seed remaining in the second round.
 2. If three or more teams are tied for first place and the tie must be broken by a coin flip as described in Section 15, the winner of the tie shall be the #1 seed in the playoffs. Additional coin flips will be done to determine the remaining seeds. If the #2 seed wins in the first round, they shall play the lowest seed remaining in the semifinals. The #1 seed will play the other winner. If the #2 seed loses in the first round, then the #3 seed, if they win, shall play the lowest seed remaining in the semifinals. If the #3 seed defeats the #1 seed in the semifinals, they will be the home team in the championship game. If four teams tied for the round robin championship, then the coin flips would determine the seeds and the #4 seed would receive none of the above benefits. In this case, the winner of the playoffs would be designated the sole league champion.

18. CENTRAL COAST SECTION PLAYOFFS

- A. The winner of the round robin shall be designated the #1 seed to the CCS.
- B. The winner of the league playoffs shall be designated the #2 seed to the CCS.
- C. In the event of ties within the round robin championship the seeding for CCS shall be determined by rules under Section 19. E. on page 19 of this Handbook.
- D. Opting Out of the CCS Playoffs: A school shall not withdraw its team from such competition without prior notice to the Commissioner. In the event a team chooses not to participate in the CCS Playoffs or does not have enough CCS entry points to qualify for the CCS playoffs, each team below that team in the round robin standings moves up one place.
- E. Order of Entry for At-Large Entries: Teams shall enter the CCS playoffs as at-large entries based upon how the teams finished in the League round robin. This includes the use of tiebreakers to break a tie in the League standings. (See “Method for Breaking Ties in League Standings and Entries into the CCS” for the tiebreaker procedure.)

19. OFFICIALS

- A. Officials for all varsity, junior varsity, and freshman League games shall be obtained by the host school.
- B. The number of officials shall be two on all levels, except for the varsity playoffs when four officials will be used.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. If the Required Number of Officials Are Not Present
 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- E. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”

20. ALL-LEAGUE TEAM

- A. An All-League team for varsity only shall be selected by the coaches.
1. The numbers of the varsity All-League team shall be as follows:
 - a. First Team – The eight players who receive the highest number of points as voted upon by the coaches.
 - b. Second Team – The eight players who receive the next highest number of points after the First Team is selected.
 - c. Honorable Mention – Any of the other players who receive points, but were not selected to either the First or Second Teams.
 2. The procedure for selecting the All-League team shall be as follows:
 - a. For the Girls All-League – At the end of the League Season coaches can submit their nominations for All-League to the league representative. The league representative will then present the complete list of all players nominated to all the coaches.
 - b. Coaches will then vote for All-League. The eight players with the most votes will receive First Team All-League. The next eight players who have received votes, but not enough for first team, will constitute the Second Team All-League. Any players not having enough votes for either First nor Second Team recognition shall be Honorable Mention.
 - c. The player with the highest number point total of votes shall be named the Player of the Year, and receive the Player of the Year Plaque.
 - d. For the Boys All-League – Coaches shall meet the Monday following the last regular season game before the playoffs begin. The Sport Chairman shall pick the site and time for the meeting that is convenient to most coaches.
 - e. Each coach shall be allowed to nominate a number of players based upon how his/her team finished in the round robin standings. For example, the last-place team shall be allowed one nomination; the next to last place team two nominations, etc. All teams who finish above the next to last place team shall be allocated a number of nominations based upon their finish in the League round robin, e.g., third place from last place three nominations, fourth place from last place, four nominations. Those teams with equal League records shall receive the same number of nominations. Tiebreakers shall not be used to decide the number of nominations.
 - f. All nominated players shall be written on a blackboard and discussed by the coaches.
 - g. First Team players are voted for by each coach as follows: Each coach shall vote for eight players, under the following point system: First choice shall receive eight points, second choice shall receive seven points, etc. Coaches may not vote for their own players. After all coaches have voted, the points shall be counted. The eight players who receive the highest number of points shall be selected to the First Team All-League, and their names shall be removed from the list of nominated players listed on the blackboard.
 - h. The Second Team All-League shall be selected the same way as the First team. The eight players who receive the highest number of points in the second vote shall be named to the Second Team All-League.
 - i. Players who receive points, but do not have enough points to be selected to either the First Team or Second Team, shall be designated as Honorable Mention.
 - j. The player with the highest point total shall be named the Player of the Year. If two players tie for the highest point total they shall be named Co-Players of the Year. No Player of the Year Award will be given if more than two players tie for the highest point total.

