

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 Bellarmine
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.