

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. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 1 Definition](#)
- 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. [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, F Practice, 6 Starting Dates for Practice](#)

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: 27 and 2 Scrimmages
 - Freshman: 27 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. Game times and/or locations can be changed by mutual agreement from each school’s Athletic Director and WCAL Commissioner approval.

Day	Varsity	JV	Freshmen
Weekdays	4:00	4:00	4:00
Saturdays	12:00	11:00	11:00
SAT/ACT Saturdays	2:30	11:00	11:00

6. SCRIMMAGES [CCS Bylaws: Article V Approved Sports, Section 3 Season of Sport, G Scrimmages](#)

- A. A Scrimmage is considered a contest per all CIF and CCS bylaws and is defined as (1) an activity involving teams or individual student-athletes from two or more different schools in a CIF-approved sport; AND (2) where no score is kept; AND (3) where regulation time is not kept; AND (4) where substitute rules are set aside; AND (5) where coaches are stopping play for instructional purposes, (6) where officials are allowed to be paid, and (7) where admission may be charge to spectators.
- B. All scrimmages must be listed on a school’s official sports schedule if they are scheduled before the season begins.

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.
- E. Each year a blind draw will be conducted by the commissioner to set the double round robin schedule.

8. ELIGIBILITY – Student-athletes may move between levels of competition during the season. A student athlete may only participate in one level per day.

- A. Member school’s administration must track eligibility and CCS max number of contests may not be exceeded.

- B. Coaches must have Athletic Department documentation and approval. It is considered a contest when on the roster even if the student-athlete did not play.
- 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. 10 Run Rule
 - 1. The WCAL does not use a 10 Run Rule for varsity league games or playoff games.
 - 2. The WCAL does use a 10 Run Rule for JV and Freshman games. JV and Freshman games are limited to 9 innings.
- D. Equipment – All equipment must adhere to National Federation (NFHS) Standards and Rules.
- E. Batting Practice – There shall be no batting practice prior to a League game or League Playoff game.
- F. Facilities
 - 1. The host school shall provide proper and regulation field conditions such as cut grass, chalk lines, home plate, a batter’s box, and the pitcher’s mound. Restraining lines near the players’ bench shall be used if there are no dugouts.
 - 2. Restraining lines near the players’ bench shall be used if there are no dugouts.
- G. 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.
- H. Pitching Limitation (CIF Bylaw 1500 and 1501)
 - 1. PITCHING LIMITATION RULE – 30 OUTS

Sections shall adopt the following baseball pitching limitation rule: 30 outs and/or three (3) appearances in a calendar week through the season.
 - 2. PITCHING LIMITATION RULE – PITCH COUNT

In addition to 1500 above, Sections shall adopt the following baseball pitching limitation rule with respect to pitch count and required days of rest:

Level	Maximum Contest Pitch Limit	0 Days Rest Required	1 Day Rest Required	2 Days Rest Required	3 Days Rest Required
Varsity	110 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches
Freshman; F/S; JV	90 Pitches	1-30 Pitches	31-50 Pitches	51-75 Pitches	76+ Pitches

- A. A pitcher may finish the current batter if the Maximum Contest Pitch Limit is reached during that at-bat.
- B. Pitches thrown and appearances made in a no game (i.e., rainout, power failure, etc.) shall count toward the totals.
- C. At the end of each half inning, the head coaches will confirm and both team books will record the pitch count for all pitchers who threw a pitch in that half inning. In the case of a discrepancy, the home book is considered the official book.
- D. Each school must keep a record of all pitches thrown by each of their players in each game and make this available to their respective Section Office upon request.

E. Any violation constitutes a forfeit of the contest.

I. 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.

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.

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.

1. If a lower-level team is involved in a suspended game and each school's Athletic Directors are in unanimous agreement that it is not in the best interest to complete the suspended game then the game does not have to be completed. The suspended game will be a no contest.

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. If there are co-champions in the round robin the seeding shall be determined by Section 13 below.

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.
- 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

- 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, 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.

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	1 seed vs. 8 seed 2 seed vs. 7 seed 3 seed vs. 6 seed 4 seed vs. 5 seed
	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 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 - Playoff games shall be played at the field of the higher-seeded teams.
- 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.
- 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.

15. CENTRAL COAST SECTION PLAYOFFS

- A. Per Section 4 of the CIF/CCS Baseball Bylaws the WCAL receives 5 automatic qualifiers to the CCS Playoffs. The #1 thru #5 seeds determined by the league standings will be the five automatic qualifiers.
- B. In the event of the #6, #7 or #8 seed wins the WCAL Playoff, they will replace the #5 seed and earn an automatic qualifier to the CCS Playoffs.
- 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, each team below that team in the round robin standings moves up one place.

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.
 - 1. While sitting out, the coach may not communicate during a game in any way, including all digital formats, with his/her coaching staff or players.
- 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 by the League.
- 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 the Monday after the end of the regular season round-robin to select the All-League team.