ARTICLE XIII – WATER POLO

1. PRACTICE
 - A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
 - B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – No organized practice for seniors, juniors or sophomores may begin prior to the Friday of the 6th week of the annual NFHS/CCS Official Calendar. See page 11.

3. STARTING DATES FOR FRESHMEN – Freshmen may not begin practice until one week after the other levels start their practice.

4. COACHING STAFF LIMIT – The number of coaches for water polo, paid or volunteer, is 2 per level, per gender with a maximum of 6 coaches per gender if there are three levels of League competition.

5. GAMES AND GAME LIMITS
 - A. It is considered to be a “game” whenever two schools meet in any competition in any CIF-approved sport. The game limit for all levels of water polo is 24 matches and 2 scrimmages, with each match counting one against the maximum.
 - B. A tournament counts as the minimum number of contests guaranteed.
 - C. An alumni contest shall not be included in the game limit of any sport.
 - D. Games shall not be played on Sundays and Christmas.
 - E. All games shall be played according to the National Federation Rules.
 - F. The varsity team shall play seven-minute quarters, and the JV and Frosh teams shall play five-minute quarters.

6. STARTING TIMES Starting times for all games shall be designated on all schedules and must be observed under the penalty of forfeiture.

	Varsity	JV	Frosh
Without Lights No Frosh	3:30	After varsity	
Without Lights With Frosh	3:30	After varsity	After JV
With Lights	6:30	5:30	4:30

7. SCRIMMAGES

Teams can have two (2) scrimmages per year.

8. SCHEDULE

A single round robin League schedule shall be played each year by the varsity, JV and frosh teams.

9. ELIGIBILITY
 - A. Moving Up OK, But No Downward Movement After League Begins: No player of a team whose name appears on an eligibility list may be moved to a team of a lower classification once the League starts, even though he/she may not have played in nor suited up for a League game. A player may be moved up to a team of a higher classification at any time during the season and his/her name shall be added to the official eligibility list as soon as possible, with proper and prompt notice to the other schools.

- B. Temporary Moves to the Varsity: Once League play begins, a player on a lower-level team may be moved to the varsity team on a temporary basis for up to two non-league contests. Specific approval from the Commissioner must be obtained in advance. The player is considered to have moved up regardless of whether he/she plays in the contest. The maximum number of contests for the season for that player cannot be exceeded.
- C. Seniors: Senior athletes are not eligible for junior varsity competition.

10. SPORT-SPECIFIC RULES

- A. Levels of Competition
 - Boys – There shall be varsity, JV and freshman competition.
 - Girls – There shall be varsity and JV competition.
- B. Freshman-Only Teams
 - Girls Schools may add a freshman-only team if they so desire. This freshman-only team shall not be part of the normal League schedule, but schools that have such a freshman-only team may schedule practice matches with other schools.

11. POSTPONEMENTS

- A. The home team must notify the visiting team by noon on the day of the scheduled game.
- B. The visiting team shall cooperate fully with the rescheduling plans of the home team.
- C. The makeup game shall be rescheduled within five school days. Makeup games shall be rescheduled in the order of the original schedule.
- D. The League Office shall be notified of any schedule changes and rescheduling of games.

12. ROUND ROBIN COMPETITION WINNERS

- A. The winner of the round robin competition shall be determined by a point system as follows:
 - 1. Two (2) points for a game won.
 - 2. One (1) point for a game tied.
 - 3. Zero (0) points for a game lost.

13. VARSITY PLAYOFFS AND LEAGUE CHAMPIONSHIPS

- A. There shall be a playoff for the varsity only. The winner of the round robin will be a league champion. If a different team wins the playoffs that team is also considered a league champion. However, the #1 seed to CCS is the team that has the greatest number of points after combining points earned from the final standings of the league schedule together with the points earned from the league playoffs (See below).

If a tie exists between two or more teams after combining the points from the round robin and league playoffs the team that finished highest in the playoff tournament will receive the #1 seed of the 5 automatic entries to CCS.

The other four automatic entries to CCS will be the other four teams with the greatest number of combined points. If any teams are tied in points for any of the automatic entries to CCS after combining the round robin points with the playoff points the tie(s) will be broken by how the teams finished in the playoffs. However, the winner of the round robin championship must be included as one of the five teams that qualify automatic entries into CCS. If teams are still tied after the playoffs the entry to CCS will be determined by a coin flip. The point systems are as follows:

Final League Classification

The WCAL must have final league placement (1-7th) after the league ending tournament for both CCS qualification and CCS seeding purposes. The water polo coaches have come up with this proposal for that purpose.

Points will be awarded as follows:

Round Robin:

1st Place	6 points
2nd Place	5 points
3rd Place	4 points
4th Place	3 points
5th Place	2 points
6th Place	1 point
7th Place	0 points

*If two or more teams are tied in round robin placing, the respective “place” points will be added together and split by those teams (example: tie for 3rd place between two teams...3rd and fourth place points added together and divided by two meaning 3.5 points for each team).

Tournament:

1st Place	6 points
2nd Place	5 points
3rd Place	4 points
4th Place	3 points
5th Place	2 points
6th Place	1 point

League final placing will be based on round robin points added with the tournament points. If two teams are tied with total points, **the tie breaker (and the higher CCS seed) will go to the team that finished higher in the league tournament.**

If there are less or more than seven teams in the playoffs a different playoff format shall be established by the Commissioner and the ADs.

NOTE: If a tie exists between two or more teams for a place in the standings after completion of round robin play, the teams involved in the tie will add all the points awarded to the number of places that are affected by the tie, divide those points and then award each team involved in the tie the proportionate number of points equally. For example - if there is a three way tie for 1st place - you add the total points for 1st, 2nd and 3rd places (18 points), and divide that number by three (6 points each). You then award each of the three teams tied 6 points under this example.

For Playoff competition the points earned will be the same as the round robin competition. (e.g., 1st place get 7 points, 2nd place 6 points.)

The overall league standings, and subsequent order of placement within the CCS Playoffs, will be determined by combining the points earned from the round robin with the points earned from the league playoffs.

- B. There shall be no playoff to determine the lower level championships. The winners of the round robin shall be declared league champions. In the case of ties for first place in the lower level leagues, regardless of the number of teams involved in the tie, all teams shall be declared co-champions.
- C. For varsity only, in the event that two teams tie for the round robin championship, the team that has defeated the other shall be declared the round robin champion and shall receive all the benefits associated with being the round robin champion.
- D. For varsity only, if three or more teams are tied for the round robin championship, the team with the greatest number of wins within the tie shall be designated the first place team and declared the round robin champion. This team shall receive all the benefits associated with winning the round robin championship.
- E. For varsity only, if a tie still exists after tiebreaker “D” above, the overall league champion will only be the team that has the highest number of combined points from the round robin and league playoffs. Seedings for the playoffs shall be determined by Section 14, “Method for Breaking Ties in League Standings for League Playoffs.”
- F. If there are seven teams in the playoffs the game format shall be as follows.

WCAL League Tournament Schedule

Mon

Game A- #7 at #6 (4:00pm)- Play in game, loser eliminated from WCAL tournament.

Tues - Quarter Finals

Game B- Winner of Game A at #3 (4:00pm)

Game C- #5 at #4 (4:00pm)

Thur - Semi Finals

Boys at Sacred Heart Prep

The lowest seed winner of the Quarter Final Matches shall play the #1 seed.

The highest seed winner from the quarter finals shall play the #2 seed.

Girls at Sacred Heart Prep or St. Francis

Game D- #2 vs Winner of Game B (4:00pm)

Game E- #1 vs Winner of Game C (5:30pm)

Fri - 5th Place Games

Site to be at Junipero Serra

3:30-Girls Loser Game B vs Loser Game C (5th place game)

4:30-Boys Loser Game B vs Loser Game C (5th place game)

Sat - Championship

All Games at Sacred Heart Prep

3:30-Girls Loser Game D vs Loser Game E (3rd place)

4:30-Boys Loser Game D vs Loser Game E (3rd place)

6:00-Girls Winner Game D vs Winner Game E (Championship)

7:30-Boys Winner Game D vs Winner Game E (Championship)

If there are less or more than seven teams in the playoffs a different playoff format shall be established by the Commissioner and the ADs.

14. METHOD FOR BREAKING TIES IN LEAGUE STANDINGS FOR LEAGUE PLAYOFFS
- A. Multiple ties in the standings shall be broken starting with the lowest teams tied, i.e., a tie for fifth place shall be broken before a tie for second place is broken.
 - B. The following procedure shall be used to break ties in the order as listed:
 1. Head to head competition involves only contests played within league schedule.
 2. Greatest number of wins within the tie.
 3. Greatest number of wins above the tie.
 4. Greatest number of wins versus the highest-placed team above the tie.
 5. Greatest number of wins below the tie starting with the next-placed team below the tie and moving downward.
 6. If a tie still exists, then the Commissioner shall determine the tiebreaker by chance (coin flip or drawing).
 - C. In the event that a tie for first place in the round robin cannot be broken any way except through a coin flip, the following procedure for seeding in the league playoffs shall be followed: If more than two teams are tied for first place, the team that wins the coin flip shall receive the #1 seed in the playoffs. The winner of the second coin flip shall receive the #2 seed in the playoffs. The other team which lost both coin flips shall receive the #3 seed in the playoffs. If there is more than one team remaining after the second coin flip, then an additional coin flip shall decide those teams' seedings in the playoffs.
 - D. Coin Flips or Drawings

1. When a coin flip or drawing becomes the last option to break ties in team standings, whether for final round robin standings or representation to CCS playoffs, the Commissioner shall determine the time and place for such a drawing. The drawing shall be held regardless of whether the involved schools are present. If a school does not desire to participate in the drawing, the Commissioner shall be notified in writing 24 hours prior to the drawing.
2. The winner of the coin flip or drawing shall be given the higher seed(s), but the seed(s) shall only apply to the League playoffs.

16. OFFICIALS

- A. Officials for all varsity, junior varsity, and frosh/soph League games shall be obtained by the host school.
- B. The number of officials shall be two on all levels.
- C. The officials must be members of an association approved by the Central Coast Section.
- D. If the Required Number of Officials Are Not Present
 1. Varsity – A varsity team may refuse to play any game when less than the number of required officials are on hand.
 2. Lower Levels – Every effort shall be made to play any game below the varsity level when the required number of officials are not on hand. A person or persons, mutually agreed upon by both coaches, may officiate the game.
- E. For further details, refer to General By-Laws Article IV – Special Rulings “Forfeitures” and “Postponements.”

17. GAME CONDUCT

Any player ejected from a League game because of brutality or unsportsmanlike conduct shall not play in his/her next league game. A report shall be made to the League Office.

18. ALL-LEAGUE TEAM

- A. The varsity All-League team shall consist of 26 players selected in the following manner:
 1. Coaches shall select their own players, the number of which is determined by the following allotment:

Finish	First Team	Second Team
1st Place	4	2
2nd Place	3	2
3rd Place	2	2
4th Place	1	2
5th Place	1	2
6th Place	1	2
7th Place	0	2

2. The final standings shall be determined by the points earned in the round robin. If there are ties between teams for the same spot in the round robin standings, the teams that are tied shall split the total number of allotted players for the All-League team for the total number of slots tied. For example, if two teams tie for 2nd place in the league standings, those two teams will split the allotments for both the 2nd and 3rd place. (e.g. 3 and 2 first team players would be divided by 2 teams, giving each team 2½ All-League players. This amount would be rounded out to 3 players from each team.)
3. If there are co-champions in the league with one team winning the round robin and the second team winning the tournament, then both teams would receive the First Place allotment of players for All-League.

ARTICLE XIV – WRESTLING

1. PRACTICE

- A. “Organized Practice” is defined as a practice which is attended by the players and a coach, and at which the coach directs, instructs and drills the player, players and/or the whole team.
- B. Practice shall not be held on Sundays or Christmas.

2. STARTING DATES – No organized practice for all levels may begin prior to a date established by the CCS — See page 11.

3. COACHING STAFF LIMIT – The maximum number of coaches, paid or volunteer, for wrestling is 5.

4. GAMES AND GAME LIMITS

- A. It is considered to be a “game” whenever two schools meet in any competition in any CIF approved sport. The game limit for wrestling is 40 contacts for each player at all levels.
- B. A tournament counts as the minimum number of contests guaranteed.
- C. An alumni contest shall not be included in the game limit of any sport.
- D. Matches shall not be played on Sundays and Christmas.
- E. All matches shall be played according to the National Federation Rules as amended by the CIF, CCS, and WCAL.
- F. A school shall be represented by only one varsity team for dual meets and tournaments. The varsity team shall be composed of the best-skilled wrestlers in the school, commonly called the first team.

5. STARTING TIMES

Starting times for all matches shall be designated on all schedules and must be observed under the penalty of forfeiture.

Varsity	JV	Freshman
7:00	6:00	5:00

6. SCHEDULE

There shall be a single round robin schedule of dual meets for the varsity, JV, and freshman teams.

7. ELIGIBILITY

- A. Juniors who have reached their 18th birthday prior to September 1st are ineligible for JV competition.
- B. Seniors are ineligible for league JV competition, but can be moved to JV competition in non-league matches. Juniors and Sophomores are ineligible for Freshman competition within the league, but can be moved in non-league matches.
- C. A wrestler may move from one team to another during the season. The wrestler must be listed on the lineup sheet at the weigh-in in all possible weights and teams he/she might compete. He/she may not be moved to another team after the declaration at the weigh-ins.
- D. Any wrestler who competes in the junior varsity or freshman League championship tournament shall not be eligible to compete in the varsity League championship tournament.
- E. Season Long Play— 50% Rule
Athletes must participate in at least ½ of all league matches to qualify for CCS playoffs. This is the CCS 50% rule and specific language can be found on page 21 of the handbook.

8. SPORT-SPECIFIC RULES

A. Levels of Competition

There shall be varsity, junior varsity, and freshman competition.

B. Weigh-In Regulations

1. All scales which will be used for weigh-ins shall be checked by a certified agency during or before the first week in December. Scales which do not bear a current mark seal of certification shall not be used for weigh-ins.
2. The official weigh-in of all wrestlers in the school shall be conducted in accordance with the rules and regulations as prescribed by CIF By-Law 3103 and the CCS Wrestling By-Laws.
3. Each school shall be responsible to submit to the League Office the results of the official weigh-in. This eligibility form shall indicate the athlete's name, grade in school, and his/her official weight. The eligibility form shall be signed and dated by a school administrator. Subsequent additions to the eligibility list shall be of the same order.

9. ROUND ROBIN COMPETITION WINNERS

A. The winner of the round robin competition shall be determined by a point system as follows:

1. Two (2) points for a game won.
2. One (1) point for a game tied.
3. Zero (0) points for a game lost.

10. LEAGUE CHAMPIONSHIP

A. The League championships shall be determined by the following: The team that wins the round robin League shall be declared a League champion. Also, if another team wins the League championship tournament, that team shall be declared a co-champion with the team that won the round robin championship.

B. Ties for the League Championship

1. For varsity only, in the case there are ties for the round robin championship, the tie shall be broken based on head-to-head competition. If one team has a better overall record in head-to-head competition versus the other team(s), that team shall be declared the round robin champion.
2. For varsity only, in the event two or more teams tie for the round robin championship, and the tie cannot be broken by the results of head to head competition, the team that wins the League championship tournament shall be declared the League champion.
3. If two or more teams tie for first place in the League championship tournament, both teams shall be declared champions with the team that won the round robin.
4. In the case of the lower levels, all teams tied in the round robin shall be declared co-champions with the team that wins the League championship tournament.

11. CCS QUALIFICATION

A. Individual Qualification to the CCS Meet

1. The results of the League championship tournament determines the individual qualifiers to the CCS meet.
2. The number of qualifiers in each weight class from the League is determined by the CCS Wrestling Committee.

B. Team Qualification to CCS Meet

1. The results of the round robin dual meet schedule shall determine the team qualifiers to the CCS meet.
2. If two teams tie for first place in the round robin dual meet competition, the team which defeated the other shall be the first-place team and the other shall be the second-place team. If the two teams tied in the round robin competition, then the higher-placed team in the League finals shall be the first-place team and the other shall be the second-place team. If the League finals do not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
3. If more than two teams tie for first place, the team with the greatest number of wins within the tie shall be the first-place team. If no team has a greater number of wins within the tie, then the results of the League championship tournament shall determine the first-place team. If the League championship tournament does not determine the first-place team, then the Commissioner shall determine the first-place team by chance.
4. The second-place team in the round robin competition shall be nominated for an at-large berth in the CCS team tournament.
5. If two teams tie for second place in the round robin dual meet competition, the team which defeated the other shall be the second-place team. If the two teams tied in the round robin competition, then the higher-place team in the league finals shall be the second-place team. If the League finals do not determine the second-place team, then the Commissioner shall determine the second-place team by chance.
6. If more than two teams tie for second place, the team with the greater number of wins within the tie shall be the second-place team. If no team has a greater number of wins within the tie, then the results of the League championship meet shall determine the second-place team. If the League championship meet does not determine the second-place team, then the Commissioner shall determine the second-place team by chance.